

THE WETSET

Pacific Northwest Association
of Masters Swimmers



Volume 27 • Issue 8

Masters Swimmers in Western Washington

November 2007

LEADING OFF

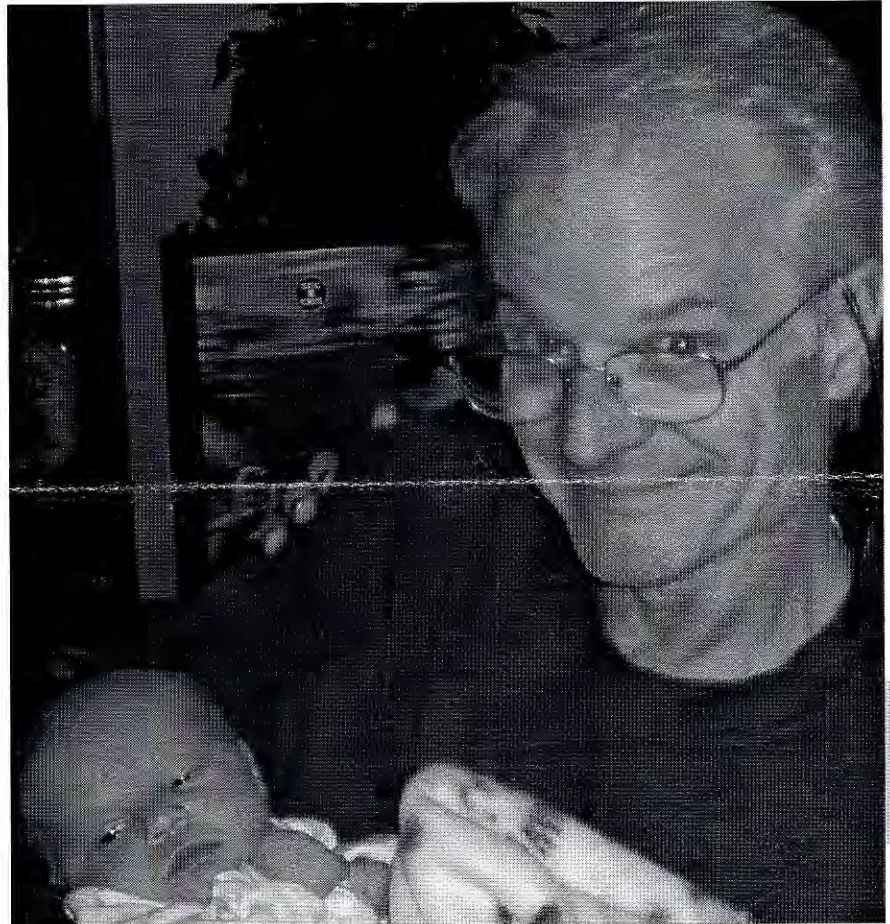
By PNA President,
Steve Peterson

CRASH! October seems to be unusually popular for unexpected tumbings. Fall's first wind-storm uprooted one of my poplar trees, felling it across our driveway (fortunately our neighbor was chain-sawing it as my wife arrived home from work). Curiously, this tree's parent had suffered the same fate almost 20 years ago, preventing my timely departure for a Masters meet at North Kitsap pool. The same day last month my poplar fell, the stock market suddenly plummeted, reminiscent of 1987's Black Monday crash.

With any luck, you haven't been adversely affected by these or similar downers as we work to overcome the pre-winter blues and splash boldly into November ... At least October 28 was National Chocolate Day!

BAMFest 6 Revisited

Were you one of the 80-plus competitors who enjoyed BAMFest 6? Meet Director Tara Simsak and her crew of Bainbridge volunteers overcame an unexpected plunge in available officials — resulting from all the high school girls' divisional meets occurring that same weekend — and put on a fun event. An article about the meet and its fabulous Fantasy Relays, along with



When he's not trying to break records at a meet, PNA President Steve Peterson enjoys spending time with his new granddaughter, Amaya.

meet results, will appear in December's *The WetSet*.

Anacortes, Anchorage and "Brute Squad"

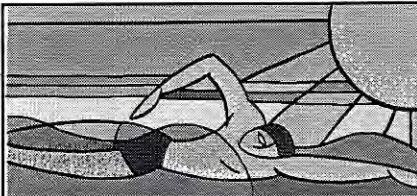
The Anacortes Thunderbirds are busy preparing to host the next local competition, this one to be held on January 19. If two months is too long between meets, or you want that final chance to make a

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THE WETSET

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November 2007

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Officiating: Kathy Casey/Jan Kavadas

Open Water: Sally Dillon

Publicity: Lynn Wells

Safety: Kathy Casey

Webmaster/Computer Apps:

Rondamarie Smith

(Continued from page 1)

Leading Off

Top Ten time this Short Course Meters season (January-December) or you just need a travel incentive, consider attending our 2007 Northwest Zone SCM meet in Anchorage on December 1. Do you need an entry form? Find one at www.akmswim.org/pdfs/2007_SCM_Meet_InfoEntry.pdf.

Meanwhile, you have until November 15 to record a time for the USMS National Championship 3000/6000 yard postal swim (see www.usms.org/longdist/ldnats07/3-6000entry.pdf). And you have until December 31 to register in WSU Masters' "Brute Squad" postal event (entry form at WSUMastersSwimming.org).

Pool meets don't have to be the only incentive for maintaining your desired fitness level!

Double Splash

Lack of public swimming pools in the Seattle area has resulted in the formation of not one but two similarly-named organizations whose mission is to correct this deficiency.

SPLASH (Swimming Pools for Leisure, Active Sports and Health) seeks to build a multi-purpose, all-season regional aquatics complex (including a 50-meter pool) in the greater Bellevue area. PNA members Cameron Green, Rob Martin and Mike McKinley serve on the **SPLASH** board headed up by **SPLASH** founder and activist Sharon Simas. You can read all about their plans and progress, and how you can help, at splash4all.org.

On the other hand, *Project*

Splash!, now renamed Project Outdoor Pool to avoid potential confusion, consists of neighbors dedicated to building an outdoor public pool in Seattle, east of I-5, for all citizens to enjoy. You can read all about their plans and progress at www.outdoorpool.org, or contact Elizabeth Nelson at elizabeth@outdoorpool.org (See article about Project Outdoor Pool on page 5.)

The WetSet will try to keep you informed on the progress of both groups.

Value of Volunteering

Volunteering your abilities or services can be very satisfying, so please consider getting a little more involved in PNA. Here's a suggestion (as well as a direct plea to help our editor fill these pages each month): Write a short article for *The WetSet* describing your experience at a Masters-related event. Maybe it's about your first meet. Or a special experience you had at a meet or other swimming event. Or how swimming helped you conquer a fitness or health problem.

Give it a shot! Writing an article can be therapeutic, others are interested in what you have to say and our newsletter editor will provide whatever assistance you need to turn out a terrific piece.

Okay, that's it for now. Time for you to hit the water and keep those cold-weather blues from crashing in around you!

Correction:

The photo on page 9 of last month's newsletter incorrectly identified NEO's coach as Lynn Wells. It should have been Robin O'Leary.

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.



MASTERS 2007/2008 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, 2007
Fitness Check-Off Challenge
Le Tour de Pool
Hugh Moore
swimmoore@comcast.net
Visit www.usms.org/fitness for entry form.

September 15 to November 15, 2007
USMS 3000/6000 Yard Postal Championships
Jeff Erwin, 208-389-9847, rudderboy@aol.com; Jill Wright, 208-338-5287, swimjmw@aol.com

December 4, 2007
PNA Annual Board Meeting and Potluck
6:00 p.m.
1920 10th Ave. E.
Seattle
RSVP PNARegistrar@usms.org

December 1, 2007
Northwest Zone
Short Course Meters
Anchorage, AK
Entry form available at www.akmswim.org/pdfs/2007_SCM_Meet_InfoEntry.pdf

January 1 to January 31, 2008
USMS One Hour Postal Championships
Mel Goldstein, 317-253-8289, goldstein@sbcglobal.net

January 19, 2008
SCY Meet
Fidalgo Pool
Anacortes, Wash.
Entry form on page 6

January 22, 2008
PNA Board Meeting
6:45 p.m.
Yesler Community Center
917 E. Yesler Way, Seattle

February 17, 2008
SCM Meet
Bellevue Club
Bellevue, Wash.

February 26, 2008
PNA Board Meeting
6:45 p.m.
Yesler Community Center
917 E. Yesler Way, Seattle

March 8, 2008
Orca SCY Meet
Helene Madison Pool
Seattle, Wash.

March 25, 2008
PNA Board Meeting
6:45 p.m.
Yesler Community Center
917 E. Yesler Way, Seattle

March 29, 2008
SCY Beat the Clock Meet
Briggs YMCA
Lacey, Wash.

April 12-13, 2008 (tentative)
SCY PNA Champs
Weyerhaeuser King County
Aquatic Center
Federal Way, Wash.

April 17 to April 25, 2008
XII FINA Masters World
Championships - Perth, Western
Australia
LCM; John Lynch, +61894418232,
info@2008masters.org;
2008finamasters.org

April 22, 2008
PNA Board Meeting
6:45 p.m.
Yesler Community Center
917 E. Yesler Way, Seattle

May 1 to May 4, 2008
SCY Nationals
Austin, Tex.

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

Welcome New PNA Swimmers

Richard Adcock
Abigail Burton
Amanda Evans
Janet Getzendaner
Leslie Grimm
Hillary Jensen-Bergren
Paul Schlosse
Ann Smith
Willow Thompson
Julie Waltari
Forest Wells

Give to a Worthy Cause: USMS Endowment

Every year, you have an opportunity at registration time to add to your registration fee a contribution for the USMS Endowment Fund. The fund was started several years ago as a means of:

- Honoring and recognizing individuals or organizations for a particular reason
- Raising money to support important research that will help us understand more about the benefits, risks and rewards of swimming



For more information about the fund, contact Doug Church at dchurch@cchalaw.com or go to www.usms.org.

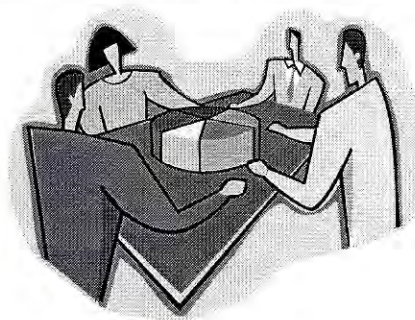
Board Meeting Summaries for July, August and September

July meeting

- Steve Peterson reported his experience at National Senior Games in Louisville.
- The board agreed it was nice to be able to identify the coaches at Nationals with their blue polo shirts.
- The board approved sending \$200 to the UW swim team in memory of Gene Crossett.
- The board agreed that PNA will endorse a bid by Ohana Masters to host a USMS postal swim for a 2009 fundraiser and will support the event financially, sharing in the profits proportionately.
- The Fat Salmon Lake Washington swim was a huge success.
- PNA will consider bidding on the National Open Water Swim for 2010.
- The Lake Padden OW swim had about 100 swimmers and the mini towels and fun drawings were great.

August meeting

- Steve Peterson reported that BAM inaugurated the first "Arms Around Bainbridge" charity swim.
- PNA has a new mailing address: Arni Litt, PNA registrar, P.O. Box 12172 Seattle, WA 98102-0172; email: pnaregistrar@usms.org; cell: 206-849-1387
- The board gave the Short Course Nationals' Team Participation Committee discretion to distribute up to \$9,000 to individual teams not later than Oct. 1, 2007.
- Arni Litt reported that PNA now



has 1,365 members.

September meeting

- Steve Peterson reported that the "Arms Around Bainbridge" swim raised \$8,000 for a cancer patient.
- Project Splash! wants to build outdoor pools in Seattle and hopes for PNA support.
- Registration dues will rise \$5 to cover the USMS dues increase, while the PNA portion will remain the same (total, \$40).
- End-of-year-dues will remain the same (\$20), and team registration will remain at \$12.
- Arni Litt reported that PNA now has 1,378 members.
- Meet schedule approved through March.
- PNA would like a host for a LC Meet at Weyerhaeuser King County Aquatic Center prior to Nationals.

(Continued from page 5)

Building More Pools

strong message about pools during this critical period, please contact Elizabeth Nelson at elizabeth@outdoorpool.org. Also, visit www.outdoorpool.org for ongoing updates.



WANT TO MAKE A BIG SPLASH IN THE ANNUAL ONE HOUR POSTAL SWIM? START YOUR TRAINING NOW



Did you read the Q&A in last month's issue of *The WetSet*? Hopefully you found time to do the 3000-yard or 6000-yard National Championship postal swims. But if not, coming soon to a pool in your neighborhood is another great postal opportunity: the One Hour Postal Swim.

This is the premier USMS postal swim, with thousands of Masters swimmers nationwide swimming as many laps as possible in one hour. The swim must be done during January and is used by many as a benchmark for their training for the coming year.

Start your preparation for this swim by doing 10-minute, 20-minute and 30-minute swims during November and December. Talk to your coaches and teammates and organize opportunities to do the One Hour Postal Swim in January.

Each participant must have an official timer who will record accurate splits on the entry form. You can take turns swimming and timing each other if necessary.

The official entry form will be included in the November/December issue of *USMS SWIMMER*; it also will be available at www.usms.org and www.swimpna.org.

As in the past, PNA will organize relay teams. So be sure the relay coordinator gets your information when you enter the event. Look for more details in December's *The WetSet*.

Attention participants in the USMS 3000-yard and 6000-yard Postal Championships.

Please be sure to send a photocopy of your entry form and split sheet to the PNA relay team coordinator, Sally Dillon, at PO Box 845, Oak Harbor, WA 98277. Questions? Contact Sally at salswmmr@verizon.net

Seattle Parks to Hold Citywide Meetings on More Pools: Your Help Urgently Needed

Over the past few months a group of outdoor pool enthusiasts now known as Project Outdoor Pool has captured the attention of the Seattle's City Council, the Parks Department and the Mayor Nickels' office.

Initially, this grassroots effort focused on supporting a proposal from Council Member David Della. That proposal requested money in the mayor's budget for a city-wide outdoor pool feasibility study.

Now, thanks to the responsiveness of the Parks Department, money will be allocated in the department's budget to fund an initial study that will analyze city-wide pool need, as well as revenue and expense projections for outdoor pools. This is the first, and an extremely important, step toward the community process that ultimately will lead to the identification of specific pool sites.

What can you do to keep this momentum going? The Parks Department will be hosting 33 public meetings throughout Seattle over a 10-day period, starting the end of November. Community input gathered at these meetings will affect the department's strategic plan, which will guide its decision-making for years to come. If outdoor pools are to become a reality, it will be because of community participation in these meetings.

For more information about the meetings and how to become part of a coordinated effort to send a

(Continued on page 4)

SANCTIONED BY PNA FOR USMS INC. SANCTION#368-01

SHORT COURSE YARDS MEET: January 19, 2008

Hosted by Thunderbird Aquatic Club & Masters and
Anacortes High School Boys Swim Team

EVENTS (ORDER #2)	
#	Event
Saturday, Jan. 19	
1	400 IM
break	
2	200 Free Relay
3	100 Back
4	200 Free
5	50 Fly
6	200 Breast
7	100 IM
break	
8	200 Mixed Free Relay
9	200 Back
10	50 Free
11	100 Fly
12	50 Breast
break	
13	200 Medley Relay
14	50 Back
15	100 Free
16	200 Fly
17	100 Breast
18	200 IM
break	
19	200 Mixed Medley Relay
20	500 Free

DATE: Saturday, January 19, 2007

TIME: Warm-up: 9:00 AM;
Meet starts 10:00 AM

PLACE: Fidalgo Pool, Anacortes, WA
1603 22nd
Anacortes, WA
Phone: 360-293-0673 ext. 14

MEET DIRECTOR: Myke Lund
360-293-0673 (daytime)
h2obug101@yahoo.com

FACILITY: Six-lane 25 yard pool
Warm-up: 42 ft. by 23 ft.
Water temperature: ~ 83 degrees F

CONCESSIONS: None

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all USMS 2008 registered swimmers, 18 and above as of *January 19, 2008*.

SEEDING: Slow to fast **TIMING:** Electronic

RELAYS: Deck-enter relays at the meet. Mixed relays require 2 men and 2 women. Mark your relay entry card *carefully* to ensure correct intent and results.

Positive check in required for 400 IM by 9:45 and for the 500 Free by the end of event 13.

DIRECTIONS: From I-5, take exit 230. Go west on Highway 20 to its end in Anacortes. Turn right onto Commercial Ave. and go about ten block to 22nd street and turn left. Go up the hill to J Ave (about six blocks) Fidalgo pool is on the left.

Motels:

The Marina Inn 3300 Commercial 360-293-1100
Anaco Bay Inn 916 33rd (kitchens) 360-299-3320
Islands Inn 3401 Commercial (complimentary Dutch breakfast) 360-293-4644

EMERGENCY CONTACT _____
PHONE NUMBER _____

NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES

PNA LOCAL MASTERS SWIMMING COMMITTEE

MEET ENTRY FORM: January 19, 2008 Meet Sanction #368-01
Hosted by TAC/TACM/AHS Boys Swim Team

NAME: _____ M F AGE: _____

ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS #: _____

CLUB/TEAM: _____ or UNATTACHED: _____ ASSOCIATION: _____

AGE GROUP (determined by your age as of JANUARY 19, 2008):

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: 5 EVENTS PER DAY plus relays. Circle if your **first Masters meet: Y**

EVENT NUMBER	EVENT	SEED TIME

ENTRY FEES: \$ 13.00 (includes LMSC and electronic timing surcharges)

Individual Events: + _____ (\$1 each; optional for age 65 and over or needs based)
(No charge for relays)

Total: \$ _____ [from \$13.00 (relays only) to \$18.00 (five events)]

Please make checks payable to: **TAC**

Mail this entry form and fees to: January Masters Meet
C/O Myke Lund
1603 22nd
Anacortes, WA 98221

Questions? Myke Lund h2obug101@yahoo.com

Please send entries postmarked no later than **Wednesday, January 09th.**

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: _____

United States Masters Swimming, Inc
2008 Membership Application
Pacific Northwest Association of Masters Swimmers

New Swimmer

Returning USMS Swimmer
(Old Number if available _____)

2008 Annual Fee: Of your membership fee \$25 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.)

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

2nd Phone: (____) _____

I am interested helping the PNA committee

I am interested in receiving The WetSet by email

CLUB: Pacific NW Aquatics (PNA)
or Unattached

AND Team : _____
or Unattached

Choose a membership level A or B below.

- A. Regular:** 11/01/07 thru 12/31/08 **\$40**
B. Need-based or Seniors (65 & over): **\$30**
C. After September 1, 2008 to Dec. 2008 **\$25**

Make check payable to: **PNA**

Mail to: PNA Registrar, Arni H. Litt,
P O Box 12172
Seattle, WA 98102-0172

Optional Donations:

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

Questions: (206) 849-1387

pnaRegistrar@usms.org

1. On rare occasions, USMS may need to inform you of important issues. **I DO / DO NOT** wish to receive these.
2. A USMS sponsor may wish to offer you information emailed from the USMS National Office. **I DO / DO NOT** wish to receive this. (**Email addresses are not supplied to the sponsor.**)

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

Remember to regularly check out your LMSC website at www.swimpna.org and the USMS website at www.usms.org for information, updates, and changes.



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, PO Box 12172, Seattle, WA 98102-0172

***Important** — *The WetSet* is sent via bulk mail and is **not** forwarded by the US Postal Service. Please inform us of address changes.*

Attach old address label here (if available)

Name _____

Address _____

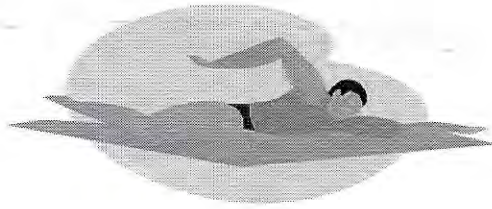
City / State / Zip Code _____

Phone _____ USMS # _____

E-MAIL _____

- Change of Address
- New Subscription

November 2007 Issue



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