

THE WETSET

PNA Sponsors Club Development Clinic

As athletes, we rely on our coaches to help us meet our goals. It's time for our coaches to get a little help meeting their goals!

On March 7, the PNA Board will sponsor a clinic for coaches (team reps and anyone else interested are also welcome to attend) focusing on club development. The clinic will feature two presenters with national reputations, Mel Goldstein and Karlyn Pipes-Neilsen. During the clinic, coaches will have an opportunity to learn new development strategies, new teaching techniques, and listen to some of their peers share what has worked for their programs. Afterwards, all attendees are invited to stick around for a social gathering, sharing ideas and experiences over dinner or drinks.

Mel Goldstein is the USMS Club Development Coordinator, as well as Head Coach of Indy Swimfit, and will present ideas for marketing your program, developing shared goals with your local facility to build your program, how to keep swimmers coming back and bringing their friends, fund raising techniques and other development strategies.

Karlyn Pipes-Neilsen is a multiple world record holder and renowned swim clinician, and will provide tips for coaches on how to

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Pacific Northwest Association of Masters Swimmers



Nathan and Megan Jendrick wear their 'new swimmer' shirts and hold a PNA 'goody bag' at their first Masters meet.

Goody Bags Welcome New Swimmers

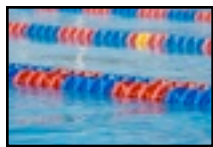
What are 'goody bags' and why is Megan Jendrick holding one?

Every month, PNA welcomes multiple new swimmers, and at every meet, a few bravely dive off the blocks for their first Masters meet. Some may be competing in a swim race for the very first time, while some may be returning to the blocks after many years absence. Very few, however, have three Olympic medals on display at home.

Megan (Quann) Jendrick, who won two gold medals at the Sydney Games and a silver in Beijing, recently joined PNA and participated in her first Masters meet. She and husband Nathan, also a first-time Masters meet participant, each received a PNA 'goody bag'. The bags welcome new swimmers, congratulate them on taking the step of competing in a meet, and help them understand that while we have many workout groups, we

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LEADING OFF



BY PNA PRESIDENT
STEVE PETERSON

Ah! The rain has let up at last, showering us

and the Winter

Olympics in bright sunshine!

Thankfully we avoided the record snowstorms that overwhelmed the east coast – and we didn't even see any snowflakes after the Briggs "Beat the Clock 4" meet this year. This SCY meet enjoyed a great turnout (over 100) plus a record-setting performance by new Masters swimmer and Olympian Megan Jendrick. See the details on page 7!

The "Lake Washington Masters Invite" on February 21 at Juanita Aquatic Center also had a great turnout for LWM's inaugural event. Highlights of this meet included more records by Megan Jendrick while yours truly survived the 400 IM! Photos and details will be found in next month's issue.

A last minute reminder of two freestyle clinics to be presented by International Masters Hall of Fame swimmer Karlyn Pipes-Neilsen on March 7. If you're reading the electronic version of *The WetSet*, there may still be a chance to attend and learn some new ideas to

improve your freestyle technique, turns and speed!

Awards Season

Have your workouts featured a special person who made a difference in your performance or attitude? Why not give them the recognition they deserve? March 29 is the deadline for both of PNA's annual awards, the Dawn Musselman Inspirational Swimmer and the Coach of the Year. Talk it over with your teammates and submit nominations!

Going to Sweden?

Are you going to the XIII FINA World Masters Championships in Sweden this summer? Looking for a room to share? Let me know at (speterson@bandwagon.net) and I'll try to serve as a central coordinator. Depending on my success making contact with cousins in Goteborg, I may be seeking a room to share, too!

Upcoming Meets

Long Course meets seem hard to come by in our area. Possibilities in the works are South Kitsap (Port Orchard) in June and Titlow (Tacoma) in July. Meanwhile, I hope to see you in the short course Helene Madison pool March 13 for the Orcas' third meet!

The WetSet

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Officiating: Kathy Casey/Jan Kavadas

Open Water: Sally Dillon

Publicity: Lynn Wells

Safety: Kathy Casey

Webmaster/Computer Apps: Hugh Moore

United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers are now, as they always have 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.

HOPE Showdown Fundraiser Event

Help raise funds to bring clean water to a needy community in Haiti, by participating in the HOPE Showdown on April 3 at Shoreline pool. This is not a sanctioned USMS meet, but will provide an entertaining event for the swimming community, with fun events that include: 100 kick with board, 100 pull, 100 family medley relay, 75 with fins and paddles, 50 water polo swim with ball, 25 corkscrew, 100 fun relay, and more.

Read more about the event and the fundraising effort at <http://hopeshowdownmeet.shutterfly.com/>

PNA Goody Bags Welcome New Competitors

(continued from page 1)

are all members of a single club, Pacific Northwest Aquatics (also PNA) when competing nationally for our LMSC.

Over the roughly eighteen months since the goody bag program was initiated, over 150 swimmers have received one at their first meet. The bag includes a t-shirt which identifies them as a new swimmer, so the 'veterans' can more easily spot them and extend a welcoming hand. The bag also includes a USMS decal and luggage tag and Masters Swimming and PNA swim caps.

"One of the great things about joining Masters is that you get to do what you want, when you want," said Lisa Dahl, PNA Vice-President. "For those who swam competitively when they were younger, the relaxed atmosphere at a Masters meet can be a welcome change, even though there may be some pre-race jitters!"

If you haven't taken the step of participating in a meet, give it some thought. It might be more fun than you think - and there will be a goody bag waiting for you! If you've been racing for a while, keep an eye out for those new swimmer shirts, and welcome them to the party!

One Hour Postal Swim Update

by Sally Dillon, PNA Postal Event Relay Coordinator

In January's One Hour Postal Swim, PNA had a record 81 entries, representing teams throughout the greater Puget Sound area. A total of 28 relays have been entered into the national event, including two unusual entries. While the vast majority of one-hour swimmers go freestyle, we had some enthusiastic participants who swam their entire hour in a stroke other than free. As a result, our relays include a men's "medley" consisting of John Sylvester (back), Bill Reeder (breast), and Eric Dybdahl (fly) - and a mixed "medley" consisting of Adair Dingle (back), Reeder (breast), Dybdahl (fly), and Liz Rosen (free). While they are unlikely to place among the traditional "all free" entries, they certainly each did their share to meet the "happy hour" challenge of 2010.

Look for complete PNA results in the April issue of The WetSet.

Avoid Getting S.I.C.K. this Season

by Kevin Rindal, D.C. CSCS

A recent study reported a lifetime shoulder injury incidence of 47% to 73% for competitive swimmers. In fact, shoulder injuries are the most common ailment associated with swimming. Although these injuries are typically attributed to overuse or repetitive motion, mounting evidence shows these injuries are often the result of poor biomechanics and posture, not just overuse.

Recently, physicians Burkhart, Morgan and Kibler have described a dysfunctional postural pattern in overhead athletes, referred to as a "S.I.C.K. Scapula" (Scapular malposition, Inferior medial border prominence, Coracoid pain and malposition, and dysKinesis of scapular movement). Symptoms include patterns of tight and weak muscles, and individuals with this type of posture are at high risk for impingement syndrome, bursitis, labral SLAP lesions, and rotator cuff tendonitis (to name just a few). They noticed it primarily in baseball pitchers, but as swimmers, we share a reliance on the overhead motion.

First, let's explain the biomechanics issues. Most people do not realize that the only connection the arm has to the rest of the body is through the connection of the clavicle with the sternum. The entire shoulder complex is stabilized and controlled by the four rotator cuff muscles and nine additional muscles. If any of these muscles fail to work properly, it leaves the shoulder joint and the rest of the kinetic chain (elbow, wrist, fingers, neck, etc.) vulnerable to pain and further dysfunction.

Second, let's look at the posture issue. Repetitive motions tend to cause us to use some muscles more often than others, and ignore some muscles more than we should. For example, when working at a laptop computer, our shoulders tend to round forward, our upper back becomes hunched, and we carry our head way out forward. When this happens for six-plus hours each day, five days a week, it becomes our normal posture. This posture is the recipe for disaster and chronic shoulder injuries. Unfortunately, as Masters swimmers, we often rush out during our lunch

break, taking our poor posture to the pool with us, and place a tremendous strain on our shoulder joints.

I've posted an injury prevention self assessment procedure on my blog, which you can perform with the help of a mirror and a friend, to determine the extent of your personal posture. Assuming that we all have posture issues to some degree, how can you prevent an impending injury?

A sports medicine doctor, physical therapist, or chiropractor can provide a confirmative diagnosis and help design an appropriate treatment plan. Rehabilitation should focus on strengthening and stretching the affected muscles and typically involves exercises such as lat pulls, seated rows, rotator cuff stabilization, neck retraction exercises, and stretching. Immobility of the thoracic and cervical spine can affect the normal motion of the scapula, so seeing a healthcare professional that specializes in manual therapy or mobilization of the spine may be very beneficial. In some cases, specific soft-tissue treatment may be necessary, such as with a massage therapist. I specialize in Active Release Technique© and Graston Technique©, which are both soft-tissue mobilization techniques that have proven to be very effective.

Prevention is the key to an enjoyable and successful season. If you notice you have some of the traits described above, be sure to see a qualified healthcare provider to help you develop a treatment protocol that will keep you healthy and active this season.

[The full text of this article appears on Dr. Rindal's blog at www.blistersandbikes.com]

Kevin Rindal, DC, CSCS practices at Northwest Chiropractic Clinic in Mount Vernon, WA. He works with the USA Women's Ice Hockey and USA Swimming National Teams as a Chiropractor, and is a two-time IRONMAN triathlon finisher and member of the Skagit Valley YMCA Masters workout group. He and his wife Dana are expecting their first child. You can find him on the web at www.nwcsir.com.

Volunteer Opportunities

The Fitness and Clinics Committee is looking for 4-5 volunteers to work on organizing PNA clinics, and providing fitness-related articles and information. Qualifications include enthusiasm for helping Masters swimming and a few available hours per month! The committee will:

- * Develop an annual clinics plan for 2010, soliciting input from swimmers and coaches to determine what type of clinics to offer, and selecting trainers locally and nationally
- * Help with logistics, including pool selection, event set-up, registration, and communications
- * Contribute articles for The WetSet and for the PNA website.

Contact: Sarah Welch at sarahwelch@comcast.net or 206.359.2588

The New Swimmer Committee Chair is looking for 2-3 volunteers to encourage fitness swimmers and new competitive swimmers to participate more in swimming and introduce them to the fun of swim meets. The activities for 2010 include arranging for and distributing new swimmer goodie bags at PNA swim meets and organizing a clinic to help swimmers get ready for their first swim meet. Volunteer tasks could include assembling goodie bags, soliciting donations for the goodie bags, handing out goodie bags at meets and arranging for and participating in the new swimmer clinic.

PNA has committed to welcoming new swimmers and giving them opportunities to develop but we need help to accomplish this goal.

Contact: Lisa Dahl at lisaisswimming@hotmail.com

The PNA Coaches Committee is looking for volunteers. The committee is comprised of local coaches of PNA teams and workout groups who are working together to share information and resources to support local PNA coaches. This committee meets monthly through a telephone conference call. The committee sponsors coaches meetings at swim meets, plans a couple annual social events, is involved in local PNA clinics, helps recruit for the Nationals coach for PNA and solicits Coach of the Year applications.

Contact: Lisa Dahl at lisaisswimming@hotmail.com

The Registration / Membership Committee has several small (and large) jobs available for willing volunteers.

- * Someone who would like to re-design the paper registration form. The form needs 'tweaking' about three times each year.
- * Someone who can update our website's list of Places To Swim. We know where our teams practice, but not what other options are available for swimmers in the area.
- * A few people to do outreach to triathletes, cyclists, college students, and others who would benefit from joining Masters.
- * Someone to help during November to get out renewal notices to members without email access.
- * Someone to field questions about membership, places to swim, teams and registration.

Contact: Arni Litt at pnaRegistrar@usms.org

Time to play BINGO!

Federal Way Kings presents 2010 USMS Check-Off Challenge

Sanctioned by the Pacific Northwest LMSC for USMS, Inc. # 360-F01.

What is the Check-Off Challenge?

The CHECK-OFF CHALLENGE is a postal event designed to motivate swimmers to complete 18 "pool" events and an "open water swim" during the 2010 calendar year. It challenges all levels of swimmers. Novice swimmers can swim new events. Experienced swimmers can try for their personal best times in as many events as practical. Simply "Check-off" each swim on your t-shirt when you complete the event.

Where and when do I accomplish the Check-Off Challenge?

The events may be swum in practice or in meets, in yards or in meters, any time during 2010. The challenge is to complete all events or try new events. COACHES: Sign up your entire team and use the event as a team challenge. Spread out the events over a period of time during practice sessions, progressively building up to the tougher events. The entire team can work together, completing all of the events. The event is open to registered Masters swimmers. Enter by filling out the entry form below or online at https://www.clubassistant.com/club/meet_information.cfm?c=1449&smid=2058 (available Jan 11).

How do I score the Check-Off Challenge?

"Scoring" is simple – just mark the event on the "BINGO" card on the t-shirt.

When do I receive my T-shirt?

Entry deadlines are: **Jan 31** for shirt delivery in Feb, **Mar 31** for shirt delivery in Apr, **May 31** for shirt delivery in June and **July 31** for shirt delivery in Aug.

Event Director

If you miss the entry deadline and are still interested in purchasing a shirt, or have other questions, contact Jean Blackburn at Blackburn88@msn.com.

2010 Check-Off Challenge Entry Form					
Name _____ DOB _____					
Address _____					
City _____ State ____ Zip _____					
Phone _____ Email address _____					
USMS Registration # _____					
Club or workout group _____					
T-Shirt Size	Qty	Price	Total		Mail this form and check to:
Women Small	_____	\$22	_____		Federal Way Masters P.O. Box 24083 Federal Way, WA 98093
Women Medium	_____	\$22	_____		
Women Large	_____	\$22	_____		
Women XL	_____	\$22	_____		
Women XXL	_____	\$22	_____		
Men Small	_____	\$22	_____		
Men Medium	_____	\$22	_____		
Men Large	_____	\$22	_____		
Men XL	_____	\$22	_____		
Men XXL	_____	\$22	_____		

Liability Release

WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNED: _____ DATE: _____

Register online at https://www.clubassistant.com/club/meet_information.cfm?c=1449&smid=2058 (available Jan 11)

PNA Club Development Clinic

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teach techniques to their swimmers for effective adult learning. Techniques will include: teaching self-awareness, the use of contrast, visual imagery drills, and others.

In addition, Wendy Neely of Federal Way Masters will share how to grow a program through providing free clinics, Lynn Wells of AquaFanatics will talk about how to “think outside the box” in coaching pool and open water swimming, and Shannon Singer of Skagit Valley YMCA Masters will discuss how to write a workout that addresses the needs of all levels of swimmers.

Attendees will be exposed to the wealth of information available online from USMS, such as daily workouts, certification opportunities, and insurance information. There will also be a discussion of PNA resources and activities.

If you are interested in making your program stronger and more viable, this clinic will be an opportunity you won't want to miss. Three hours on March 7 could provide the insights you've been looking for - and best of all, the entire clinic (except for the social afterwards) is free of charge. Contact Lisa Dahl at 206-337-2204 or ldahl@usms.org to register, and make plans to be at Greenlake Community Center!

Briggs Y “Beat The Clock” Meet

The Olympia Y Swim Team (OYST Orcas) and South Sound Masters Swimming (SSMS) presented the fourth edition of their “Beat the Clock” meet at the Briggs YMCA in Olympia on February 6. This event was nearly two months earlier than in previous years (allowing SSMS Coach Mel Smith to participate prior to his annual migration to Arizona). Nonetheless, it proved popular with over 100 entrants. Twenty-six teams were represented, including SSMS (28 members!), Ohana (9), Seattle's Orcas (5) and even the Oregon Reign Masters (3). This meet will be remembered by the locals and attendees alike for its excitement on both ends of the age spectrum.

On the upper end, veteran PNA Masters swimmer and SSMS member Evelyn Hoffman swam her favorite four events, the 50s in Back, Breast and Free plus the 100 IM. The crowd clapped and cheered for every one of her races. And though her results weren't quite as quick as in a particular meet last July, she still holds the PNA records set then for the 90 to 94 age group in these events.

At the younger end and swimming in her first Masters meet, Olympic medalist Megan Jendrick set her goals for five events and established new *national* records in the 25 to 29 age group in each of them: 50 Breast (27.55), 100 Breast (59.58), 200 Breast (2:09.05), 100 IM (54.43) and 200 IM (1:59.69)!

Volunteers are the heart of Masters meets, and we thank all of them including these Orca parents and members: Brandon Austin (announcer and swimmer), Kelly Huston and Steve Mast (scoreboard) and Lois Underland and Helen Rodriguez (timing system). Running concessions were Tiffany Townley, Jeanne Dominguez, Vicki Smith and Angie Musante. Many Orca kids served as timers, and Meet Director Mica Marquez noted that they all jockeyed to work Lane 3 for the privilege of timing Megan Jendrick's races.

Of course, officials are equally important and we thank Rene Bollman (referee) and Joy Adams, Paul Adelman, Bob Campbell, Mike Murphy and Laurie Shannon (stroke and turn). Paul and Laurie also served as starters. A special treat was the national anthem performed on flute by North Thurston High junior Julianne Campbell.

Whether you've swum this meet or not, look for Edition 5 of “Beat the Clock” next year and make the trek to Olympia for a great meet!



Faster Freestyle Swim Clinic

with Multiple World Record Holder Karlyn Pipes-Neilsen

March 7 Evans Pool at Green Lake in Seattle
Clinic # 1—8:30am-11:30 pm Freestyle Clinic without Video
Clinic # 2—12 noon-4:30 pm Freestyle Clinic with Video

Karlyn travels the world teaching people how to swim FASTER with less effort!

The benefits to taking an Aquatic Edge clinic are many:

- Learn the techniques used by Karlyn, top triathletes and Olympians
- The teaching methods used are simple and easy to understand
- After just one clinic you will swim faster with LESS effort
- Training tips and recovery suggestions will also be provided
- Learn the fastest way to flip turn!

The video clinic also includes two videotaping sessions -before and after - with review

Location/address: *Evans Pool is located at **7201 East Green Lake Dr N. Seattle, WA 98115***

Karlyn Pipes-Neilsen: Regarded as one of the best swimmers in the world, Karlyn is 2009, 2008, 2007 & 2004 World Masters Swimmer of the Year, has been inducted into the Int'l Masters Swimming Hall of Fame and since 1993 has set over 200 Masters World records. For great articles on technique, motivation & training written by Karlyn visit www.aquaticedge.org

Cost: Clinic # 1 (without Video): \$95

Clinic # 2 (with Video) \$135.

Bring suit, towel, sweats, etc., so you're comfortable in and out of the water. Swim fins are a big help during the drill session, so bring them if you have them. Snacks served at the clinic.

How to register: Mail Registration form and check made out to PNA to: PNA c/o Sarah Welch, P. O Box 12172 Seattle, WA 98102-0172. Contact Sarah at sarahwelch@comcast.net or call 206-359-2588 for space availability or questions. For clinic questions email Karlyn at aquaticedge@hawaii.rr.com Space is limited. Postmark determines first come, first served. (Please do not phone to reserve a space). Hurry! Sarah will confirm your registration by email.

Pre-order Karlyn's *Go Swim Freestyle* DVD (goswim.tv) and pay only \$35 or purchase @ clinic for \$40 ✂-----

Faster Freestyle Clinic

First Name _____ Last _____

Address _____ City _____ State _____ Zip _____

Phone: () _____ Email _____

Emergency contact Name: _____ Phone() _____

USMS Reg. Number*: _____ Swim Level: beginner intermediate masters multi-sport

Please identify one goal for the clinic: _____

Please note your clinic preference 1st or 2nd priority in the box by Clinic #1 or # 2. Total your costs and include a check made out to PNA.

Clinic # 1 \$95 w/out video Clinic #2 \$135 with video add \$35 for Karlyn's Go Swim Freestyle DVD (save \$5!) Total enclosed: \$ _____

*Swimmers must have a USMS registration number or apply for a one day registration at the clinic for \$20.

PNA Coach Selected For 2010 SC Nationals

Shannon Singer, head coach at Skagit Valley YMCA Masters, has been selected as the PNA coach for the 2010 Short Course Nationals to be held in Atlanta. Shannon was the assistant coach for PNA at the 2009 Short Course Nationals in Clovis, CA, serves on the PNA Coaches Committee and has helped with numerous PNA clinics.

She is very excited about serving as the PNA coach for this national meet. Please contact Shannon at ssinger70@aol.com if you are considering participating.

Welcome New PNA Swimmers *(listed by team)*

Bainbridge Area Masters	Monroe YMCA Masters	Ann Kastberg
Elizabeth Faye	Elizabeth Harms	James Perkins
Alice Skipton	Northshore Y's Guys	Victoria Wiley
Bellingham Masters Swim Club	Joel Lenox	Thunderbird Aquatic Masters
Dave Golus	Josiah Savage	Daniel Hernandez
Michael Mallory	North Whidbey Masters	Unattached
Christen Tibbets	Deborah Burris	Mary Bach
Columbia Athletic Masters	Peter Sproule	Gordy Buchan
Tracy Guillen	Olympic Aquatic Club	Brian Burke
Downtown Seattle YMCA Masters	Rita Burnett	Chris de Vos
Ginger Richardson	Stephanie Fry	Noel Dokken
Federal Way Masters	Brian Morkert	William Fowler
Dean Burton	Michael Waring	John Hanrahan
Megan Johnson	Orca Swim Club	Mike Hettich
Irene Murakami	Juraj Hlavac	Crissy Lewis
Jeff Otto	Steven Potokar	Alredo Navarro
Khamphilay Pflingston	Mike Quinlan	Sue Sholin
Jacquelyn Rodwell	Robert Stevens	Rick Sivertson
Jenne Stabbert	Ohana Swim Club	Alexander Smith
Charis Tucker	Michael Amaral	Bradford Volk
Zachary Wannamaker	Lisa Bryant	Mike Wensman
Gold's Gym Redmond Masters	Marco Lizarazo	West Coast Aquatics Masters
Kathy Aubin	Diane Paulson	Dat Nguyen
Husky Masters	Poulsbo Piranhas Swim Team	Western WA U Masters
Ellie Humphries	Rebecca Lorber	Paige Hahnenkamp
Issaquah Swim Team	Karen Palacio	Michela Lecoq
Dana Lundbeck	Queen Anne Swim Club	
Team Luna	John Ester	
Keith Johnson	Redmond Aqua Hotshots	
Lake Washington Masters	Michael Ashley	
Heidi Corcoran	Jim Stafford	
Doug Greisen	Seattle Athletic Club	
Mercer Island Redwoods	Robert Roosa	
Teresa Nelson	South Sound Masters Swim	
Marysville YMCA Masters	Clydia Cuykendall	
Kathy McDaniel	Ginnie Donner	
	Sarah Fuller	
	Marcia House	

Errors or corrections should be sent to pnaRegistrar@usms.org

MASTERS CALENDAR

LOCAL EVENTS

March 13, 2010

ORCA SCY Meet

Helene Madison Pool
Seattle, WA

Contact: Mark Handel,
734-516-6907 (eves/wkends)

April 10-11, 2010

PNA SCY Championships

Weyerhaeuser King County

Aquatic Center
Federal Way, WA

Contact:

June 19, 2010

Northwest Senior Games

Juanita Aquatics Center
Kirkland, WA

Info:

www.northwestseniorgames.org

MEETINGS

March 20, 2010

PNA Board Meeting

9:00am

Contact Sally Dillon
(salswmr@comcast.net) for
location

NATIONAL EVENTS

January 1-December 31, 2010

2010 Check-Off Challenge

Contact: Jean Blackburn,
blackburn88@msn.com

May 20-23, 2010

USMS SCY Championships

Georgia Tech, Atlanta, GA

(Information at www.usms.org)

Contact: Ed Saltzman,
es7204@att.com

August 9-12, 2010

USMS LCM Championships

San Juan, Puerto Rico

(Information at www.usms.org)

Contact: Mark Gill,
mark.gill@usms.org

CLINICS

March 7, 2010

**Swim Technique Clinics
with**

Karlyn Pipes-Neilsen

Evans Pool, Green Lake, Seattle
Registration forms on page 8

March 7, 2010

**Club Development Clinic
Mel Goldstein and Karlyn
Pipes-Neilsen**

Evans Pool, Green Lake, Seattle
Contact Lisa Dahl at
206-337-2204 or ldahl@usms.org
to register

INTERNATIONAL EVENTS

May 21-24, 2010

**2010 Canadian Masters
National Swimming
Championships (LCM)**

Nanaimo, British Columbia,
Canada

(Information at [http://
cmsc2010.ca/Publicity/
invitation_e.pdf](http://cmsc2010.ca/Publicity/invitation_e.pdf))

July 27-August 7, 2010

**XIII FINA World Masters
Championships**

Goteborg, Boras & Moindal,
Sweden

(Information at [news.
2010finamasters.org](http://news.2010finamasters.org))

Contact:

info@2010finamasters.org

August 1-6, 2010

2010 Gay Games

Cologne, Germany

(Information at www.usms.org)

Contact: Jessica Seaton,
igla@usms.org



**CALLING ANY AND ALL MASTERS SWIMMERS INTERESTED IN
BUILDING YOUR MASTERS SWIM PROGRAM
PNA Coaches Club Development Clinic-For all PNA Coaches & Team Reps**

*Sunday, March 7-- 3pm – 6pm with an informal social afterwards
Location/address: Greenlake Community Center (next door to
Evans Pool) at **7201 East Green Lake Dr N. Seattle, WA 98115***

with

Mel Goldstein

USMS Club Development Coordinator, Coach Indy Swimfit

Karlyn Pipes-Neilsen

Multiple World Record Holder and Swim Coach

The goals for this workshop are:

- Mel Goldstein will share his experiences and ideas for marketing your program, developing shared goals with your local facility to build your program, how to keep swimmers coming back and bringing friends, fund raising and other development strategies.
- Karlyn will provide tips for coaches on how to teach techniques to your swimmers for effective adult learning. Techniques include: teaching self awareness, the use of contrast, visual imagery drills among others.
- Show PNA coaches the information available to you on the web from USMS such as daily workouts, the coach's page, certification opportunities and insurance information.
- Give PNA coaches resources and information about the local Coaches Committee, building support within PNA among coaches, local resources and activities
- Local coaches will offer their strategies for building successful programs:
 - Wendy Neely of Federal Way Masters on "*How to grow your program giving free clinics*"
 - Lynn Wells of Aqua Fanatics on "*How to Think Outside the Box in Pool and Open Water Swimming*"
 - Shannon Singer of Skagit Valley YMCA on "*How to Write a Workout for All Levels of Swimmers*"

Sign Up for this Clinic TODAY

Email Lisa Dahl at lisaisswimming@hotmail.com

Provide your name, contact phone number, your workout group/club and a brief statement of what you'd like to get out of this clinic.



ORCA 2010 SWIM MEET

SHORT COURSE YARDS MEET. Sponsored by the Orca Swim Team Sanctioned by the Pacific Northwest Association of Masters Swimmers for USMS, Inc. Sanction #360-04

DATE: Saturday, March 13th, 2010
TIMES: Check-in & 1st Warm-up: 8:00a.m. Meet: 9:00a.m.
PLACE: HELENE MADISON POOL
CONTACTS: Mark Handel (734) 516 6907 eves & weekends
DEADLINE: Postmark by Monday, March 01, 2010.

FACILITY: An indoor facility with six (6) 25-yard competition lanes with an adjacent warm-up and warm-down area.

RULES: Current USMS Rules will govern the meet.
NO DIVING DURING WARM-UP EXCEPT IN DESIGNATED SPRINT LANES.
ELIGIBILITY: Open to all year 2010 USMS or MSC registered swimmers 18 and above as of 3/13/2010.

DIRECTIONS (located approximately 15 minute drive from downtown Seattle)
From areas north of city limits of Seattle: Take I-5 Southbound, take N/NE 145th St. exit.
From all other areas: Take I-5 Northbound, take NE 130th St. exit.

ORDER OF EVENTS (PNA Order #4) (Seeding is slow to fast)

Table with 2 columns of event numbers and descriptions. Events include 400 IM, 500 Free, 30 minute break, 200 Women's/Men's* Free Relay, 50 Breast, 100 Fly, 200 Free, 50 Back, 100 IM, Break, 200 Mixed Free Relay, 100 Breast, 50 fly, 100 Free, 200 Back, 30 min Break including Pink Flamingo Relay, 200 Women's/Men's* Medley Relay, 200 Breast, 200 Fly, 50 Free, 100 Back, 200 IM, 200 Mixed Medley Relay.

Note: Relays entries done on day of meet and deck-seeded.

* - The entries for Men's Relays and Women's Relays will be swum in combined heats.
DISCOUNTED OFFICIAL HOTELS in Downtown Seattle (request Orca Swim group rate)
Hawthorn Inn & Suites, 2224 8th Ave, 98121 (800) 437-4867 (206) 624-6820.
Paramount Hotel, 724 Pine St, 98101 (206) 292-9500.

For more info on social events for the meet see: www.orcaswimteam.org.

The ORCA SWIM TEAM is 501 (c) (3) non-profit corporation dedicated to promoting the sport of swimming and to educating the public about the value of sports in fitness and community-building.

ORCA 2010 SWIM MEET

Sponsored by the Orca Swim Team Sanctioned by the Pacific Northwest Association of Masters Swimmers for USMS, Inc. Sanction # 360-04

Name: _____ Circle if your first Master's Meet: Y
Phone: (____) _____ E-mail Address: _____
Street Address: _____
City: _____ State/Province: _____ Zip/Postal Cd: _ _____
M or F Age: ____ Birthdate: ____/____/____ USMS or MSC# _____
Team Abbrev: _____ Team Name: _____ LMSC: _____
USMS Club Abbrev: _____ USMS Club Name: _____ or UNATTACHED

AGE GROUPS (Determined by your age as of 3/13/2010):
18 - 24 25 - 29 30 - 34 35 - 39 40 - 44 45 - 49 50 - 54 55 - 59
60 - 64 65 - 69 70 - 74 75 - 79 80 - 84 85 - 89 90 - 94 95+

INDIVIDUAL EVENT ENTRIES - ENTRY LIMIT: 5 individual events (excluding relays)

Table with 3 columns: EVENT NUMBER, EVENT NAME, SEED TIME (Short Course Yards). Contains 5 empty rows for entry information.

ENTRY FEE: \$20 (paper) or \$18 (on line) (includes LMSC & electronic timing surchar
Individual Events: _____ (\$1 each; no charge for relays or if 65 and up, or if needs be
Total: _____

Please enter on line at: http://www.orcaswimteam.org!

Or Mail completed and signed Entry, Check, & copy of USMS card to: Orca Swim Meet c/o Orca Swim Team, PMB 869 - 1122 E Pike St., Seattle, WA 98122.
Please make checks payable to Orca Swim Team. Amount Enclosed: _____
Non-PNA entrants must make a copy of your Year 2010 Masters registration card and mail it in with this entry form. Online registrants must present card at check-in.

WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNED: _____ DATE: _____

Emergency Contact _____

Phone Number _____

2010 STEVE ENGLE MEMORIAL PNA CHAMPIONSHIP MEET
Saturday, April 10th and Sunday, April 11th, 2010

Hosted by Federal Way Masters
 Sanctioned by the Pacific Northwest Association of Masters Swimmers
 for USMS, Inc. Sanction # 360-003

DATE: **Saturday April 10th and Sunday, April 11th, 2010**

TIMES: **Saturday, April 10th: Warm-up: 11:00 – 11:50 AM, Meet starts: noon**
Sunday, April 11th: Warm-up: 8:00 – 8:50 AM, Meet starts: 9:00 AM

PLACE: WEYERHAEUSER KING COUNTY AQUATIC CENTER, 650 SW Campus Drive,
 Federal Way, WA 98023 (206)296-4444

MEET DIRECTOR: Steve Freeborn. (206)940.7442 freebornlaw@qwest.net

On Line Entries are encouraged!

https://www.ClubAssistant.com/club/meet_information.cfm?c=1449&smid=2176

FACILITY: The venue is an indoor facility with spectator seating for 2500 people and elevator access to the deck level. It includes a 50-meter championship pool set up as two 25-yard courses, each with eight nine-foot-wide lanes and a water depth range of nine feet to ten and one-half feet; and a seven-lane, 25-yard diving tank for continuous warm-up during the meet. The championship pool is rated one of the fastest pools in the world. Deck-level, concrete surge gutters and lane lines minimize wave action. An Omega timing system is linked to a state-of-the-art, eight-lane readout scoreboard

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all year 2010 USMS or foreign registered swimmers age 18 and above as of April 11th. Age groups will be based upon the swimmer's age as of April 11, 2010.

SEEDING: Two courses will be used for the 400 IM, 500 Freestyle, 1000 Freestyle and 1650 Freestyle. A single course will be used for all other events.

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

ORDER OF EVENTS (ORDER #C) (Seeding slow to fast / Deck enter relays at the meet.)

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

NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPRINT LANES.

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

* **Check-in:** Check-in is required for the 1000 Freestyle (deadline end of event 6), 500 Freestyle (deadline 8:30 Sunday) & 1650 Freestyles (Deadline end of event 18) Swimmers who do not check in by the deadline may be scratched from the event. **Relay check-in deadlines:** events 9, 10 & 11, 1 PM Saturday; events 21, 22, & 23, 11 AM Sunday.

2010 STEVE ENGLE MEMORIAL PNA CHAMPIONSHIP MEET
Saturday, April 10th and Sunday, April 11th, 2010

NAME: _____ M F AGE: _____

ADDRESS: _____

PHONE _____ Email _____

BIRTHDATE: _____ USMS #: _____ - _____ Circle if first Masters meet **Y**

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

LMSC _____ (PNA, Oregon, Inland NW, etc.) Club _____ (non-PNA members only)

TEAM _____ (note: PNA teams must register with PNA by 3/27/10)

AGE GROUP (Determined by your age as of April 11th, 2010):

18 - 24 25 - 29 30 - 34 35 - 39 40 - 44 45 - 49 50 - 54 55 - 59
 60 - 64 65 - 69 70 - 74 75 - 79 80 - 84 85 - 89 90 - 94 95+

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

EVENT NUMBER	EVENT	SEED TIME

Emergency Contact: _____ Phone Number: _____

Circle if this is your first Master's Meet: **Y**

ENTRY FEE: \$ 27.00 Surcharge
 Individual Events: + _____ \$2 per event. No charge for relays.
 No charge for need-basis or seniors (65 & over).
 \$ _____ T-shirts @ \$18 indicate size Adult fit (S ___ M ___ L ___ XL ___ 2XL ___)
 Women's fit (S ___ M ___ L ___ XL ___ 2XL ___)

Total: \$ _____ **Please make checks payable to Federal Way Masters**

Mail this entry form and fees to: Federal Way Masters
 PO Box 24083
 Federal Way, WA 98093

Questions? Email Steve Freeborn at freebornlaw@qwest.net

Entries must be postmarked no later than Wednesday, March 24th. On Line entries will close at midnight on Saturday March 27th. All swimmers must have a valid 2010 USMS (or foreign) registration prior to meet entry or submit an application accompanying the entry.

WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNED: _____ DATE _____

Additional Information:

**In Memory of Steve Engel
June 17, 1943 - February 17, 1996**

PNA's annual Championship meet is dedicated to the memory of the co-founder and first president of the PNA. Steve lost his battle with complications from leukemia, but his energy and enthusiasm will long be remembered by those of us fortunate to have known him.

"Across America, there are now more than 30,000 of us. And one of the pioneer associations in the nation was right here in Steve Engel land. Thank You, Steve. Your vision long ago became a solid reality that will endure. It was not a false start. You have swum the entire distance to heaven."

- From Tom Taylor's tribute in the March 1996 WetSet

T-shirts. T-shirts are available for \$18, but must be ordered with your entry. The shirts will include the logo shown on the right.

Individual Awards: PNA Championship ribbons will be awarded first through 6th place in every age group in every event. PNA medals can be purchased for \$2 each.

Club/Team: PNA members must indicate the team that they plan to score points for during the meet. Non-PNA swimmers should indicate the club that they are registered with. For many swimmers the club is the same as the LMSC.

PNA Team Eligibility: To be eligible for team awards, teams must submit a 2010 team registration by the meet entry deadline. PNA team registration forms are available in the WetSet and on the PNA website, www.swimpna.org.

PNA Team Categories: Eligible PNA teams will be divided into three categories, (Large, Medium, and Small), based upon the number of swimmers entered from each team in the meet. Category assignments will be made after the meet entry deadline and announced during the meet.

Scoring: The meet shall be scored from places 1 through 12 in every age group for every event. Individual events will be scored 13-11-10-9-8-7-6-5-4-3-2-1. Relays score double the individual points. Non-PNA swimmers will not score points and will not displace PNA swimmers from scoring points.

PNA Team Awards: Plaques will be awarded to the top three teams in each category.

Website: Visit the PNA website at www.swimpna.org for updated information.

Motels: There are numerous motels within fifteen miles of the pool. There are no discounts associated with the meet.

PNA Coach of the Year and Dawn Musselman Awards: The 2010 PNA Coach of the Year and the 2009 PNA Inspirational Swimmer Award, named in honor of Dawn Musselman, will be presented on Sunday at the conclusion of event #16.

**FEDERAL WAY KINGS
PRESENTS
CHAMPS 2010**

**YOU GOTTA EARN THE RIGHT TO
SWIM THE
blues**

**FOR
2
DAYS
ONLY**

APR. 10 & 11TH

FEATURING YOUR FAVORITE HITS

**I HEAR THE BELL (BUT IT AIN'T FOR ME)
THE DQ BLUES (HAVE MERCY!)
I BEEN LAPPED (AND SHE'S 84)
THAT LONG LONESOME MILE (COUNTER, PLEASE
PLEASE DON'T LEAVE ME!)
RELAY ANCHOR BLUES (GIMME A LEAD)
SANDBAGGED BLUES (BUT I WON MY AGE-GROUP)
I LOST MY HEAT (AND KEPT MY COOL)**



U.S. MASTERS SWIMMING

Pacific Northwest Association of Masters Swimmers

You may fill out the paper form below and mail it with a check or register online with a credit card at <https://www.clubassistant.com/club/USMS.cfm?L=36> or

through the link for online registration at www.swimpna.org and follow the instructions.

2010 Membership Application

New Swimmer **Returning USMS Swimmer**
(Permanent ID if available _____)

Name: _____ Birth date: _____
Last First Initial Month Day Year
Address: _____ Age: _____ Male Female (circle one)
Street or box number
City State Zip+4 E-Mail: _____
Home Phone (____) _____ Cell Phone (____) _____ Work Phone (____) _____

CLUB Affiliation **Pacific NW Aquatics (PNA)** or **Unattached to a Club**

TEAM Affiliation _____

Choose a membership level A or B below for 11/01/2009 thru 12/31/2010.

A. Regular:	\$42	
B. Need-based or Seniors (65 & over):	\$30	
<i>Optional Donations:</i>		
USMS Endowment Fund		\$
International Swimmers Hall of Fame		\$
TOTAL		\$

U.S. Masters Swimming Endowment Fund
Just \$1 from each of us has the potential to add \$50,000 annually to further adult swimming opportunities, sports, medicine research, education and outreach through grants.
www.usms.org/admin/lmschb/lmsc_hb_endowment.pdf

International Swimming Hall of Fame Fund
ISHOF promotes the benefits and importance of swimming as a key to fitness, good health, quality of life, and the water safety of children through operation of the International Swimming Hall of Fame, a dynamic shrine dedicated to the history, memory, and recognition of famous swimmers. <http://www.ishof.org>

Please consider making a tax-deductible donation to one or both of these funds.

Make check payable to: **PNA**
Questions: (206) 849-1387 or pnaRegistrar@usms.org
Mail check & form to: Arni Litt, Registrar
PO Box 12172
Seattle, WA 98102-0172

A link to the PNA newsletter, *The WetSet*, will be sent by email 10 times/year, unless you check here to have *The WetSet* sent by U.S. Postal Mail.
PNA is seeking volunteers to help with meets, clinics and committees. Check here to volunteer and someone will contact you about where you could make a difference."

2010 Annual Fee: Of your membership fee \$27 is sent to USMS and \$15 remains with PNA to support our programs. \$8 of the USMS portion is designated for the national publication Swimmer Magazine. (There is no discount for those not wishing to receive the national publication.)

WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, THE HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

➔ **Signature** _____ **Date** _____

Use of Image/Likeness: I grant permission to U.S. Masters Swimming and its affiliates to use my likeness and/or image in photographs, video, motion pictures, recordings, or any other record for legitimate purpose.
The United States Masters Swimming Policy on the privacy of member information is at: www.usms.org/admin/privacy.shtml

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

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Inside The March Issue:

- * PNA CLUB DEVELOPMENT CLINIC (*PAGE 1*)
 - * GOODY BAGS (*PAGE 1*)
 - * AVOID GETTING S.I.C.K. THIS SEASON (*PAGE 3*)
 - * CHECK-OFF CHALLENGE (*PAGE 7*)
 - * MEET ENTRY FORM FOR
 - * ORCA (MARCH 13)
 - * PNA SCY CHAMPS (APRIL 10-11)
-