

PACIFIC NORTHWEST
ASSOCIATION OF
MASTERS SWIMMERS

U.S. MASTERS
SWIMMING IN
WESTERN
WASHINGTON

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The WetSet

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President's Message

By Sally Dillon, PNA President

Happy New Year!

I'm looking forward to the many events that will take place in the Pacific Northwest this year. **It's no secret that PNA will be hosting the USMS Summer Nationals August 6-10** at the Weyerhaeuser King County Aquatic Center in Federal Way. Swimmers new to PNA may not realize that USMS national championships have been held at WKCAC four times previously. The last time was way back in 2007, so we are clearly overdue for hosting a national meet in Western WA!

The Organizing Committee is meeting monthly via MS Teams and as chair of the committee, I feel blessed that representatives from most of our clubs and workout groups have joined the group. While we have a solid **19-member committee, it's not too late to contribute. Contact me if you'd like to get involved.**

Before we get to our national LCM meet, PNA has numerous meets on its spring schedule, **including this new meet: Puget Sound Masters' SCY Pentathlon at the Mary Wayte Pool on March 23.**

Returning for 2025 are the following meets:

February 2 – Bellevue Club Masters Mile in Bellevue

February 16 – WWU Viking Invitational in Bellingham

March 2 – TAC Masters March Madness in Anacortes

April 12/13 – PNA Champs in Federal Way (hosted by Blue Wave Aquatics)

Finally, I want to pay tribute to PNA's long-time newsletter editor Lucianne Pugh. She recently announced that she would be stepping down from her position after the March/April issue of *The WetSet*. Lucianne has done a wonderful job editing our newsletter since May of 2016! In 2023 she was honored by USMS with the June Krauser Communications Award, which is presented annually to a USMS member whose work in communication contributes to the growth or success of the LMSC. In addition to being an outstanding editor **of our newsletter, she has maintained PNA's Facebook account.**

The PNA Board will need to replace Lucianne by April at the latest, so if you have the skills and interest to take on this position, please contact me at president@swimpna.org.

Dawn Musselman Award Nominations

PNA has presented the Dawn Musselman Inspirational Swimmer Award annually since 1986 in memory of our “ultimate Masters swimmer,” Dawn Musselman (1913-1986). As a long-time PNA member, Dawn inspired others and encouraged them to do their best. While she still holds three long course PNA records in the 70-74 age group, competitive participation is not a criterion for this award.



Dawn Musselman

Any PNA member may submit a nomination. We're looking for the candidate who:

- Is an inspiration to all PNA swimmers
- Willingly shares information, training, or coaching tips
- Offers encouragement to other swimmers
- Exhibits good sportsmanship always
- Shows a strong commitment to PNA Masters Swimming

Show that teammate your appreciation! Compose a paragraph or two describing their qualifications. Include an anecdote for fun, too! The award consists of a personal plaque and a perpetual trophy with the recipient's name added. These will be presented at the Champs banquet at KCAC on April 13.

Submit your nomination by Saturday, March 15 to PNA Board Member Steve Peterson, speterson@bandwagon.net. If you have questions, call Steve at 360-692-1669.

Past recipients of the Dawn Musselmen Inspirational Swimmer Award

1986 - Dawn Musselman	2001 - Paul Ikeda	2014 - Charlotte Davis
1987 - Marlene Holmes	2002 - Barb Gundred	2015 - Sally Dillon
1988 - Maxine Carlson	2003 - Chaya Amiad	2016 - Steve Peterson
1989 - Jim Penfield	2004 - Kathy Casey	2017 - Zena Courtney
1990 - Tom Foley	2005 - Gene Crossett	2018 - Lisa Dahl
1991 - Karen Jost	2006 - Jeanne Ensign	2019 - Arni Litt
1992 - Jan Kavadas	2007 - Lee Carlson	2020 - Steve Freeborn
1993 - Robin O'Leary	2008 - June Van	2021 - Tonya Berg
1994 - Marion Mueller	Leynseele	2022 - Jim Lasersohn
1995 - Tammi Keeler	2009 - Steve LaHaie	2023 - Mason Chuang
1996 - Ian Thompson	2010 - Betsey Kassen	2024 - Brian Woodbury
1997 - Suzanne Dills	2011 - Sarah Welch	
1998 - Clark Pace	2012 - Kiko Kimura Van	
1999 - Dan Frost	Zandt	
2000 - Joan Davis	2013 - Rick Colella	

PNA Coach of the Year Nominations

Each year PNA honors a local coach with the PNA Coach of the Year Award. Nominations are accepted from any PNA member and it is time to submit your nomination for 2024. Recognize your coach for the outstanding contributions to Masters Swimming that he/she has made. Show how much you love and appreciate your coach by nominating them for the Coach of the Year Award. The award will be presented at the Champs banquet at KCAC on April 13.

Submit your nomination by Saturday, March 15 to PNA Board Member Sally Dillon at PNChair@usms.org. Previous recipients of the Coach of the Year Award will serve on the selection committee.

To nominate your coach, compose a letter with the following information:

- Your name and email address
- **Nominee's name and email address**
- Name of the team, workout group, or club
- Number of years the nominee has coached the team/workout group/club
- Coaching experience
- Coaching accomplishments
- Examples of improvement and/or enhancement of program or new program
- Examples of contributions to PNA
- **Evidence of nominee's coaching skills and knowledge**
- **Impact of nominee's coaching efforts on others**

Your nomination should address any, or all, of the following selection criteria:

- Improvement or enhancement of an ongoing program or establishment of a new program
- Sustained service over a long period
- Commitment and/or contributions to PNA
- Willingness to share coaching skills and information with others
- Loyalty of team members
- Coaching accomplishments and/or inspiration to others



Past recipients of the Coach of the Year Award

2024 – **Diana Hermanson, Bernardo's All-Stars**
 2023 – Wendy Neely, Blue Wave Aquatics
 2022 – Wade Praeger, Lake Washington Masters
 2021 – **Chad Hagedorn, YPKC Bernardo's All-Stars**
 2020 – Calvin Milbach, Thunderbird Aquatic Club
 2019 – Brad Hering, Stanwood-**Camano WA "Y"**
 2018 – Pete Colella, North End Otters
 2017 – Wendy Neely, Blue Wave Aquatics
 2016 – April Cheadle, Bainbridge Aquatic Masters
 2015 – Paul Ikeda, Orca Swim Team
 2014 – Joel Dodds, Mukilteo YMCA
 2013 – April Cheadle, Bainbridge Aquatic Masters

2012 – Becca Watson, Lake Washington Masters
 2011 – Ken Rice, West Coast Aquatic Masters
 2010 – Shannon Singer, Skagit Valley Masters
 2009 – Lynn Wells, Aquatic Fanatics
 2008 – Mel Smith, Briggs Y Masters
 2007 – Robin O'Leary, North End Otters
 2006 – Neil Romney, North Whidbey Masters
 2005 – Michael McKinlay, Downtown/Bellevue Swim Team
 2004 – Wendy and Malcolm Neely, Federal Way Masters

USMS Certification Opportunities

USMS Coach Certification and Adult Learn to Swim Instructor Certification Coming to the Seattle Area
By Dan Underbrink

A couple of months ago, a survey went out to the PNA membership and we had overwhelmingly positive response that members were in favor of having USMS Coach Certification Courses available in our area. PNA has now partnered with USMS to bring a Coach Certification Weekend to Seattle!

The Certification Weekend will be January 25-26, 2025, with the classroom sessions held at a Courtyard by Marriott, near SeaTac Airport, and the pool sessions held at Evergreen Aquatic Center, in South Seattle.

USMS Level 2 and Level 3 Coach Courses are classroom courses, which will be held at the Courtyard by Marriott on Saturday, January 25, with Level 2 held in the morning, and Level 3 in the afternoon. You may take both the Level 2 and Level 3 courses on the same day.

A prerequisite to the USMS Level 2 Coach Course, is completion of the online portion of the USMS Level 1 Coach Course. In addition to the online course, there is a USMS Zoom meeting for Level 1, but you do not need to have the Zoom completed, to register for the Level 2 course. Find out about the USMS Level 1 Coach Course [here](#).

The Clinic Course for Coaches (CCC) is offered late Saturday afternoon, following the Level 3 Coach Course (this course teaches coaches how to put on a clinic). The CCC also includes time at the pool on Sunday morning, where the CCC students will be the On-deck Coaches for the accompanying USMS Stroke Development Clinic.

Register for all Coach Courses [here](#).

As of this writing, the USMS Stroke Development Clinic is filling quickly, but check it out anyway at this [details and registration link](#), as there may be a few seats left, and perhaps a wait list.

Finally, the Adult Learn-to-Swim Instructor Course (ALTS) is open to anyone interested in learning how to teach adults to swim. Find out more about the ALTS Course and find the course registration link [here](#).

Upon successful completion of any of the Coach Courses, or the ALTS Instructor Course, you may apply for 50% tuition reimbursement from PNA. A tuition Reimbursement Form will be made available on the PNA Website. (The form will be on the [PNA website](#) before the end of the Certification Weekend).

We're looking for a new Newsletter Editor!

This volunteer role involves producing our newsletter six times per year (in odd-numbered months). Responsibilities include collecting and editing submissions and then arranging them in an easy-to-read format. Contact Sally Dillon at president@swimpna.org for more info.

Puget Sound Masters News

Calling all PSM workout groups!

Spring Nationals will be here before we know it and guess what?! PSM is sending not one but TWO coaches to San Antonio! To help you feel supported and encouraged at the big event and **leading up to it, we've recruited Diana Hermanson of Bernardo's All-Stars and Tonya Heike of Snohomish Aquatic Masters to lead the charge for Puget Sound Masters. Questions about Spring Nationals? Email pugetsoundmasters@gmail.com and we'll do our best to answer!**



Excited to attend Spring Nationals and want to show your team spirit? Head over to the PSM team store for some sweet swag: www.twallawalla.com/psm. **You may as well buy your hoodies and shirts now because you'll surely be attending Summer Nationals in Federal Way come August!**

And that's not all! We've got even more exciting news! PSM is pleased to announce we are slated to host a pentathlon (yes, a pentathlon!) at the Mary Wayte Pool on Mercer Island on March 23. More info to come.

Peace, love, and goggle marks,
The PSM Board

Welcome New PNA Members!

Amundson, Nick	Flinn, Jana	Lindell, Melanie	Santonastaso, Christian
Anderson, Livanna	Foster, Tanner	Lou, Mindy	Sawin, Tucker
Autry, Amy	Garre, Justin	Luong, Ivy	Schlocker, Erik
Azelby, Colleen	Giamber, Nicole	Martinez, Diana	Schwartz, Linda
Baekkelind, Kari	Graves, Michelle	McClure, Cheryl	Scofield, Jefferson
Bass, Rebekah	Griffith, Evan	McGhee, Aubrey	Sexton-Smith, Kerry
Bell, Cameron	Guthrie, Susanne	Miller, Melanie	Shrader, Kelly
Berthoud, Sarah	Hamilton, Holly	Muldowney, Maeve	Silver, Lauren
Bottorff, Gabriel	Havens, Neah	Novak, Cody	Soares da Silva, Bruno
Bray, Molly	Held, Lauren	Oleszko, Clifton	Strickler, Edward
Bullock, Cammie	Henao, Alejandro	Ong, Ashley	Sullivan, Ronan
Carlson, Kevin	Hermann, Patrick	Petersen, Halden	Sulya, Andrew
Chen, Leah	Holts, Regina	Phillips, Sarah	Talsma, Violet
Coimbra Cabral, Thyago	Iyer, Pratyush	Powell-Edwards, Charity	Tucker, Violet
Collins, Spencer	Klass, Kat	Prystowsky, Elya	Ungaretti, JP
Coslett, Kevin	Klau, Ari	Refer, Kelli	Van Winkle, Lu-Lu
Crandall, Natalie	Ladd, Gerald	Reinitz, Joyce	Vasquez, Carolyn
Crane, Elliott	Lai, Hanna	Robert, Jenna	Verma, Ved
Davidson, Jason	Landry, Stephenie	Roberts, Connie	Watson, Libby
Everhart, Kristin	Larsson, Carly	Ruprecht, Carolena	Willcox, Courtenay
Fleming, Jessica	Lazenby, Siobhan	Sain, Jamie	

PNA Board Officer Nominations

Do you want to get more involved in PNA? If so, please consider serving on the Board, either as an elected officer, appointed board member, or a non-voting coordinator.

The Nominating Committee for PNA's spring election of officers is currently assembling a formal slate of one or more candidates for each elected position (President, Vice President, Secretary, Treasurer and two At-Large Directors). PNA officers are elected to two-year terms in odd-numbered years and must be current PNA members.

The Board currently meets in odd-numbered months, with most meetings held virtually. Board members' responsibilities include attending board meetings, performing the duties associated with their roles ([descriptions here](#)), and assisting with other PNA Board activities and ad hoc committees.

The committee will prepare ballots by the end of February. PNA Bylaws offer a "write-in" option, but it's somewhat tedious: *"Nominations shall be accepted directly from the membership if a petition is received prior to February 1 and contains the nominee's consent and an endorsement by at least 10% of the current PNA membership."* If you, or someone you know, is interested in being an officer candidate, the easiest way to get on the ballot is to contact a member of the Nominating Committee before February 1.

If you're interested, please email Linda Chapman at chapman_family@comcast.net, who can answer your questions via email or arrange a phone call. Election ballots will be distributed in early March and voting will be done via online survey.

November 4 Board Meeting Highlights

- Financials: Bank account balances as of 10/31/24: Checking \$40,800; Savings \$58,327; total: \$99,127.
- Membership: 2024 ended as a record year with 1925 (1061 women; 864 men). Bucking the 51/49% (men/women) national trend, PNA's women have outnumbered men 55/45% since COVID for reasons undetermined.
- Meets: The board approved four meet requests: Bellevue (SCM, Feb 2); Bellingham (SCY, Feb 16); Anacortes (SCM, Mar 2); and Mercer Island (SCY, Mar 23).
- Open water: The board approved three events: the *Whidbey Adventure Swim* (June 1); *Fat Salmon* (July 26); and *Swim Defiance* (August 2).
- The board approved Bob DeWard and Dan Underbrink as Appointed Directors and scheduled seven board meetings for 2025.
- Bob Moore, Linda Chapman, and Dave Scott volunteered as the nominating committee for the 2025 biennial election (March).
- 2025 Summer Nationals: The organizing committee met online in October and agreed to meet on the second Thursdays of each month through July.
- PNA members April Cheadle (BAM), Mason Chuang (ORCA), Jennifer Claridge (TACM), Jessi Gable (TWIM), and Linda Chapman (LWM) attended the *USMS Volunteer Relay* in Houston TX, October 18-20. Coach Diana Hermanson (BERN) attended the Coaches Clinic held concurrently.
- Next Meeting: Monday, January 13, 6:45 pm, via Teams teleconference.

[Click here](#) for a list of current PNA board members.

2024 USMS 3000 Virtual Championship

Congratulations to Orca Swim Team member Jennifer Tran for participating in this year's USMS 3000-yard Virtual Championship, which included 271 swimmers. Tran was the only PNA swimmer in the event and placed fourth in the 25-29 age group with a time of 1:22:05.96.

Oregon Masters, with 34 swimmers, took first in the team points competition.



2025 USMS 1-Hour Virtual Championship

Enter now to work off the holiday indulgences knowing you have a fun and challenging swim on the calendar to kick off the new year. This annual tradition can be completed in a 25-yard or meter pool anytime in the month of January.

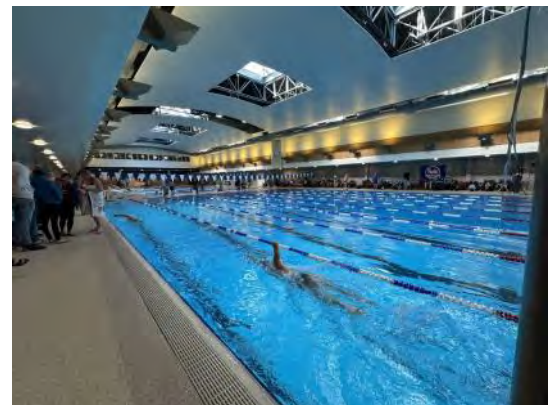
Puget Sound Masters results will be used to form club relays. Contact Sally Dillon with your questions. Other clubs should discuss the event and relays with their coaches.



7th Annual Bellevue Club Mile

The 2025 Bellevue Mile will take place on Sunday, February 2. The historically fast Bellevue Club pool has yielded numerous National and World records, making the meet very popular. The BC Mile information document is in this newsletter.

Note that entries are limited to 70 and the meet sells out each year (rather quickly at times). An entry time limit of 40 minutes is in place. Registration opens at 10 am on Sunday, January 12 and closes at midnight on Sunday, January 26.



The Spotlight

By Heidi Skzrypek

Picture this wintry scene: It's competition time, and swimmers stand nearly shoulder to shoulder in their colorful swim parkas under a large outdoor tent, sheltered just enough from bitter winds as they wait to swim. Congenial conversations in myriad languages meld together, the air swirling as they exhale. Soon, these swimmers will be called outside, heat by heat, their Crocs crunching along a flag-lined pool perimeter to their respective lanes.

Quickly, they'll fling off their outer layers and slip into an inky vortex of water. Without even a moment to waver—in the name of caloric preservation—the start gun sounds and it's "go time!"

For Normandy Park-based Scott Lautman, 72, who swims with Blue Wave Aquatics, this worldly winter routine has become a habit. From a collegiate butterfly finalist at the U.S. Olympic trials in 1972 and 1976, to **dashed hopes at age 26 with no 1980 events held, Scott's plan was to swim the English Channel after his elite swimming career.** But a bone cancer diagnosis sidelined those plans.



Multiple treatments, eight surgeries between 1979-88 and a stubborn recovery eventually found Lautman pool-swimming as he rebuilt his strength and stamina. As years passed, his sister, Denise, rekindled his interest in pursuing the English Channel; as a Christmas gift she presented him with a CSA info packet. On September 4, 2000, in his late 40s, he knocked it out in 10 hours, 37 minutes—but not before swimming 46k around Manhattan Island three months prior! Countless tough swims followed, and one open-water feat followed the next. Today, just reading his marathon and cold-water swimming resumé is an endurance event.

Predictably insatiable, Lautman pursued yet another swim niche for his challenge-hungry nature about eight years ago: Ice swimming.

The sanctioning group [International Ice Swimming Association](#) (IISA) defines ice swimming as swimming in water temperature of 5.0C / 41.0F unassisted, with a silicon cap, pair of goggles and standard swimsuit. Known for its longer distance ice swims, the IISA has drawn members from 73 countries since its 2009 founding and endeavors to make ice swimming an Olympic sport. Another contemporary, [International Winter Swimming Association](#) (IWSA) offers many shorter-distance races, from 50 to 450 meters, plus team relays, and has **overlapping but slightly different temperature categories than the IISA. To most Masters swimmers, it's all just plain cold!** Both organizations attract winter swim enthusiasts with their evolving globetrotting series and friendly competitions for all ages and abilities.

Lautman explains further:

How did you get started in ice and winter swimming?

(Continued on page 9)

The Spotlight (cont)

(Continued from page 8)

SL: After swimming around Manhattan, English Channel, Straits of Magellan, Catalina, I was attracted to the challenge of cold water. In these marathon swims, you meet people from all over. Fellow Strait of Magellan swimmer Cristian Vergara, the New York Open Water, and Coney Island Brighton Beach swim guys first sparked my interest in it.

Tell me about your first ice swimming event.

SL: I flew to IWSA World Cup at Vladivostok, Russia in November 2016. I signed up for all the events, having no idea really what to expect. I showed up early to watch the heats, observing the open turns for freestyle on flat walls. I'd been to Russia twice for work and figured this would be a fun way to practice the Russian language. What struck me was how it was such a "UN of swimming" since in Europe, there are many countries relatively close by. The camaraderie is unmatched. You meet novice swimmers and the occasional Olympian. You make global friends and it's habit-forming. I keep returning to these swims, held in places like Tallinn, Estonia; Bled, Slovenia; Murmansk and Petrozavodsk, Russia; Samoëns, France; even here in the U.S.



Ice swim venue with rescuer in wait

How do you train here for ice events, or do you leave early and train near the event?

SL: I train in local lakes or Puget Sound, but nothing too extreme and with no special ice immersion. In training for the ice 1k for example, which for me is in the 16-16:30-minute range, I just visualize my usual open water markers. For Alki, that's like swimming from the bathhouse to the lighthouse and a little chunk more. I enjoy the competition at these events, but I love the training and preparation even more.

What kind of swimmer do you think might like this?

SL: Adventure swimmers, people-centric swimmers. Anybody who likes something that's a little scary. For me, I love to discover new places and cultures, so I almost want these events to pop up in unrepeated destinations. Nearly anyone can swim these, with 25/50/100m distance events. First-timers might be nervous, but each race flies by and nearly everyone gets out smiling and euphoric.

I understand these events have doctors and rescue "fetchers" on hand.

SL: Safety is taken very seriously. Many times, air temps are well below freezing; Vladivostok and Murmansk have had howling winds, which really chill the body. On longer events, I've seen people go under mid-swim, and there's rescue crew standing ready to pluck them out. Start out with short swims.

You've done a lot of swimming. Do you get nervous before an event?

SL: It's just like anything else: you start a little nervous, but get in water, the gun goes and off you go and it's suddenly done. It's a rush and fun – a great time. You get to know your competitors and they become friends. Results are inconsequential because in the end, you just have a good time.

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The Spotlight (cont)

(Continued from page 9)

What is your internal dialogue like swimming a 1000M race in sub-4°C water?!

SL: **You're not really keeping track because someone is counting laps, but I do know I swim 23 strokes per lap. Sometimes I'll watch the field to spot my competition and might make catch-up moves that I hopefully won't regret, knowing it'll be over soon.**

What is the rewarming process like after a long, freezing swim?

SL: One swim in Murmansk had blizzard conditions (30.1°F water, 11°F air). I swam a 450M freestyle and had NEVER ever experienced what that combination of air, water, and wind did to my **hands. After the first turn I had "no hands" but felt some forearm pressure—it was shocking. To get out I used the ladder with my forearms and got help to the sauna. It's easy to get little nicks and cuts because you don't feel them. There's a warming room with very warm, wet towels, refreshed on recovering swimmers every 10-15 minutes, and then we head to the sauna. After swimming a 1K, you can thaw in the sauna for 30+ minutes. Cold is relative; the same day I did that freezing 450, I remember asking a wire-thin 80-year-old in the warming tent how their swim went and they replied, "Oh, it was wonderful!"** Some people are unfazed and seem to be superhuman.

Would you say it's the relationships you make that keep you going back for more?

SL: **Absolutely. I love travel, experiencing other cultures, meeting new people, and reuniting with friends I've made in this sport. I've been contacted by international swimmers asking, "Hey, are you going to be at Molveno?" Winter swimming is also a gateway to other adventures. After meeting Czech swimmers at these (and I have maternal Czech lineage), I was invited to join their North Channel relay, which we swam last September. Next up with this group is the Bristol Channel in June 2025.**

Do these swimmers ever come to the US?

SL: Yes! Some of these winter swimmers also pursue US-based channel swims, and I've helped crew for their Catalina Channel attempts: Bárbara Hernández Huerta (Chile), Piotr Biankowski (Poland), Israelis Guy Cohen and Eyal Schachner, and others from the Czech Republic. I've even flown to Albuquerque to meet my brother Mark, also a winter swimmer, and tour the Southwest Indian ruins with the woman who runs the IWSA (Mariia Yrjö-Koskinen of Finland). These events create lasting global friendships.

Tell me all about your next winter swim.



Lautman with Petar Stoychev
(quickest "Ice Sevens" swimmer)

(Continued on page 11)

The Spotlight (cont)

(Continued from page 10)

SL: January 2025 brings the IISA 6th World Championship held in Molveno, Italy. IISA founder Ram Barkai has invested a huge amount of time and money to hopefully get ice swimming recognized as an Olympic event. Olympic committee members have been invited to observe. UC Berkeley swimmer and our own Olympian Keaton Jones will be headlining Team USA alongside elite European sprinters. Unlike a pool carved into three feet of ice, this event will be held in an 8-lane 50-meter pool, in temps of around 2-4c, around freezing. I signed up for 10 events, and in this one I'll be doing my first 100 fly race in 10 years! It'll be fun to swim in an actual pool with walls and black lines. This will be a world-class, slightly more formalized winter event than past ones. Winter swimming is just another swimming avenue I love, one that I am halfway decent at, you get to see the world and leave with a few medals. Most of all, it's always a welcome reunion and a chance to catch up with friends.



Lautman, second from left, with international relay swimmers in Vladivostok, Russia. He swapped team swim caps in the photo with Russia's Dimitry Volkov, second from right. Volkov was an Olympic bronze medalist in the 100m breaststroke.

Ice Fever is Contagious: "Rookie" Perspectives

Lautman admits he keeps trying to drag Seattle swim friends to try these international events. In the winter of 2020, buoyed by Lautman's encouragement, PSM swimmer and Say YES! To Life adventure swims founder Guila Muir signed up for the International Winter Swimming World Cup 2020, in Skellefteå, Sweden. She returned home with an age group gold medal in the 50M free.

"Scott assured me that the water might not feel that much colder than Puget Sound. And with my rush of adrenalin and joy, it actually didn't!" Muir recalled in a prior *The WetSet* interview. "So, I will be the first to say, if you can swim in Puget Sound, you can compete in the Winter Swimming Championships - with some practice in colder water beforehand."

Tricia Elmer, a training buddy of Lautman's who swims with [Mercer Island Redwoods](#), competed in her first Winter Swimming World Championships in Tallinn, Estonia in March 2024 in 1°C water.

"I had a lot of anxiety going into Tallinn. My first event was the 25M fly and I considered scratching, afraid I would not

(Continued on page 12)

The Spotlight (cont)

make it, but surprise! Adrenaline takes over and it's done," Elmer said. "On the longer distance events, I found myself counting down the lengths, not the other way around."

Elmer recalled how every morning, swimmers watched the pool being scraped of ice that formed overnight.

"It is more social than anything. I met a lot of fun people from all over the world, but mostly Europe. After each swim you warm up in a GIANT sauna and chat," Elmer said. "I have never swum in a Masters swim meet, either. This was like *super summer league championships*, mostly just fun. I loved swimming in Tallinn so much that I plan to make it an annual thing. I even earned hardware!"

Elmer will be traveling with Lautman and his brother, Mark, to the International Ice Swimming 6th World Championship in Molveno, Italy held January 13-19, 2025. Forty-eight American IISA swimmers will represent alongside winter swimmers from around the globe at Lake Molveno. The World Championship will be held in an 8-lane 50-meter outdoor pool, with 12 age groups and 15 events, including the Ice Kilometer and mixed relays. Roughly 650 swimmers from 46 countries have signed up.

"The new challenge in Molveno will be that the event will be in a 50-meter pool – not as sporty as a 25-meter pool cut from ice. I am also aging up to the 65-69 age group," Elmer said. "Do something that scares you a little. It's kind of exciting!"

Learn more:

[International Ice Swimming Association](#) – multiple competitions worldwide

[International Winter Swimming Association](#) – multiple competitions worldwide

[Ice Mermaid: Cold Resolve](#) – Seattle swimmer Melissa Kegler's PBS documentary journey into ice swimming
Mark your calendar (or even sign up!) for the February 2026 IWSA Championships in Oulu, Finland!

Snohomish meet

The 2024 Snohomish Aquatics Masters Invitational Meet was held Sunday, November 10. The meet featured 136 participants registered for 517 swims.

Team Walker International Masters had a large presence with 11 members participating. TWIM set up a Tom Walker Memorial Warm-up Lane to honor the memory of recently passed club co-founder and team namesake Tom Walker. The TWIM banner was hung with a black border for the event.

"We all honor and miss our friend Tom," wrote Dan Underbrink in the TWIM Blog. "His legacy lives on with TWIM."

Tom Walker

Memorial Warm-up Lane



Swim a few laps in
memory of Tom

(From TWIM Blog.)

SPLASHForward Update

By Susan Pappalardo

When will it open?



That is the question I am most often asked. People want to know when they can look forward to swimming in a new modern facility. Imagine that for a minute. You pinch yourself because you are in a new well-appointed locker room anticipating stepping out onto the smooth clean deck of a 50m pool to swim short course yards or 50m long course. You gaze at the modern amenities and remind yourself that yes you are indeed in Washington State and in Bellevue. **You are giddy. It's your first swim in the new pool with fellow Masters for a workout or a meet. You blink forward** imagining the hordes of Masters swimmers that have swelled due to the easy access and full range of programs at this new facility. You even catch a glimpse of other new local public pools that will also have opened or soon be opening. There is a sense of pride in having been a part of the project by adding your voice during a design or community meeting or lending your expertise or financial support. You are sure glad that it has materialized in your lifetime and glad that generations of swimmers will be getting their start here.

We are making this future reverie happen with the support of our Masters community. This year we are beginning to test our capital campaign messaging and cultivating support from a range of sources. Do you know someone we should talk to? Have an idea to share or want to get involved? We are looking for a Board Treasurer with Board experience and those interested in community outreach. Reach out anytime with your questions, input, and ideas at info@splashforward.org.

Becoming a lifeguard or adult swim instructor

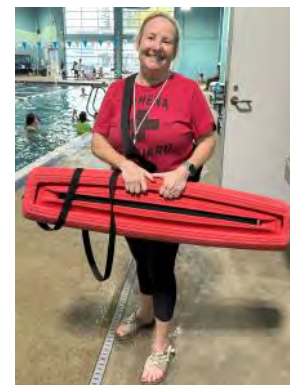
Meet Jeanne, who decided to become a lifeguard and swim instructor after a work injury prevented her from going back to her previous job. She loves her job at Samena Swim and Recreation Club, especially teaching swim lessons to young children. On Sunday, January 26th you can become a certified adult learn-to-swim instructor (ALTS) here in Seattle through USMS! Read more about it in this newsletter and [learn more and register here](#).

If you would like to become certified or re-certified as a lifeguard let us know at lifeguard@splashforward.org.

Every 2nd Grader Learns to Swim

At many of the aquatic facilities that we have visited, there have been robust programs providing free swim lessons to 2nd graders – Snohomish Aquatic Center, SwimRVA (Richmond, VA), and Asphalt Green (New York City) just to **name a few. The funding for these programs is typically through community partnerships or local philanthropy.** We're excited to launch our Every 2nd Grader Learns to Swim Program pilot in Kirkland. We have learned that programs like this must be a part of bringing new public aquatic facilities to our region. Our pilot was recently awarded \$2,500 by The **Kirkland Parks and Community Foundation's Ignite Kirkland** grant program. If you are interested in supporting this program, let us know at info@splashforward.org.

Keep swimming and supporting new public pools! And to stay up to date, please give us a follow @splashfwd on Instagram, Facebook, or LinkedIn or [sign up for our newsletter](#).



Swim Calendar

2025

Jan 1-31: [USMS 1-Hour Virtual Champs](#)

Jan 25: [TEAM Eugene SCY Winter Splash Meet](#), Springfield, OR

Jan 26: [USMS Stroke Development Clinic](#), Seattle

Feb 2: Bellevue Club Mile, Bellevue, WA

Feb 16: WWU Viking Invitational, Bellingham, WA

Mar 2: TACM March Madness, Anacortes, WA

Mar 8-9: [Oregon City SCH Spring Ahead Meet](#), Oregon City, OR

Mar 23: PSM Pentathlon, Mercer Island, WA

Apr 4-6: [Oregon Masters Association SCY Championship](#), Newberg, OR

Apr 12-13: PNA Champs, Federal Way, WA

Apr 24-27: [USMS Spring National Championship](#), San Antonio, TX

May 15-Sep 15: [USMS 5K/10K Virtual Champs](#)

May 17-18: [COMA LCM Meet and Lake Juniper Buoy Swim](#), Bend, OR

May 18: [TEAM Eugene LCM Spring Splash Meet](#), Eugene, OR

Jun 1: [Whidbey Adventure Swim](#), Langley, WA

Jun 22: [THB LCM](#), Beaverton, OR

Jul 15: [Portland Bridge Swim](#), Portland, OR

Jul 19-20: [Applegate Lake Open Water Swim](#), OR

Jul 26: [Fat Salmon OWS](#), Seattle, WA

Aug 1-3: [Cascade Lakes Swim Series](#), OR

Aug 2: [Swim Defiance](#), Tacoma

Aug 6-10: [USMS Summer National Championship](#), Federal Way

Aug 7-14: [World Aquatics Masters Championship](#), Singapore

Aug 16: Eel Lake Open Water Swim, OR

Sep 6: [Lake Chelan Swim](#), Lake Chelan, WA

Sep 15-Nov 15: [USMS 3000/6000 Virtual Champs](#)



Search USMS Calendar of Events

7th Annual Bellevue Club Masters Mile
1500 - Short Course Meters
Sunday, February 2, 2025
Warm-up at 12 noon; Meet starts at 1 PM
Sanctioned by PNA for USMS Inc. #365-S001

LOCATION: [The Bellevue Club, 11200 SE 6th Street, Bellevue, WA 98004](#)

The Bellevue Club is a private facility. After parking, enter at the [Athletic entrance](#) and check in at the reception desk (your name will be on a list). Day use lockers are available in the locker rooms at no cost. Please be respectful of the membership facilities.

FACILITY: 25-meter pool, 9 lanes, at least 7 lanes for competition. Temp ~80°F. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1. Seating is limited; bring deck chairs.

TIMING SYSTEM: Daktronics timing system with touch pads, a button, a watch, and scoreboard readout.

MEET DIRECTOR: Sally Dillon, 425-961-0023, salswmr@comcast.net

MEET REFEREE: Dave Baer, dlbaer53@gmail.com

CONCESSIONS: Snack bar at the athletic entrance.

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2025 USMS or foreign registered swimmers 18 and above as of 2/2/2025. Age groups based on the **swimmer's age as of 12/31/2025** (must be at least 18 on or before meet date).

ENTRIES: All entries must have an entry time. Entry time limit is 40 minutes. See conversion chart on the registration page. Registration for the Bellevue Mile will open at 10 am Pacific on Sunday, 1/12/2025. Entries close at midnight (Pacific) on Sunday, 1/26/2025. NO race day deck entries will be accepted. Meet entry cap is 70 swimmers.

SEEDING: The event will be deck seeded FAST TO SLOW with age groups and genders mixed.

CHECK-IN: In-person positive check-in required by 12:30 PM on 2/2. Online check-in will be available the day of the meet from 6 am to noon. Swimmers missing the check-in deadline may be scratched from the event.

INTERMEDIATE SPLIT TIMES: All split times will be listed in the final results. Swimmers who would like their intermediate split times to be submitted for official USMS recognition (Top 10 or records) must complete a [USMS Split Notification Form](#) indicating the distance(s) for which splits should be submitted (e.g. 200, 400, and/or 800). Forms will be available at the meet.

AWARDS: No awards will be given. PNA medals (1st - 3rd) will be available for purchase at \$2 each.

ENTRY FEES: \$20 US flat fee

ONLINE ENTRIES ONLY: Enter online at: [7th Annual Bellevue Club Masters Mile \(2/2/2025\)](#). **Be aware that a “second step” will be required to make payment through Eventbrite. Your entry is not “official” until you complete this second step.**



PNA TEAM DIRECTORY

Team Name	Head Coach name	Website and Contact Email	Workout location(s) (pool name, city)	Weekly workout schedule	Coach On Deck or In Water?	Average yards per practice	Monthly cost	Drop-In cost (if available)	Additional info from team
Bellevue Club	Gage Fouse (he replaces current coach in mid-January)	https://www.bellevueclub.com/move/aquatics/ Jason Arriaga jasona@bellevueclub.com	The Bellevue Club 11200 SE Sixth St., Bellevue	M-F noon-1 pm; Tues/Thurs 5:45-7 am; Sat 7-8:30 am	On Deck	2400m - 3000m	\$90/month; Bellevue Club membership also required	\$18 as a member guest	Enthusiastic group of swimmers, some of whom compete in pool and/or open water. 9-lane, 9' deep, 25-meter competition pool. It is typically 79-80 degrees
Bernardo's All Stars	Diana Hermanson	https://www.bernardosallstars.org/ Bernardosallstars@gmail.com	Tacoma Center YMCA	Monday-Wednesday-Friday 6-7:15am, Monday thru Thursday 6-7:15pm, Saturday 9-10:30am	On Deck/ Some-times in water	3500m	YMCA membership + \$25	N/A	April thru September we have scheduled open water practices in addition to the pool ones.
Blue Wave Aquatics	Wendy Neely	https://www.bluewave-aquatics.com/ wendy@bluewave-aquatics.com	Evergreen Aquatic Center Seattle Federal Way Community Center, King County Aquatic Center	Evergreen M-W 5:30am King County Aquatic Center TThF 5:30 am M-F 9:30am T&W7:30-8:30pm	On Deck	2,500-3,500	Unlimited swims: \$115/mo 8 swims/month: \$80 4 swims/mo: \$56	\$15	Our workouts are creative and create change, and we have a fantastic community of swimmers.
Cascade Masters	Pete Colella	https://www.gomotionapp.com/team/pnscsc/page/masters petecolella@runbox.com	Yost Pool, Edmonds	6:30am and 7:30am M-Thurs 7am Fri & Sat, in the summer we only have 1 am practice at 6:30am M-F & 7 on Sat, but we add an evening practice at 6:30pm M-Th	On Deck/ Some-times in water PM summer practice	Bi Variable between 1500 - 4k	\$120/mo + \$60 annual	\$15	
CG Sports Management	Chris Conroy	cwconroy12@gmail.com	Mary Wayte Pool, Mercer Island	Typically, Mon-Fri 6:30-8:00 am. Saturdays 7:00-8:30 am.	Coach in water only	3,500-4,500 yds	Cost of lap swim	Cost of lap swim - \$7.50	This is a small workout group that is typically composed of just 2-3 swimmers.
GLAD at View Ridge	David Tourigny	http://www.gladswim.com/view-ridge-tennis-swim-club.html haroldjohanson@comcast.net	View Ridge Swim and Tennis Club, Seattle	Monday through Friday 4:50 to 5:50am	On Deck	we do between 2000 and 4000 yds/hour depending on swimmers speed	\$110 for unlimited swims	\$12/hr and \$15/1.5hr at Colman	We are growing with younger people. Also, we have no team fees other than the swim costs.

PNA TEAM DIRECTORY

Team Name	Head Coach name	Website and Contact Email	Workout location(s) (pool name, city)	Weekly workout schedule	Coach On Deck or In Water?	Average yards per practice	Monthly cost	Drop-In cost (if available)	Additional info from team
Lake Washington Masters	Naima Pai	https://www.gomotionapp.com/team/pnmswam/page/home lwmcoach@waveaquatics.org	Juanita Aquatics Center, Kirkland	Sep-Feb M-F 5:15AM - 6:30AM 7:45AM - 9AM 11:45AM - 1PM Sat 10AM - 11:15AM Mar-Aug M-F 6AM - 7:45AM 11:45AM - 1PM Sat 10AM - 11:15AM	On Deck	2500 - 4000+	\$130	\$15 per practice or \$150 for 10 practice punch card	
Mercer Island Redwoods	Kieran Schafer	http://redwoods.freehostia.com/ a_s_gold@hotmail.com	Mercerwood Shore Club, Mercer Island	5:30-7 am, Monday thru Friday	On Deck	3600	\$130	\$13	
North End Otters (NEO)	Chris Stoner and Wade Praeger	https://www.neoswimteam.com/general-info neoswimteam@gmail.com	Aqua Club, Kenmore	M-F 8-9 a.m. Sat 7-8 a.m.	On Deck	2400-3300 yds	\$130	\$15	
Port Angeles Swim Club	Jason Ridle	https://www.gomotionapp.com/team/wapasc/page/masters paswimclub@gmail.com	Shore Aquatic, Port Angeles	Monday- Friday 7:00-8:00pm Fall/Winter 6:15-7:15pm Spring/Summer	On Deck	1700-2100 yds	\$30/month	\$5	
Puget Sound Swim Club - Masters	Jarassaeng Plunkett	https://www.swimpssc.com/page/team-information/adult-masters-program meetdirectorswimpssc@gmail.com	South Kitsap High School Pool	Monday - Thursday 6-7pm, limited Saturdays 9-10am	On Deck	Varies - 2,000-2,500 yards	\$50 for 2 days, \$75 for 4 days	N/A	
Rockfins	Dayna Rogers	https://www.vashongolfandcountryclub.com/ soundwavescuba@gmail.com	Vashon Golf and Country Club, Vashon, WA	Wednesday 6:am Saturdays 8:30	On Deck	1800 - 2200	Drop in Fee - dependent on participation	\$20	Opportunities for Open Water workouts

PNA TEAM DIRECTORY

Team Name	Head Coach name	Website and Contact Email	Workout location(s) (pool name, city)	Weekly workout schedule	Coach On Deck or In Water?	Average yards per practice	Monthly cost	Drop-In cost (if available)	Additional info from team
South Whidbey Island Masters	Kathy Rogers	https://islandathleticclub.com/programs/masters-swim/ Katherineprogers@hotmail.com	Freeland, Island Athletic Club	M,W,F 5:10-6:30 AM, Tu,Th 6:35-7:35 PM	Coach in water only	3000-3500	Members: \$45, non-member: 10 pass for \$140	\$20	Morning workouts start before the club opens, if you want to join a morning workout email me for details as to how to get in.
Thunderbird Aquatic Club	Jenny Claridge	https://www.gomotionapp.com/team/pntac/page/home jclaridge@fidalgopool.com	Anacortes	Mon/Wed/Fri 5am-6:15am, Tues/Thur/Sat 5:45am-7am	Tues/Thurs/Sat coach on deck	2,500-3,500 meters	\$78-\$90 per month depending on membership type.	\$15	
TWIM-Team Walker International Masters	Kathy Pelham	https://www.twimteam.org/where/index.html holly06@gmail.com	Centralia at Thorbeckes Athletic Club, Sammamish at Pine Lake CAC, Sammamish at Sammamish YMCA	Centralia-MWF 5:30am-6:30am; Sammamish Pine Lake-MWF 6:00am - 7:00 am; Sammamish YMCA T,TH 11:45-12:45	Yes, for the listed locations. We have other locations where no coach is present. See website	will be based on location and swimmer ability	depends on location as facility memberships are required; no additional cost to be part of TWIM	depends on location	We have workout locations throughout Western Washington. Please reach out to barnes.holly06@gmail.com for specific location details
Whidbey Wahoos	Erin Borden	https://nwpprd.org/us-masters erinerborden@gmail.com	North Whidbey Aquatic Center, Oak Harbor, WA	MWF 6-7:30 am, Saturday 8-9:30	On Deck	3-4,000-adjusted for level of swimmer.	Being determined for new year	Typical masters cost	All level of swimmers are welcome
YMCA of Snohomish County Barracudas	Cat Homan	https://www.gomotionapp.com/team/ymca-6835/page/masters choman@ymca-snoco.org	Everett YMCA Everett	Tuesday and Thursday 7:30-8:30pm Saturdays 7:30-8:30am	On Deck	2,000-6,000 yards	\$70 for Y members/\$100 for non-Y members	Drop in \$10	