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President's Message

By Sally Dillon, PNA President

Greetings from Indianapolis!

I'm sure you were glued to the TV (or your computers) watching the recent Olympic Swimming Trials. What an exciting event it was! Incredible races and great stories day in/day out! With tickets for all 17 sessions (8 prelims, 9 finals), I enjoyed rooting for the nine swimmers from the PN LSC. Four of them were teenage girls from the Bellevue Club, where I train.

I have previously attended the Olympic Trials. In 1968 and 1976 they were in Long Beach, CA, my hometown. I worked at Belmont Plaza Olympic Pool at the time so had volunteer assignments during both events. I recall that they were a much shorter event in those days (and certainly a lot smaller!). I also attended the OT's in 2012 and 2016 in Omaha, NE. Both

(Continued on page 2)



May 15-Sep 15: [USMS 5K/10K Virtual Champs](#)
July 6-7: LCM meet, Federal Way
July 12-21: [Pan-American Masters Games](#), Cleveland, OH
July 14: [Portland Bridge Swim](#), Portland, OR
July 27: [Fat Salmon Open Water Swim](#), Seattle
July 28: [WA Senior Games](#), Olympia
Aug 11: [Swim Defiance](#), Tacoma
Aug 18: [OR Senior Games](#), Corvallis, OR
Aug 21-25: [USMS Summer Nationals](#), Mission Viejo, CA
Sep 15-Nov 15: [USMS 3000/6000 Virtual Champs](#)
Oct 25-27: [1st Annual National Invitational Pentathlon](#), Bend, OR
Nov 1-10: [Pan Pacific Masters Games](#), Gold Coast, Australia

Swim Calendar

[Search
USMS
Calendar of
Events](#)

President's Message (cont)

(Continued from page 1)



had eight days of competition; my husband and I had four-day packets for each.

At this year's meet I ran into quite a few friends and swimmers whom I've known since my Long Beach days. I also saw many PNA friends, as well as Masters Swimming friends from all over the country. Some were in town for both the OT's and the USMS Spring Nationals, which were being held at the IUPUI Aquatic Center. I've included a few of the hundreds of pics on my phone.

PNA LCM SUMMER MEET

The deadline to enter this year's LCM meet at KCAC will have closed by the time you read this. I hope you have entered the meet, but if not, I encourage you to volunteer on one of the days (July 6 & 7). Please consider another opportunity to volunteer later this fall at the PSM SCM meet.

"It takes a village" to run a meet and you're all members of the "PNA Village." Volunteering is a great way to help your LMSC. Please contact me at salswmr46@gmail.com if you're able to help.

USMS 5K VIRTUAL SWIM OPPORTUNITY

Once again, KCAC has been reserved for a couple hours so PNA members can participate in the annual USMS 5K Virtual Championship. This swim opportunity immediately followed the conclusion of the LCM meet on Sunday.



PNA Board Members Steve Peterson and Sally Dillon at the Olympic Trials



2024 Spring Nationals

Impressions of Indianapolis
by Steve Peterson

Despite Spring Nationals being held there five times since 1998, I had never signed up for Indianapolis, home of the famed IUPUI Natatorium. Perhaps **because it is indoors** (if I'm going to travel, why not to "exotic" outdoor destinations?), but mainly because I'm already familiar with that pool – it's the same design used for KCAC. The former was built in 1982 for the National Sports Festival, while the latter was constructed for the 1990 Goodwill Games. Of course, under the aegis of legendary IU swimming coach Dr. James "Doc" Counsilman, IUPUI has garnered a storied history of aquatic events that make it the more prominent venue.

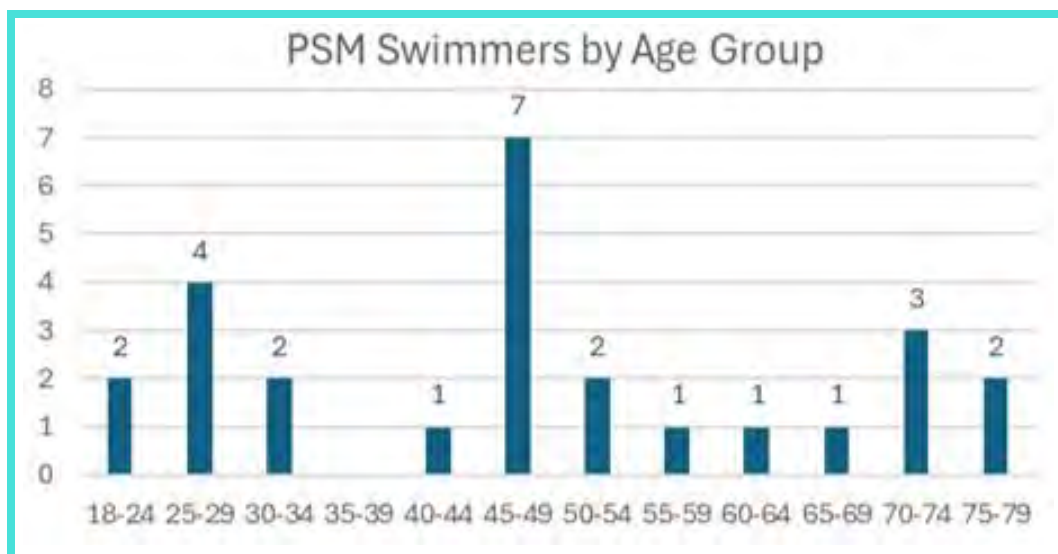


But oh, my, I'm glad I decided to go this time, even though in the middle of my current age group. I did come home inspired for minor improvements to KCAC – doubling the locker rooms, providing access mid-pool rather than just at one end, installing tall lockers, and widening and deepening the "pirates pool" behind the scoreboard end. But I also came back with memories of a great competition venue, exciting Masters competition, and a great time in a Midwest town of easy walking and friendly people.

Well, make that *two* great swim venues, as I also attended two of the nine US Olympic Team Trials finals, Friday and Sunday evenings, across town where the Indianapolis Colts play. Suffice it to say that viewing the Trials in person was spectacular, for the pool(s) built in a football stadium, the lights, sound, staging, [Elizabeth Beisel on violin](#), and celebrities. Oh, and some incredible swimming performances!

Twenty-six PSM swimmers were among the 2300+ who entered Spring Nationals. Andrew Farrell had to scratch

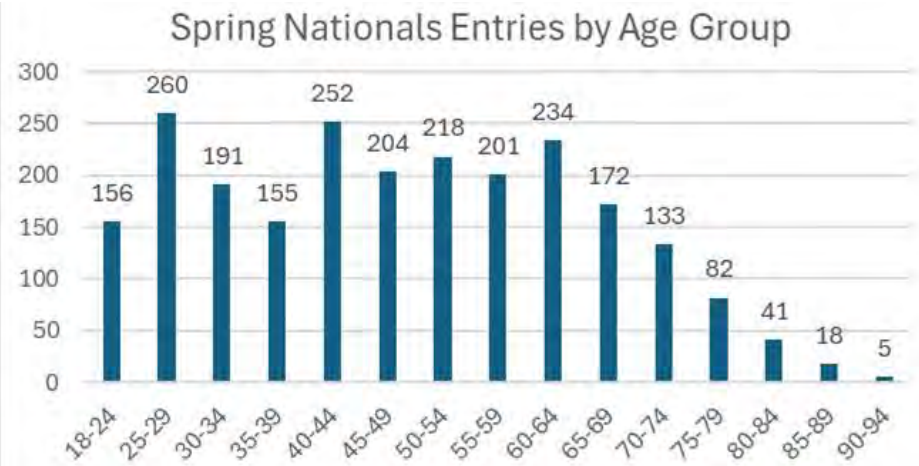
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USMS Spring Nationals (cont)

(positive COVID test) while the rest of us swam our one to the allowed six individual events over the five days (average: 4.2 events each). PSM On Deck Coach Diana Hermanson assembled five relays with a dozen of us swimming on one or two of those as well. Our contingent included age groups from 18-24 through 75-79, but no one in 35-39. See the charts for an interesting comparison of the age spread between PSM and the entire meet.

Among the 327 clubs competing, 307 were in the **"Local" category for scoring** purposes. PSM, as a conglomeration of workout groups and independents, **was among the 20 "Regional" clubs**. Our 25 swimmers generated 222 points (208 individual plus 14 relay) to place 12th among the Regionals. Results for each swimmer and club details can be found on Meet Mobile and [SwimPhone](#).



AG	Swimmer	WOG	Swum	Relays	Points
25-29	<u>Alentado, Jason</u>	CSCM	4		
50-54	Badran, Lianna	LWM	3		24
45-49	<u>Campea, Scott</u>	CGSM	4		12
40-44	Cox, Allison	CGSM	5	1	28
45-49	Cox, Gary	--	3		
50-54	Dailey, Jennifer	GLAD	2		
45-49	Farrell, Andrew	--	0		
70-74	Glassman, Debbie	--	6	2	13
30-34	Hao, Yawei	MIR	4		
55-59	Hermanson, Diana	BERN	1	2	1
18-24	Lewis, Kathryn	WWUS	4	1	11
70-74	Louis, Steven	BAMWA	6	2	5
45-49	Mellick, Kimberly	--	5	2	3
65-69	Morrison, Jeffrey	TACM	6		
30-34	Motley, Abigail	CSCM	3		9
60-64	Nalli, Lyle	--	1		3
75-79	Peterson, Steven	BERN	6	2	26
45-49	Phinney, Sandi	TACM	6	2	1
18-24	Poppen-Eagan, Rowan	--	4		7
25-29	Pound, Hallie	BERN	6	1	12
45-49	Stender, Shane	--	6		2
25-29	Tran, Jennifer	ORCA	3	1	1
70-74	Walsh, Greg	--	3	2	7
75-79	White, Robert	LWM	5	2	37
25-29	Wintermute, Logan	SNOCO	4		
45-49	Yasukochi, Emily	TACM	5		6
Totals:			105	5 (14 pts)	208

USMS Spring Nationals (cont)



PSM's Debbie Glassman (lane 2) at the start of the 200 backstroke



Coach Diana Hermanson sitting in the PSM Team Area at Nationals



Steve Peterson in front of a giant lane line flag



Less than one second separated the top eight in the Olympic Trials
Women's 50 free

Whidbey Adventure Swim

Bigger and Better in 2024!

By Heidi Skrzypek

Each June, packs of “parka people” descend upon the town of Langley on Whidbey Island to join their fellow swimmers in what’s become a consistently sold-out destination open water swim event: the Whidbey Adventure Swim. The 1.2- and 2.4-mile race routes drew in 125 registrants for the June 1 event at Langley Seawall Park. Flat-calm waters welcomed in 105 swimmers, officials marked a new short-course record, and race hosts and their more than 50 community volunteers put on another safe, fun, and well-attended swim!



Gray skies and intermittent light drizzle belied a race that was quite temperate in the water, with just a few brief warm-cold variations in patches, but no tricky currents or hamster wheel moments as past swims have sometimes delivered. Any anxiety among the swimmers about colder water temperatures - due to an early-June event date - quickly lifted as soon as swimmers felt the water, estimated to be a welcoming 54 degrees. Skin swimmers on both routes, 14 in all (these are swimmers that filled out wetsuit waivers in advance), reported the water felt perfect.

Race Director Teresa Forsyth called 2024 a year of very fast times, owing to ideal water conditions and a pumped-up roster of intrepid swimmers, many of whom were repeaters.

“The amount of time the registration window was open - selling out in four hours - was practically the same amount of time as holding the race,” noted Jim Forsyth, co-emcee and one of the race’s major supporters with Convergence Financial Partners.

Scaling up over the past several years to accommodate more swimmers is a balancing act. More swimmers on the roster pushes up the need to recruit more volunteers to continue WAS’s safe, smooth operations. This year registration was capped at 125 swimmers, 25 more than the prior year, although only 105 turned up to swim on race day.

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Whidbey Adventure Swim (cont)

(Continued from page 6)

“People are going to see those 20 unclaimed spaces and ask about a wait list,” said Race Director Forsyth. “We don’t have the ability to run a waitlist because we’re a small grass-roots kind of race. We do things old school a bit, but that’s who we are, and we’ll keep doing that. I do encourage everyone BEFORE registration opens to make sure they’ll be able to do the training and the date. Don’t commit lightly.”

Demographics of this much-anticipated, open-water swim are telling. About two-thirds of the swimmers are women and most are over 40 with an average age of 48. Skins swimmers leveled out at 14 this year. As an officially sanctioned cold-water swim, wetsuits are required, so the folks who register and swim without a wetsuit are swimming the event more like an exhibition swim, the race director explained.



“This year everyone who swam without a wetsuit had done the race before, which put my mind at ease,” said Forsyth. “There’s always someone who’s not as hot as they thought they were, rounding that far turn buoy, but this year was a nice exception to that rule. I appreciate it when folks take care of themselves and know and respect their limits.”

Ten USMS clubs checkered the race roster (aside from “one event” entries), including some representing far-away clubs based in Santa Cruz, CA (CRUZ), Redondo Beach, CA (EQX), San Francisco’s South End Rowing Club (SERC), and Illinois Masters (IM).

Swimmer Alison Whittaker Hirst Peterson wrote, “Thanks so much for a wonderful day! Classic swim family reunion and a super fun *swimventure*,” on the WAS Facebook page. Many other swimmers echoed the sentiment.

A true community collaboration

This small-but-mighty event shines in its ability to draw on the strength of its entire island community. Volunteers are ready to help answer questions, replenish swimmers with snacks and beverages, sell event logo merch, help get swimmers in and out of the water, and set up/break down the event site.

The close of each Whidbey Adventure Swim includes a brief awards ceremony followed by a drawing with easily a dozen prizes donated by local Whidbey Island businesses and residents. Local swimmer and veterinarian Dr. Rob Jung with [South Whidbey Animal Clinic](#) is a big financial sponsor every year, along with other local businesses. [Whidbey Island Kayaking](#) supplies all the event’s guards with paddleboards at no cost. John de Wit at [Cultus Bay Glass](#), a founding father of the race, provides original works of glass every year for first place finishers. Emily Bell, head chef at [The Inn at Langley](#), generously pulls together its raffle donations, hot coffee, and water. [Mukilteo Coffee Roasters](#), [Madrona Supply Co](#), [Flying Bear Farm](#), and [Whidbey Pies](#) also supported this year’s event.

(Continued on page 8)

Whidbey Adventure Swim (cont)

(Continued from page 7)

In pursuit of a new public pool

Members of the [South Whidbey Parks and Aquatics Foundation](#) (SWPAF) Board and its supporters always come out and volunteer for the swim. Forsyth has served on the Board for six years.

SWPAF is the 501(c)(3) organization that the race has operated under since its inception, with all race-registration proceeds going to build a public pool on the south end of the island. Currently, the only year-round place available to swim is run by a small private athletic club. Race officials explained that currently, South Whidbey High School swimmers must train over with the Kamiak High School kids, which means ferrying across to Mukilteo six days per week during their season.

The fight to get a public pool has been 20 years in the making. Last November, the Foundation put a \$27 million bond on the ballot, and it passed with a super majority vote of 64 percent. The final design is in process and construction is scheduled for 2025.



“We are stoked!” exclaimed Forsyth. **“All the hard work paid off, and we're looking forward to having a facility that's more financially accessible for the entire community.”**

Read more about the public pool initiative at [this South Whidbey Parks and Aquatics Foundation link](#) and be sure to get on the WAS 2025 alert list for next spring to get in on registration before it's full! Follow the swim by searching for “Whidbey Adventure Swim” on Facebook or visit <https://www.whidbeyadventureswim.org/>.

Top 2024 Whidbey Adventure Swim finishers:

1.2-mile men – Anthony Whelan, 26:28.4 (new course record by .1 second!); Theo Eicher, 35:00; Peter Berner-Hays, 35:17.

1.2-mile women – Sarah Ellis, 28:28; Emily Lederman, 28:55; Jennifer Ogle, 32:15.

2.4-mile men – David Lederman, 52:33; Michael Stadler, 1:04:34; Rodney Cunningham 1:04:35.

2.4-mile women – Hallie Pound, 57:10; Sarah Beth Wood 1:01:00; Emma Gaulke-Janowski, 1:01:16.

Complete results can be found [at this link](#).

WAS course records to date:

Short course 1.2 miles: Men - 26:28.4 (new in 2024); Women - 26:54

Long course 2.4 miles: Men - 48:48; Women - 53:58



Follow PNA on Facebook!

2024 PNA Open Water Series

Have fun with this year's season!

COMPLETED - **South Whidbey Island Masters** is again hosting this year's first event, the Whidbey Island Adventure Swim. The race includes 1.2- and 2.4-mile races off the shore of Langley, WA, beginning and ending at Seawall Park. Both distances follow a rectangular course, with the 1.2-milers turning halfway down the course and the 2.4-milers swimming the full rectangle.

<http://www.whidbeyadventureswim.org/>



July 27 - The second event is the Fat Salmon Open Water Swim hosted by the **North End Otters**. It's a 3.2-mile race along the Seattle shoreline of Lake Washington. The course runs south-to-north, generally between the I-90 and 520 floating bridges. The race starts at the Day Street Boat Ramp directly beneath I-90 and finishes at Madison Park.

www.fatsalmonswim.com/



August 11 - Swim Defiance re-enacts the 1926 Dalco Passage crossing. The race location is Owen Beach in Point Defiance Park on Commencement Bay in Tacoma, WA. There is a single 3K race on a linear course swim from Vashon Island (after a 15-minute ferry ride) to Owen Beach with competitive and non-competitive divisions. **Bernardo's All Stars** are hosting.

<http://www.swimdefiance.com>

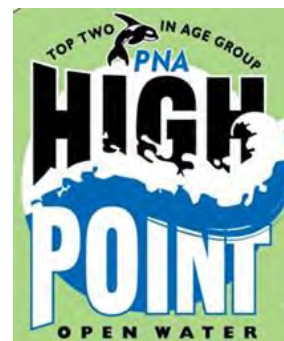


These events are open to USMS members only. For non-USMS swimmers, a One-Event USMS membership can be purchased for \$20. (The fee can be applied to a full USMS membership.)

Enter more than one event and compete for The Open Water Series High Point Awards!

We will be tracking finishes again this year for the Open Water High Point awards. The awards honor the top two male and female swimmers in each age group. To be eligible, each swimmer must swim at least two of the PNA-sanctioned events. The more events you swim, the more points you accumulate.

Points will be awarded to the top 10 PNA registered finishers in each event. One event registrants are not eligible. Wetsuit swimmers score points separately from those not wearing wetsuits. At the end of the season, points will be tallied and awards will be sent to the winners. See the [PNA website](#) for rules.





POWER STARTS and TURNS

With PNA's 2024
Coach of the Year
Diana Hermanson!

**MASTERS SWIMMERS -
Fine-tune Starts & Turns
for your next event.**

Diana Hermanson

has 50 yrs of swimming experience, is current Head Coach of Bernardo's All Stars, and received PNA's 2024 Coach of the Year Award. This will be a 3-hour clinic to perfect your racing Starts and Turns (all 4 strokes).

Registration Info

Saturday, Aug 17 2024
Check in 9:30-9:45 am
Clinic: 10:00am-1pm

BOOK NOW



 twimteam.org

 Snohomish Aquatic Center



Limited Time:
Only \$100
for a 3 Hr
Clinic!



May 11 Board Meeting Highlights

- President Sally Dillon noted that the annual meeting at Champs was well attended. Awards were presented to **PNA's Coach of the Year Diana Hermanson (BERN)** and Inspirational Swimmer Brian Woodbury (LWM).
- Financials: Bank account balances as of 3/30/24: Checking \$44,961, Savings \$58,324, total: \$103,285. Net revenue YTD: \$3,328. President Dillon, Treasurer Brent Barnes, and Secretary Steve Peterson updated the authorized bank account documents at the Bank of America in Issaquah before the meeting.
- Membership: 1,561 (850 women, 711 men), continuing about 3% ahead of last year.
- Meets: The July 6-7 LCM meet awaits final confirmation by KCAC. The board approved sanctions for a TWIM meet at Sand Point Country Club (September 22) and *BAMFest* (October 6 or 13).
- Open Water: *Whidbey Adventure* (June 1) and *Fat Salmon* (July 27) were previously sanctioned and *Swim Defiance* (August 11) is soon to follow.
- The board added a Standing Policy to grant meet hosts a facility rental subsidy of \$1000 for each day of meets held at KCAC. The board also finalized job descriptions for the PNA Directors (At-Large, Appointed, and Club), completing the written descriptions for all PNA board positions.
- Convention: The board approved Sally Dillon, Walt Reid, Lorraine Masse, Steve Peterson, and Linda Chapman as the five delegates PNA is entitled to attend the USMS virtual convention in September. Linda will also attend the in-person Volunteer Relay in October. Coach of the Year Diana Hermanson will attend the National Coaches Clinic, also in Houston in October. President Dillon encouraged interested PNA members and coaches to attend either event. Contact her for more information.
- The board added its endorsement to a Legislation proposal that the USMS Board of Directors reverse its decision to close their meetings to the membership. The board also approved a proposal to require in-person meetings of the USMS House of Delegates each year.
- Clinics: The board will survey member interest in any of five possible clinics, hosted by PNA and conducted by the USMS National Office. These include Masters coach Level 2 and 3 certifications, an ALTS course for coaches and swimmers, a Clinic Course for Coaches, and/or a Stroke Development Clinic.
- Historian: Walt Reid extracted names of PNA swimmers who appear in the World Aquatics Top 10 for 2023 for SCM and LCM. These two listings are posted on the web page.
- Next Meeting: Monday, July 8 at 6:45 pm via Microsoft Teams

Voting Board Members

President – Sally Dillon	Membership – Linda Chapman
Past President – Linda Chapman	Open Water – Jim Davidson
Vice President – Bob Moore	Appointed Director – Bob DeWard
Secretary – Steve Peterson	Appointed Director – Dan Underbrink
Treasurer – Brent Barnes	Club Director – Kim Boggs
At-Large Director – Kathy Casey	Club Director – Doug Jelen
At-Large Director – Dave Scott	Club & Team Development
Bylaws – Jim Davidson	Coordinator – Linda Chapman
Meets – Lorraine Masse	

Coordinators/Standing Committees

Coaches – Linda Chapman
Fitness/Clinics – Wade Praeger
Historian – Walt Reid
Media – Lucianne Pugh
Officials – David Baer
Postal – Sally Dillon
Records/Top Ten – Doug Jelen
Webmaster – Dave Scott

The Spotlight - Brian Woodbury

Masters Swimming is Really Whatever you Want it to Be
An interview with Brian Woodbury of Lake Washington Masters
Recipient of the 2024 PNA Dawn Musselman Inspirational Swimmer Award

With Tom Walker of TWIM

From the Soul there flows a river across which blows the wind of Inspiration, which in turn fills the human spirit with a profound yearning to unite with its ultimate identity, to live out its highest aspirations, and to strive for the ideal that is a picture of its essential being in the world around us. What heart has not felt that spirit, has not been moved by that urge to soar? It is the fountain from which are born the highest achievements of humankind.

Yes, Inspiration is a Fire. It is a force that awakens our being and forever seeks expression, a call so profound that we are compelled to follow it. It is the force that drives us to plan, to prepare, to practice, to overcome whatever obstacles we may encounter on our quest. To envision, to strive, to believe, to live to Swim.

Who could count or enumerate the minutes, hours, days and years of training, the dawn workouts that fuel us, our journey through the endless vicissitudes of life, the wax and wane of fortune, the fluctuations of time and tide? It is swimming that we love and that to which we forever return, that to which we have dedicated our lives. It has sustained us and elevated us. It is a friend that never fails to support and nurture us. It is an alcove of serenity. It is the soothing voice of home.

Each and every time we step up on those blocks, we feel that enormous rush of excitement, because don't they symbolize the opportunity to live once and for all in that single moment? To rise to that challenge? It is inspiration that gives us the courage to try, to make a statement.

As I look back now in my mind's eye now can I ever begin to recite the record of all those inspirational people I have met over these last 45 years of Masters swimming? Swimmers, volunteers, coaches? They have all been beacons for me on my journey. The faces and lives are many, but the spirit is the same. They were all inspired and extraordinary human beings. Masters swimming has a way of bringing out the best in us.

Brian Woodbury, the 2024 recipient of PNA's Dawn Musselman Inspirational Swimmer award, is a living example of that Inspiration, of that Spirit we hold sacred.

When I see the inspired ones beside me and in my midst, I am deeply moved. I will follow such an individual; I will reach outside of myself to be where they are. It is from his Inspiration that we can draw ours.



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The Spotlight - Brian Woodbury (cont)

(Continued from page 12)

Yes, as Brian says, Masters swimming is Really whatever you want it to be. The question is: What do you want to be?

TW: So, congratulations, Brian! How does it feel to be Inspirational Swimmer of the Year?

BW: This award means a lot to me. I think Dawn's story resonates with those of us who aren't ready to be done with the sport, no matter what life throws at us.

TW: How and where did swimming start for you?

BW: To answer that extremely literally: I was just at my parent's place and we dug up an old baby calendar - it appears that I was first dropped into a swimming pool at 10 months (before I'd learned to walk!).

I grew up in the Tacoma area and I've basically been swimming my whole life. I swam for University Place Aquatic Club (UPAC) and Metro Aquatics in Tacoma when I was in elementary and middle school, respectively. I switched over to Tacoma Swim Club when I was 14 and grabbed a couple of individual state titles while I was swimming for Curtis High School. I was then fortunate enough to swim in college at Georgia Tech where my peak achievement was a C-final win in the 100 backstroke at ACCs.

TW: How long have you been a Masters swimmer and where did you start?

BW: Like most college swimmers, I hit a wall and ended up quitting after my Junior year and took about 4 months off. In the summer I heard about an opportunity to coach the recreational swim team for \$500/semester. I ended up coaching that team for all of my senior year - 3 practices/week on deck and 2 more optional whiteboard workouts where I hopped in and joined them. We did training trips to Cocoa Beach and even travel meets to Alabama, Clemson, etc. Those were some of my favorite memories from college.

My senior year (2018) a few teammates worked with USMS to form College Club Swimming (CCS) which is now the Masters' affiliate for college club swimming, and the official way for students to stay involved with the sport as the number of Varsity programs slowly falls every year. And fun fact: Georgia Tech Swim Club took home the 2018 national title at that inaugural meet with over 2000 athletes from all over the country!

TW: What do you enjoy about being a Masters Swimmer?

BW: Masters swimming provides a perfect blend of competitiveness and fun. You'll never get as good of a workout swimming laps on your own. And you'll never have as much fun without that one guy 3 lanes over cracking jokes about how out of shape he is.

TW: How do you think it enriches your life and what do you like most about being on your team?

BW: Lake Washington Masters has a really cool mix of former college swimmers, Olympians from back in the day,



(Continued on page 14)

The Spotlight - Brian Woodbury (cont)

(Continued from page 13)

and people who just want to get a good workout. I don't envy the coach who must keep all of those people happy at the same time, but somehow, they find a way! I met some friends on the team who got me into open water swimming and now it's my favorite thing in the world. Masters swimming is really whatever you want it to be. You can treat it as exercise, a community of friends, or get competitive and try to set some records. I personally get a little bit of each.

TW: How do the values you learn from swimming apply to your life and how do the values you've learned from life apply to your swimming?

BW: If there's one attribute of mine I can brag about it's my work ethic, and I have to attribute it to waking up at 5am to go for a swim every day for the last 10+ years. I think when you build that kind of habit it definitely translates into other parts of your life. Swimming also gives you at least one thing to look forward to every day. It's hard to get up in the morning when your whole day is a long list of things you aren't excited about.

Working a real career has let me appreciate the sport more. Throughout high school and college, swimming was my entire life and everything else was just a distraction. Now that I have other priorities (wife, job) I can treat the sport more like a hobby or a side project. That lowers the stakes a bit and that makes it much more fun.

TW: What are your goals as a swimmer, both short and long term?

BW: The past few years I've started embracing my "off events." I swam the 100/200 backstroke and 200 IM in college, and I've come to accept that I will never come close to those times again. So recently I've been working on other strokes and distances. Last year I tried out the 200 fly; this year I swam the 100/200 breast and 500/1000 free; this summer I'm going to focus on open water.

So last year my friend Ben and I swam around Mercer Island. This year my goal is to raise the stakes a bit and swim the entire length of Lake Washington (shameless plug: if anyone is interested in a 10-hour kayak ride...). After this year, I think I'd like to travel somewhere and do a big swim. I'm thinking of either Lake Ontario or Tahoe.

TW: What advice would you give to someone who is thinking about becoming a Masters Swimmer?

BW: If you're a former high school or college swimmer who burned out -- take the time off you need and then come back with an open mind. Everyone I've seen who has come back to the sport finds something new about it that they love.

If you're new to the sport, I'm jealous. Congrats on all of the PBs you're about to get!

TW: Any parting thoughts?

BW: Just another "thank you" for the award. There are lots of other athletes who inspire me to push myself every day. I like the idea of this being a community of people pushing each other to be a little better.



The Spotlight - Diana Hermanson

We Celebrate Everyone's Successes

A Conversation with Coach Diana Hermanson of Bernardo's All Stars

2024 PNA Coach of the Year

With Tom Walker of TWIM

It was Sunday afternoon at PNA Champs at KCAC in April when I gazed across the pool at a flurry of fluorescent pink and felt a huge wave of elan and exuberance rolling back toward me. Almost enough to blow me backwards. I was inwardly moved and thrilled because of what I knew I was witnessing. It was the emergence of a new power reaching toward its zenith, the birth of a new star in the Masters firmament.

It seemed to be what we're all about, why we vie in this moment and all the moments that will ever be. Who could ever turn this spirit back or deny its victory?

It was Bernardo's All Stars, of course, led by Coach Diana Hermanson. I have been following them now with admiration and joy from afar. I have always loved their unique and extraordinary spirit, and their irrepressible panache. It's like, Step back, because we're rocking and we're going to get it done!

My early conversations with Coach Chad gave me insight into the genesis of this incredible movement, and I have had **the privilege of getting to know Coach Diana Hermanson, who stepped up to lead this team after Chad's passing.** She has carried forth the banner and raised it to new heights in the most inspiring of ways. That spirit lives and grows.

She is a Leader. She is a Doer. She is Hands On. She organizes, she communicates. She is a highly capable and competent individual. She believes in swimming, she is passionate about swimming, she breathes swimming. She is committed on the deepest level. She is a Force. She engages her full being, in the water, out of the water, or anywhere you are fortunate enough to find her.

She is a Swimmer; she is a Coach, and she is a competitor.

TW: Congratulations, Coach Diana! How does it feel to be the 2024 PNA Coach of the Year?

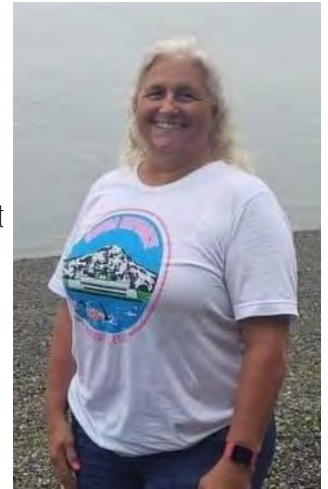
DH: **I feel very humbled and at a little loss for words. I am so proud of Bernardo's All Stars, and I am happy I have made such an impact on our members' lives and swimming experience that they would nominate me for such and honor.** There are so many great coaches in PNA, and I appreciate being selected by the Coach of Year Committee.

TW: **How have you led Bernardo's to such growth and success? What's the Magic you've got going on down there?**

DH: I believe there are 3 major things that have contributed to our success and magic.

1st - We have consistency with practices and always have a certified coach on deck and/or in open water.

2nd - All coaches are big on technique and in helping all our swimmers be the most efficient they can be.



(Continued on page 16)

The Spotlight - Diana Hermanson (cont)

(Continued from page 15)

3rd - Most of all, our team keeps it fun, easy, and welcoming. We do team activities outside of the pool, including picnics, adventure open water swims, baseball games, and anything else we can do as a group. We **celebrate everyone's successes no matter how big or small**. It also helps to stick out of a crowd in our bright pink colors.

TW: I know you're a person with strong personal values. How do they all contribute to your coaching success?

DH: I have very strong family and work values and therefore I understand and respect my swimmers when they say they have something family or job related to do instead of being at practice or a meet. I value my swimmers as the individuals they are and I believe part of being a Masters coach is understanding that not everyone is there to compete, even though I wish they would.



TW: How does your Masters coaching enhance your life?

DH: Masters coaching helps me keep up with my own swimming and health. By that I mean I am up early **anyway to be on deck so after team practice, since I'm already at the pool, I do my own workout**. I look forward to seeing my swimmers every day, it puts a smile on my face and my swimmers make me laugh. I laugh at their jokes, their reactions, and the things they say about certain swim sets, not to mention the things they say to each other sometimes.

TW: From where do you draw your inspiration?

DH: My biggest inspiration comes from my parents. They set great examples of hard work and helping others. **My parents both took roles in the Board of Directors or as Officials during my swimming and my brother's car racing**. I grew up learning from their examples that it takes time and personal sacrifice to help keep volunteer-based organizations going and growing. I also draw inspiration from all the swimmers I see working out and at meets no matter what age. As a coach I am inspired largely by coach Dick Hannula, Sr. I owe him so much for what he taught me as a swimmer and how to be a leader.

TW: What do you think is the single most important thing a Masters Coach can convey to their swimmers?

DH: I believe the most important thing to convey is to keep swimming and have fun with it. I think if you are having fun, you will keep doing something.

(Continued on page 17)

The Spotlight - Diana Hermanson (cont)

(Continued from page 16)

TW: What is the most rewarding part of being a coach?

DH: For me the most rewarding part of coaching is seeing my **swimmers happy and having a good time. Of course, it's always rewarding seeing a swimmer become a national champion or set a record, but for me it is just as rewarding when I see a newer swimmer progress and do things they had never done before. It doesn't matter if it's being able to do a flip turn, learn a new stroke or do an open water swim they didn't believe was possible.**

TW: What is your coaching philosophy? How do you develop and mentor each person on your team?

DH: That is such a funny question for me because my philosophy has had to change from coaching USA Swimming swimmers to USMS swimmers. I had to learn with Masters swimmers that for many of them it is just about making it to practice when they can or

feel like it. I'm a very competitive person and I have had to change my mindset a little to being happy that my swimmers show up. Therefore, my coaching philosophy is to have fun, enjoy what you are doing, and who you are doing it with.

The development and mentoring of Masters swimmers are different for each one. Some want to be very competitive and some just want to make swimming easier for themselves and work on strokes. The biggest similarity between those two different types of swimmers is they both need good stroke technique to be successful. I get to know all my swimmers and what their goals are for their swimming, then I treat them as individuals and what will help each one of them best.

TW: What is your vision for the future of your team?

DH: **My vision for Bernardo's is to continue to grow in numbers, maybe even outgrowing our current pool and need more space.** We appreciate the pool we have, we get plenty of water time, and our YMCA works great with us. But the pool is 20 meters and we would love a 25-yard pool.

TW: What are your biggest goals now as a swimmer and as a person?

DH: My biggest goal as a swimmer, for now, is to compete in Best Fest Open Water, Mallorca, Spain in 2025. The event is 7 races in 7 days in the beautiful waters of the Mediterranean. Beyond that I just want to swim as long as my body will let me, which I hope is still a very long time.

My biggest goal as a person is to spend as much time with my family as possible. My husband Doug is a great supporter of my swimming and coaching and he means the world to me. Without his support and help around our house I could not devote as much time to the swimming community as I do. I am also growing my Sports Massage practice by hiring and training more massage therapists to treat athletes so I can spend more time swimming and with my swimmers. My goal as a person is to make myself and my husband happy.



SPLASHForward Update

Article & photos by Susan Pappalardo

What makes a pool EPIC?

Take a 50-meter pool, put it in a football stadium, add dramatic lighting, music, a giant size athlete walkout and celebration panel, and nine days of 285,000 swimming fans for prelims and finals of the U.S. Olympic Team Trials with world records, dramatic **performances, and all the feels. That's an epic pool!** Myrtha Pools proved once again that it can perform feats of technological genius with its steel constructed pools, erecting both the competition and warm up 50-meter pools in a little over four weeks. *If only we could build public pools in that amount of time!* It was simply thrilling to be in the stadium and witness **our country's top swimmers compete for a place on Team USA.**

Each of the pools will be disassembled and shipped to their new homes where generations of swimmers will learn to swim, compete, exercise, and play. The main competition pool is going to Fort Wayne, IN to become the main attraction of a \$50 million community wellness center. The warmup pool is headed to the Cayman Islands and will be the first 50-meter pool on the Islands. Could one of the 2028 US Olympic Trials pools end up in Bellevue? It's possible! Reach out if you are interested in learning more.

Elkhart Health & Aquatics Center

While in Indianapolis, I joined our aquatics consultant and two other clients to visit our long-standing reference facility, the Elkhart Health & Aquatics Center. We met with their facility team and individuals who led the **project's development and capital campaign. Completed in 2019, the 170,000 square foot facility includes a 67m x 25yd 10-lane competition pool with two moveable bulkheads, two 1m diving boards, 3m and 5m diving platforms, 1200 seating capacity, 25yd teaching and fitness pool, warm water therapy pool, fitness center with elevated track, gymnasium, exercise rooms, occupational and sports medicine clinic, member/public/student**

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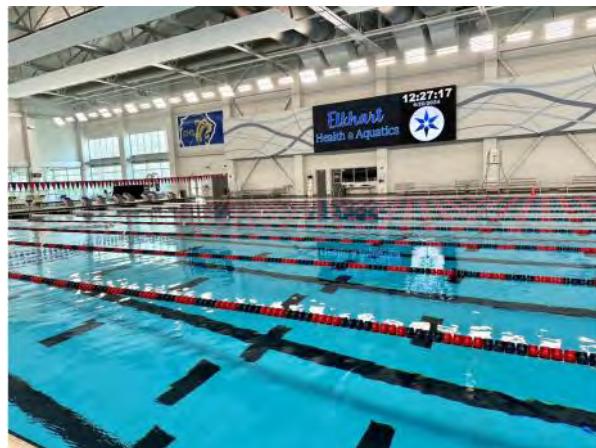


US Olympic team trials at Lucas Oil Stadium

SPLASHForward Update (cont)

(Continued from page 18)

locker rooms and multipurpose rooms for meetings and events. The nearly \$70 million project is operated by Beacon Health and endowed by the Elkhart Community Foundation. The foundation is the primary owner protecting this community asset. Elkhart Community Schools has a 20-year lease with priority usage for their high schools and includes a Learn to Swim program for every 4th grader across 13 elementary schools. If Elkhart with a population just over 50,000 can do this, so can we!



Elkhart Aquatics center

NIL with Piper Enge

Earlier this Spring, we announced our Name Image and Likeness (NIL) partnership with local hero and swimming sensation Piper Enge who competed at the Olympic Trials. [Learn more](#) about Piper and how she is using her voice to support SPLASHForward's mission, greater access to aquatics, and the new Bellevue Aquatic Center. If you'd like to learn ways you can support Piper and our partnership, reach out to info@splashforward.org.

Piper is headed to the University of Texas to swim this fall where she will live out her collegiate swimming dreams.

Listen & Learn Survey

Take and share our [Listen & Learn Survey](#). We're gauging local awareness of aquatic facilities, perception of need, usage priorities, and top factors for supporting a new public aquatic facility in Bellevue.

PNW Aquatics Regional Coalition Update

While we await Bellevue's imminent environmental review decision, regional

efforts unfold. The newly formed *Valley Pool Together* private advocacy is creating momentum for a regional pool discussion with Si View MPD, North Bend, School District, and Snoqualmie. Tukwila and Covington are each forming next steps for new facilities as the result of feasibility studies. The Northshore Parks & Recreation Service Area (Woodinville, Bothell, Kenmore) is moving forward with conducting a Community Center Needs Assessment and Feasibility Study that includes a regional aquatic center.

Keep swimming and supporting new public pools!



Welcome New Members!

Allen, Lauren	Florentino, Scott	Lesh, Natalie	Sivesind, Elizabeth
Allott, Kristen	Fontaine, Linus	Li, Albert	Skrivanich, Amanda
Amedio, Kaitlin	Francke, John	Liebrecht, Kurt	Steen, Michelle
Barloon, Andrew	Gessler, Zachary	Liedtka, Claire	Stevens, Brandon
Baum Miller, Sarah	Gibby, Marcus	Liu, Ping	Swenson, Nicholas
Bienek, Cole	Gordon-Maclean, Andy	Margolies, Paxton	Sylwester, Joanna
Boyd, James	Graves, Wendy	Martin, Fiona	Tao, Will
Brown, Stephen	Gu, Lianyan	McDermott, Louis	Tierney, Jordan
Bruce, Benjamin	Gupta, Somit	McDonald, Joe	Umhofer, Jane
Cameron, Bart	Guthrie, Tricia	Morman, Heidi	Wang, Rachel
Carr, Kameron	Hall, Andrew	Nahata, Shrey	Weaver, Charlotte
Cheng, Emily	Haugen, Tara	Neal, Anna	Whetten, Carlos
Collons, Anna	Heppner, Kristy	Norwood, Stephanie	White, Jennifer
Conway, Jessica	Hoffmann, Harry	Ozdemir, Faruk	Whittall, Elise
Damato, Maddy	Hsiao, Victor	Pai, Naima	Wilhelm, Maan Nataly
Danikowski, Timoth	Hunt, James	Peterson, Katharine	Withers, Krista
Devoto, Susan	Joel, Lucy	Qian, Lu	Young, Lisa
Draeger, Samuel	Jones, Thomas	Richards, Mary	
Echelbarger, Nicholas	Kampp, Linda	Rolland Bartilotti,	
Ehnat, Teri	Kong, Lei	Melissa	
Favis, Beth	Kraner, Brit	Ruggiero, Nicola	
Flatz Stouder, Rhonda	LeRoy, Chelsea	Rysemus, Logan	

Nine swimmers represented three Pacific Northwest clubs at the Olympic Trials! Congratulations to these swimmers and their coaches, teams, and families!

Bellevue Club Swim Team

Piper Enge
Alexa McDevitt
Cecilia Howard
Sophia Sunwoo

Seattle Metropolitan Aquatic Club

Ella Jablonski
Ben Bricca
Hailey Weiler

King Aquatic Club

Aiden Hammer
Camden Doane