

THE WETSET

Pacific Northwest Association
of Masters Swimmers



Is This The Year You Add Strength Training?

by Ron Rhinehart

Free weights, Nautilus, kettleballs, Vasa ergometers...swimmers' options for strength training seem endless, but is it really necessary? Many swimmers would rather spend two more hours in the pool than thirty minutes in the weight room, an attitude that many experts believe should be re-considered.

Now, swimmers aren't the only athletes to prefer sport-specific training to resistance training. A star NFL player of the 1980's had a well-known aversion to the weight room. When a reporter asked if he ever had the urge to visit and give it a try, he replied, "Occasionally. I lie down until it goes away." Our sport has a much higher emphasis on technique over sheer power, and certainly elite swimmers do not display the exaggerated musculature of NFL players, but we shouldn't wave off the discussion too quickly.

Just because technique may be more important than strength does not mean that only technique is important. We risk more than just letting our lane mate or old college teammate beat us at the upcoming swim meet. Muscle imbalances can lead to injury, particularly if your technique is slightly less than perfect. Strength training can stabilize key areas like the shoulders (the most common overuse injuries in swimming) and the spine (several hundred flip turns, anyone?), allowing us to train steadily and productively throughout the year.

Strength training for swimmers is fundamentally different than it is for many other sports, particularly those which rely on explosive power. Once again, we'll contrast competitive swimming to football. In one sport, races typically last between 25 seconds and 25 minutes. In the other, activity lasts an average of six seconds at a time (although repeated 20-40 times during the course of a game). When even our shortest period of peak exertion is four times as long as theirs - and may be as much as 250 times as long - muscular endurance should be our goal as opposed to maximum power.

So, what are we supposed to do in the weight room? Instead of focusing on bench presses where the bar bends under the weight of the plates at each end, emphasize a variety of exercises done with lighter weights for more repetitions. Multiple sets of 10-20 reps at a steady tempo will build the kind of strength you need at the end of a 400 IM or 1650 Free. Think of developing total body fitness instead of focusing on just one or two muscle groups. Whether you utilize free weights or rely on bodyweight exercises, don't neglect your core - throw in some yoga or Pilates moves to keep your abdominals and obliques in shape, supporting hip rotation and a strong kick.

The benefits of strength training don't stop when you climb out of the pool, however. According to an article published in the Los Angeles Times (by Jeannine Stein, February 13, 2011), resistance training can fight our body's natural tendency in middle age to lose muscle mass and bone density. Other benefits range from "better cognitive function, reduced depression, boost good cholesterol...and lowered risk of diabetes."

Maybe this year is the year to add some strength training to your schedule. Anything that reduces injury risk, makes us faster in the water and does all that besides...well, it can't be all bad!

LEADING OFF



BY PNA
PRESIDENT
STEVE PETERSON

Those Crazy ORCAs

Wife Cindy
and I were
visiting

Mickey and Harry in Orlando so I didn't get to attend the ORCA meet last month. I'm told, however, that the Seattle University venue was teeming and many participated in the famed Pink Flamingo Relay. Emcee Matthew Love reprised his lively narration, with Meet Director Chris Bresemann and his ORCA volunteers providing good support for their third annual competition. USA Swimming's Western Region Champs that weekend left officials in short supply, so many thanks to referee Kevin Fraley, Kathy Tamura, and Martha Layzer for volunteering to officiate the meet, assisted by SU swimmers. The Pink Flamingo Relay theme was Hawaii Five-O this year – what

will they come up with next time?

PNA Nationals Coaches Heading to Arizona

Designated head coach Shannon Singer (Skagit Valley Masters) has assembled an enthusiastic staff to assist our competitors now preparing for Spring Nationals in Mesa. Shannon, April Cheadle (Bainbridge) and Ken Rice (South Sound - Evergreen) will be very busy those four days (April 28 – May 1) providing on-deck support to PNA's 72 swimmers plus assembling and managing PNA's relay teams. I just got in a workout with Mesa Masters at the Kino Aquatics Center, which is spacious and fast. (I'm sure the weather will be a bit warmer in a month, too.)

Whether you entered this time or not, let me clarify two persistent points of confusion: *you* can swim any three events at Nationals even if you don't meet the national qualifying times (NQTs)! You're on the honor system for submitting times that meet the NQTs (within the last two years) for any additional

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The WetSet

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Open Water/Long Distance: Sally Dillon

Publicity: Lynn Wells

Safety: Kathy Casey

Webmaster/Computer Apps: Hugh Moore

Leading Off *(continued from page 2)*

events you want to enter. And because PNA is currently the only registered *club* from our LMSC, you'd swim for PNA unless you registered Unattached. Local teams and workout groups don't matter, although you could always negotiate with the nationals coach to form your own team relays.

Open Water Safety Conference

USMS and Pacific Masters co-hosted this inaugural conference held March 18 – 20 in San Francisco, prompted by the increasing popularity of open water events and recent tragedies. PNA's Open Water/Long Distance Coordinator Sally Dillon and PNA OW enthusiasts Scott Bonney, John de Wit, Jeff Jacobsen, Emily Prendergast and Liz Rosen. Five sessions covered inherent risks, current rules and guidelines, emergencies and contingencies, tools of the trade, and takeaways from other sports applicable to open water competition. Six case studies dealt with safety in various water body types and temperatures. Find details at www.openwatersource.com/open-water-swimming-safety-conference.html

I hope to see you at Champs where we will announce the new slate of PNA officers and recipients of PNA's Coach of the Year and Dawn Musselman Inspirational Swimmer awards.

Swim in good health!

Steve

New Workout Group - Welcome the Gig Harbor Old Swimmers Team!

Mike Kelly is a busy guy, coaching the Gig Harbor High School boys and girls in both swimming and diving, as well as the girls' water polo team. When some of his swimmers returned from college and looked for a place to swim, however, he added Masters coach to his list. The newly-formed PNA workout group practices Mondays and Wednesdays from 5:30 - 7:00pm at Gig Harbor High School, attracting a core group of 9-10 participants during the group's first two weeks.

Kelly encourages any swimmer in the area who's looking for a coached workout - with a special shout-out to local triathletes as their season gets underway - to drop in. "We want to offer the local community access to a club environment for fitness, training and racing."

Kelly can be reached at tideswim@gmail.com.

HELP WANTED!

PNA is looking for volunteers for the following positions:

Website data entry - a temporary role entering and updating information regarding facilities and workout times as part of our website redesign project. No specialized web design or administration skills required. Contact Sarah Welch at sarahwelch@comcast.net or 206-359-2588.

Meets Coordinator - help fill our competition calendar by acting as the liaison between meet directors and the PNA Board. Prior experience as a meet director is desirable but not required. Contact Sally Dillon at salswmr@comcast.net or 425-961-0023.

Records Set At Briggs YMCA (SCY) Meet

Following the publication of our March issue (in which there was a brief race recap of the Briggs YMCA meet), PNA Records/Top Ten Coordinator Walt Reid verified a total of seven (7) PNA records and nine (9) NW Zone records were set during the meet. Our record-setting swimmers are listed below - congratulations!

PNA Records

Jill Minehan (Women 18-24)	200 Fly	2:17.02
Haleigh Werner (Women 40-44)	200 Free	2:06.18
Peg Cloutier (Women 75-79)	50 Free	43.50
Gloria Tolaro (Women 80-84)	50 Free	47.43
Gloria Tolaro (Women 80-84)	200 Free	4:07.67
Gloria Tolaro (Women 80-84)	50 Back	50.74
Mike McColly (Men 70-74)	100 Fly	1:20.30

NW Zone Records

Sheri Hart (Women 35-39)	50 Back	27.60
Sheri Hart (Women 35-39)	100 Back	58.98
Sheri Hart (Women 35-39)	100 IM	1:01.34
Charlotte Davis (Women 60-64)	200 Free	2:16.00
Charlotte Davis (Women 60-64)	50 Back	33.87
Charlotte Davis (Women 60-64)	100 Fly	1:10.65
Peg Cloutier (Women 75-79)	100 Free	1:39.66
Peg Cloutier (Women 75-79)	200 Free	3:39.89
Ken Rice, Lauren Troyer, Chericka Ashmann, Eric Valley	200 Free Relay (Mixed 18+)	1:34.22

The USMS One-Mile Cable Swim National Championship

July 2, 2011

hosted by Central Oregon Masters

at Foster Lake (just east of Sweet Home, OR)

A rare opportunity to compete in a national championship open water meet
in the Pacific Northwest.
Limited to 288 entrants !

Find complete event information at www.comaswim.org

or register at www.clubassistant.com/club/meet_information.cfm?c=1705&smid=2938.

PNA Makes A Splash In The One Hour Postal Championships

by Sally Dillon, PNA Open Water/Long Distance Coordinator

Based on the preliminary results for the One Hour Postal Championships (final results will be available in April), some of our PNA swimmers did quite well. Over 2,000 participants were reported, with 273 in the Womens 45-49 age group and 233 in the Womens 50-54 age group. The largest mens age group was 50-54 with 219 competitors.

There weren't many records set this year - possibly a reflection of the disappearance of the tech suits! It was impressive to see the record set by Mary Latham of DC Masters - swimming 1,360 yards at age 95! The only other national record reported in the preliminary results was an amazing 5,285 yards for newly-60-year-old Jim McConica.

The following are the PNA medalists (top 10 individuals, top 6 relays in each age group). Congratulations to our medalists and to every competitor!

Women

Melissa Chamberlin (Women 30-34)	2nd place	5,125 yards
Sally Dillon (Women 60-64)	7th place	3,980 yards
Suzanne Dills (Women 65-69)	1st place	4,050 yards
Gloria Tolaro (Women 80-84)	3rd place	2,520 yards

Men

David Kays (Men 40-44)	3rd place	5,325 yards
Carl Hamry (Men 55-59)	7th place	4,640 yards
Bill Fenner (Men 55-59)	9th place	4,605 yards
Alan Bell (Men 60-64)	2nd place	5,060 yards
Harvey Prosser (Men 80-84)	3rd place	2,995 yards

Women's Relays

Melissa Chamberlin, Sara Bennett, Tamara Coulter			
Women 25+	6th place	13,675 yards	
Liz Rosen, Brenda Tomtan-Brayman, Kim Nellis			
Women 35+	6th place	12,565 yards	
Laura Anthony, Sally Dillon, Elizabeth Kassen			
Women 55+	1st place	12,170 yards	
Suzanne Dills, Gloria Tolaro, Barbara Allen			
Women 65+	3rd place	8,780 yards	

Men's Relays

Klein Cameron, Jonathan Wagher, Rick Ferrero			
Men 25+	6th place	13,560 yards	
David Kays, Kirk Nelson, Dan Larson			
Men 35+	3rd place	14,940 yards	

One Hour Postal National Championship Results

(continued from page 6)

Thomas Grandine, Jon Herron, Daniel Smith

Men 45+ 4th place 14,385 yards

Bill Fenner, Alan Bell, Carl Hamry

Men 55+ 1st place 14,305 yards

Melvin Smith, Jeff Jacobsen, Harvey Prosser

Men 65+ 6th place 10,020 yards

Mixed Relays

Kirk Nelson, Kim Nellis, Brenda Tomtan-Brayman, David Kays

Mixed 35+ 3rd place 18,920 yards

Alan Bell, Elizabeth Kassen, Laura Anthony, Carl Hamry

Mixed 55+ 1st place 17,890 yards

Scott Lautman, Sally Dillon, Suzanne Dills, Bill Fenner

Mixed 55+ 2nd place 17,175 yards

Clinic News - Stay Tuned...

Megan Jendrick and Ian Crocker

will present a clinic
for PNA members
in July.

ASCA (American Swim Coaches Association)

Masters Regional Clinic
(Level 1 & 2)
will be held in the Seattle area on May 6-7.

Interested coaches should contact
PNA Coaches Chairperson Wendy Neely
at wendymal@me.com

More details to follow in our May issue.

**2nd
Annual**

H.O.P.E. Showdown Meet!

Saturday, May 21, 2011

3:00 PM – 6:00 PM

**Shoreline Pool
19030 1ST Ave NE
Shoreline, WA 9815**



Helping Other People Everywhere

We take it for granted, but clean water is a scarce resource in other parts of the world. This year, proceeds from our **2nd annual Showdown Meet** will go to help non-profit organization **Healing Waters International** provide a sustainable clean water system to a needy community in Haiti. We raised \$2,010 last year; let's come together, have fun and help those in need once more!

- Who:** Anyone can participate as long as they can successfully complete the events.
- What:** A 10-event meet including 7 individual events, 2 relays and ending with spontaneous challenge races!
- Donate:** Online at <http://www.healingwatersintl.org> (write "H.O.P.E. Showdown" in the note section) or in person at the meet.
- Sign-Up:** Email your name, event numbers and estimated time for each event to Coach Jordan at jordanrice@gmail.com
- Events:** 1. 100 Pull; 2. 100 Kick w/ Board; 3. 100 Medley Relay; 4. 50 Water Polo Race; 5. 10 & Up 25; 6. 50 Kick w/ Fins; 7. LOTR Relay Extravaganza; 8. 25 Underwater; 9. 50 Partner Innertube Race; 10. Challenge Races (Sign up onsite)
- Volunteer:** Email Kate at: katerby@yahoo.com
- More Info:** H.O.P.E. Showdown Meet website: <http://hopeshowdownmeet.shutterfly.com>
Haiti Water Project 100 Facebook page: <http://www.facebook.com/home.php?#!/group.php?gid=277484229319>
Healing Waters International website: <http://www.healingwatersintl.org>

Healing Waters International is a 501(c)3 nonprofit organization EIN 46-0472149. A tax-deductible receipt will be issued at the end of the year.

Welcome New PNA Swimmers *(listed by workout group)*

Bainbridge Area Masters

Sarah Bullock

Bellingham Masters Swim Club

Sue Clark

Blue Wave Aquatic Masters

Jonah Auer

Stephanie Cummings

Bryant Hertzog

Megan Holt

Robert Johnson

Anne Mark

Austin Weisner

Casey Wilkin

Gig Harbor Old Swimmers Team

Danielle Ellis

Krissy Forelli

Maria Forelli

Amelia Jones

Lindsay Leaf

Diana Litsch

GreenLake Aqua Ducks

Sarah Anderson

Little Lebowski Urban Achievers

Maureen Rea

Lake Washington Masters

Morgan Ekemo

Susan Fleenor

Julie Voss

Monroe YMCA Masters

Johan Hansson

Brian Johnson

James Latham

Olympic Aquatic Club

Jordan LaHaie

Laura Storms

Orca Swim Club

Collin Foulds

Douglas Grady

Debbi Lewang

Ohana Swim Team

Adam Raygor

Lacey Wear

Abigail Zarosinski

Samena Masters

Carrie Atwood

Lauren Oden

Seattle Athletic Club

Marla Aginian

South Sound Masters Swimmers

Christie Agtarap

Jason Knispel

Carlyne Kujath

Swim Seattle Redhawk Masters

Alana Holmquist

Vicky Labuguen

Skagit Valley Masters Swimming

Carsi Padrnos

David Hannula

Joe Hertrich

Unattached

Ron Cueto

Adania Diaz

Walt Flury

Susan Gilmore

Amber Limanek

Gene Nomicos

Kyle Pinjuv

Doug Redway

Julia Tomac

Heidi Wood

YMCAPKC Sound Aquatic

Bryan Barber

Chip Bosselmann

Note: Errors or corrections (and names of Unattached swimmers who wish to change their affiliation to a specific workout group) should be sent to pnaRegistrar@usms.org

MASTERS CALENDAR

LOCAL EVENTS

April 9-10, 2011
PNA SCY Champs
Weyerhaeuser King County
Aquatic Center
Federal Way, WA
Info: Steve Freeborn,
freebornlaw@qwest.net,
206-940-7442

June 18, 2011
Northwest Senior Games
Juanita Aquatics Center
Kirkland, WA
Info:
www.northwestseniorgames.org

July 16, 2011
**Lake Padden Open Water
Swim**
Lake Padden
Bellingham, WA
Info: Lisa Kaufman,
lbkauf@clearwire.net,
360-3936948

July 23, 2011
**Fat Salmon Open Water
Swim**
Lake Washington
Seattle, WA
Info: www.fatsalmonswim.org

August 7, 2011
**AquaRun Open Water
Swim**
Commencement Bay
Tacoma, WA
Info: Zena Courtney,
zenacourtney@hotmail.com,
253-927-3695

August 14, 2011
**Deep Lake Open Water
Swim**
Deep Lake
Olympia, WA
Info: Joshua Trotter,
coachtrotter@evergreenswimclub.org, 360-458-7690

August 20, 2011
**Saratoga Passage Open
Water Swim**
Seawall Park
Langley, WA
Info: Jean Fankhauser,
jfankhauser@swparksandaquatics.org, 360-579-4438

September 17, 2011
**Angle Lake Open Water
Swim**
Angle Lake
Burien, WA
Info: Paul Havick,
fphavick@comcast.net,
253-720-1201

NATIONAL EVENTS

April 28 - May 1, 2011
**USMS Spring Nationals
SCY**
Kino Aquatic Complex
Mesa, AZ
Info: www.usms.org/comp/

June 25, 2011
**Summer National Senior
Games**
University of Houston
Houston, TX
Info: www.nsga.com
July 2, 2011

**USMS One-Mile Cable
Swim Open Water
Championship**
Foster Lake, OR
Info: www.comaswim.org

CLINICS

May 20-22, 2011
Swim Fest II
Atlanta, GA
Contact: Lisa Dahl,
ldahl@usms.org

July 9, 2011
**ACQUA Swim Camp -
Megan Jendrick & Ian
Crocker**
Fife Swim Center
Fife, WA
Contact: Megan Jendrick,
swimcamps@gmail.com

MEETINGS

May 17, 2011
PNA Board Meeting
6:45pm
Jan Kavadas' condo
Edmonds, WA
Contact: Jan Kavadas,
425-775-5814

June 28, 2011
PNA Board Meeting
6:45pm
Hugh & Jane Moore's
Tacoma, WA
Contact:
swimmoore@comcast.net



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.

2011 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
 _____ E-Mail: _____
 City State Zip+4
 Home Phone (____) _____ Work Phone (____) _____ Cell Phone (____) _____

CLUB Affiliation Pacific NW Aquatics (PNA) or Unattached to a Club
TEAM Affiliation _____ see team list on next page

Please check all that apply:
Masters Coach , Certified Official , YMCA , USA Swimming , USA Triathlon

Choose a membership level A or B below for 11/01/2010 thru 12/31/2011.

A. Regular:	\$44	
B. Need-based or Seniors (65 & over):	\$35	
<i>Optional Donations:</i>		
Swimming Saves Live		\$
International Swimmers Hall of Fame		\$
Pacific Northwest Association (PNA)		\$
TOTAL		\$

Swimming Saves Lives
Just \$1 from each of us has the potential to add \$55,000 annually to further adult swimming opportunities, sports, medicine research, education and outreach through grants. See <http://www.usms.org/giving/>

International Swimming Hall of Fame Fund
Dedicated to the recognition of the famous swimmers, divers, water polo players, synchronized swimmers, and persons involved in life saving activities and education, throughout the world. <http://www.ishof.org/about/>

Pacific Northwest Association of Masters Swimmers
This is your organization and supports clinics, education, The Wetset, and future projects. The Senior and Need-based discount is funded in part by donations.

Please consider making a tax-deductible donation to 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."

2011 Annual Fee: Of your membership fee \$29 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 _____

Pacific Northwest Association of Masters Swimmers 2011 Local Team Registration

To register your team for 2011, please fill out and return the form below. (Teams must be registered to compete as a team and to be eligible for team awards at the SCY PNA Championships held each April. All team members competing in the meet must be currently registered with USMS.) As of 2009, the definition of a team is a group of four (4) or more swimmers. If you do not expect our team to have four swimmers, please contact me.

PNA will provide each team with a USMS Rule Book, which contains rules for Swimming, Competition, Long distance Swimming, Athletes' Rights, and Organization and Bylaws. Please indicate who should receive the USMS Rule Book

Team Name:		Abbreviation (4 letters max):	
Team Rep	Name:		
	Address:		
	City:	Zip:	
	Phone:		
	e-mail:		
Team Coach	Name:		
	Address:		
	City:	Zip:	
	Phone:		
	e-mail:		
Workout Pools	Pool name:		
	Address:		
Website			
Workout Times			
Rule Book	Please send to:		

Mail this form and check to:

Arni Litt, Registrar pnaRegistrar@usms.org
PO Box 12172
Seattle, WA 98102-0172

Application fee: \$12
Make check payable to: PNA

Below are the abbreviations currently in use; **Bolded** IDs are registered for 2011 as of March 28, 2011.

<p>AQUA: Aquatic Fanatics BAM: Bainbridge Aquatic Masters BADD: Bellevue Aquatic Divas & Dudes BC: Bellevue Club BMSC: Bellingham Masters Swim Club BTAC: Bremerton Tennis & Athletic Club BWAQ: Blue Wave Aquatics CAAT: Central Area Aquatics Team CAC: Columbia Athletic Masters (All) DBST: Downtown / Bellevue Swim Team EMS: Everett Masters Swimmers FAST: Foothills Aquatics Swim Team FSJ: Fins of the San Juans FTS: Ft. Steilacoom GHY: Gig Harbor YMCA GCMS: Gold Creek Masters (GCM) GAM: Gold's Aquatics Masters GEM: Gold's Eastside Masters GOST: Gig Harbor Old Swimmers GLAD: Green Lake Aqua Ducks HMST: Husky Masters IST: Issaquah Swim Team LLUA: Little Lebowski Urban Achievers LOGS: Logger Masters</p>	<p>LUNA: Team Luna LWM: Lake Washington Masters LWS: Lynnwood Sharks MICC: Mercer Island Country Club MIR: Mercer Island Redwoods MAMS: Middle Aged Marlins MYM: Monroe YMCA Masters NHM: Newport Hills Masters NEO: North End Otters NSYG: Northshore Y's Guys NWM: North Whidbey Masters OAC: Olympic Aquatic Club OOPS: Old Olympic Peninsula Swimmers ORCA: Orca Swim Club OST: Ohana Swim Team PAC: Poseidon Aquatic Club PPST: Poulsbo Piranhas Swim Team PSC: Phinney Ridge Swim Club PTMS: Port Townsend Master Swimmers PRO: Pro Sports Club QASC: Queen Anne Swim Club RAH: Redmond Aqua Hotshots SAMM: Samena Masters SAC: Seattle Athletic Club</p>	<p>SVMS: Skagit Valley Masters Swimming SSTM: South Sound Titans Masters SWIM: South Whidbey Island Masters SSMS: South Sound Masters Swim Includes ESC, TOSC SSRM: Swim Seattle Redhawk Masters TSC: Tacoma Swim Club TACM: Thunderbird Aquatic Masters TIG: Tigers TOSC: Thurston Olympians Swim Club UNAT: Unattached to a Team UPAC: University Place Aquatic Club VFC: Valley Fitness Center VAC: Vashon Aquatic Club VAVI: Vashon Vikings WAC: Washington Athletic Club WEST: West Coast Aquatics Masters WSAS: West Seattle All-Stars WSYD: West Seattle YMCA Dolphins WWUS: Western WA U Masters Swimming WCY: Whatcom County YMCA WPKC: YMCAPKC Sound Aquatic 03/27/2011</p>
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