

CONTENTS

- 1—President's Message
- 2—2025 Summer Nationals
- 3—All About NQTs
- 4—Coach of the Year
- 5—Dawn Musselman Inspirational Swimmer
- 6—New Members
- 7—Seattle Rescue Swimmers
- 10—Board Meeting Highlights
- 11—SPLASHForward Update
- 12—"Swimming Pretty" Book Review
- 13—Jan Kavadas Obit
- 14—PNA Open Water Series
- 15—*Madness* and Pentathlons?!
- 16—Grown-Up Swimming
- 18—Swim Calendar



President's Message

By Linda Chapman, PNA President

Hello PNA members,

I hope all is well in your swimming and other worlds.

Thank-You: As the incoming PNA President I want to thank **Sally Dillon** for the DECADES she has devoted to PNA and USMS. She has held numerous local and national positions, received USMS's highest volunteer award and is still motivated enough to be one of the leaders in helping PNA put on USMS long course nationals in August 2025. Thank you, a million times.

Changes: This newsletter (aka *The WetSet*) needs a new editor – or editors, if you want to work with a friend or two. It might be time for a format change as well. If you have any ideas on a new format, revised publishing schedule, or might be interested in the editor (or co-editor) position, please let me know.

Thank you to Steve Peterson for filling in as editor for this May/June issue!

Happy swimming to all!

-Linda Chapman

Election Results:

PNA members elect the board officers every two years in the odd-numbered year. The new board takes office in mid-April, coincident with PNA Champs. We trust that you received your electronic ballot via email in mid-March, though the response rate of under 10% might indicate either faulty delivery or indifference to unopposed candidates. Regardless, please thank your new board (complete list on page 10) for carrying on the business of the PNA LMSC through their 2025-2027 term. And please consider becoming a volunteer yourself to keep this organization going!

President:	Linda Chapman
Vice President:	Bob Moore
Secretary:	Steve Peterson
Treasurer:	Brent Barnes
At Large Director Pos 1	Kathy Casey
At Large Director Pos 2	Dave Scott

2025 USMS Summer Nationals — You're invited!

What: The first USMS National Championship meet to be held in Washington since 2007!

When: August 6-10, 2025

Where: Weyerhaeuser King County Aquatic Center, Federal Way

[Meet Information Link](#)

Planning is full speed ahead for PNA's upcoming Summer National Championship meet. The organizing committee hopes you have this event on your calendars! We're expecting to see large numbers of PNA swimmers suited up and ready to race at Federal Way's beautiful Olympic sized pool. Hundreds more swimmers will be driving or flying to WA to compete as well. We're anticipating ~1200 entries, including a fair number of international participants!

The 5-day meet will include 17 different individual events: the 50's, 100's, 200's of each stroke; the 400, 800, and 1500 freestyles; and the 200 and 400 IMs. And, of course, there will be lots of relays! Look to your club coaches to organize the relay teams. We expect to see numerous national and world records broken at this long course meter (LCM) meet.

What to do if you're not a competitor? **VOLUNTEER!**

There will be lots of opportunities to help at the meet. Ten-hour days are anticipated, so most volunteer shifts will be for ~5 hours each.

RAISE MONEY for your club or workout group by filling the timer's chairs. We will donate \$800 to *groups* who sign up for each 5-hour timing shift. That's a commitment of 18 timers – two for each of the 8 lanes plus two alternates in rotation for breaks. Shifts are 7:30 am – 1 pm and 12:30 – 6 pm. Each shift starts with 30 minutes for timer training and coordination.

Federal Way's *Decatur HS Swim Team* is the first group to commit, filling the chairs on the first day of the meet! **Allison Cox** is our Volunteers Coordinator. Please contact her if your club or workout group wants to help. If you know of service groups, school clubs, scouting troops, etc., that will consider volunteering to earn \$\$ for their organization, send that information to Allison: acox511@gmail.com

Online sign-up is coming soon for individual volunteers. Two positions needing support are:

Runner – posts heat sheets and results at various locations

Hospitality – delivers snacks to officials, coaches, timers, and other volunteers

Need more information? Contact Organizing Committee chair **Sally Dillon** salswmr46@gmail.com

USMS National Championship Meets Hosted by PNA at WKCAC

1997 Short Course Nationals

May 15 - 18 1,438 entrants
Meet Directors: Hugh & Jane Moore

2007 Short Course Nationals

May 17 - 20 1,456 entrants
Meet Directors: Hugh & Jane Moore

1992 Long Course Nationals

August 20 - 23 1,150 entrants
Meet Directors: Hugh & Jane Moore

2001 Long Course Nationals

August 6 - 10 959 entrants
Meet Directors: Hugh & Jane Moore

Newbie's Guide to NQTs for Summer Nationals

I want to enter the LCM Summer National Championship – what the heck are NQTs?

National qualifying times (NQTs) are time standards that you must equal or beat if you want to swim more than 3 events at USMS National Championship meets. You may enter up to 3 individual events without meeting those NQTs EXCEPT for the 1500 free.

How are NQTs determined?

Summer National NQTs are calculated from the (Fifth Place + 15 percent) average of the USMS Top 10 times over the previous three years for each event. An event having no fifth-place times in at least two of the previous three years will have no NQT. There are no NQTs for events in the 85-89 and older age groups.

For Summer Nationals in Federal Way this August:

- You are allowed up to six individual events
- You may enter up to three events — except for the 1500 — without meeting the qualifying times
- To enter more than three, you must meet the time standards for those races

Are NQTs used at every national meet?

NQTs have been used at every national championship since they were instituted in 1993 as a means to control meet length. The USMS Championship Committee determines how NQTs are calculated and for each meet whether NQTs will apply. (Ref: USMS Rule Book Article 104.5.3 C.)

I don't train in a 50-meter pool. Where can I swim to get my entry time(s)?

Your time does not have to be swum at a USMS sanctioned meet or even in a 50-meter pool. It can be swum at a USA-S meet, a YMCA meet, during a time trial, or in a workout with your coach. You can convert your times from one course to another. However, you must do the conversion yourself, using any converter you wish. Here are two such examples:

<http://www.swimmingworldmagazine.com/time-conversion>

<https://swimswam.com/swimming-times-conversion-tool/>

Final Team Standings at PNA Champs, April 12-13

Combined Team Scores - Large

1. Cascade Masters	1,014
2. Bernardo's All Stars	829
3. Team Walker International Masters ...	763
4. Bainbridge Aquatic Masters	555
5. Blue Wave Aquatics	526

Combined Team Scores - Medium

1. Lake Washington Masters	546
2. Orca Swim Team	426

Combined Team Scores – Small

1. SnoCo YMCA Barracudas	238
2. Port Angeles Swim Club	231
3. Thunderbird Aquatic Club Masters ...	205
4. Snohomish Aquatic Masters	197
5. Western Washington University	192
6. Husky Masters	175
7. Puget Sound Masters	159
8. Mercer Island Redwoods	137
9. CG Sports Management	83
10. Ohana Swim Team	72
11. North End Otters	55
12. Mercer Island Country Club	52
13. 425 Masters	32
14. Issaquah Masters Swim Team	12
14. Greenlake Aquaducks (View Ridge) .	12

Results are available on the [PNA website](#).

PNA Coach of the Year

By Sally Dillon, selection committee chair

It is my honor to present the 2025 *PNA Coach of the Year* award.

PNA currently has 14 clubs and within club PSM there are 20 workout groups. It surprised me that this year just two nominations were submitted for our prestigious award. Fortunately – both nominees are terrific and deserving of the award.

This year's nominees are Bainbridge Masters coach April Cheadle and Cascade Masters coach Pete Colella. Each has received the award previously: April in 2013 and 2016 and Pete in 2018 when he was the coach of the North End Otters.

April has coached Bainbridge Masters for more years than I can count, and her workout group has grown to 161 members and has a waiting list! Only the PSM regional club has more members. Her nomination noted:

From the very beginning, Coach April has shown an unwavering commitment to fostering a positive and inclusive environment for all swimmers. Her enthusiasm for the sport is contagious and she inspires each of us to strive for excellence both in and out of the pool. Through her innovative training techniques and personalized coaching style, she has helped athletes of all skill levels improve their performance, build confidence, and develop a love for swimming.

Coach April's dedication goes beyond just training sessions. She takes the time to understand each swimmer's individual needs, strengths, and areas for improvement. Whether it's through one-on-one feedback or team-building exercises, she encourages communication and camaraderie among teammates. This has created a unique bond within our team, where everyone feels valued and motivated to achieve their personal best.

A long-time youth coach for the Cascade Swim Club, Pete Colella turned his focus to Masters swimmers to coach the North End Otters. He founded the Cascade Masters in 2021. This club trains year-round at the outdoor Yost Pool in Redmond. Under his leadership, the pool has become home to Cascade Swim Club and is open to the public throughout the year. One nomination noted:

In ways big and small, sometimes bluntly, sometimes with a subtle and delicate sensitivity that demonstrates a great emotional intelligence, he finds unique ways to connect with and motivate his athletes. His kindness and humor make our pool deck a great place to be. Although Pete welcomes people of all skill and commitment levels, he is perhaps the most talented and creative technical swimmer coach I have ever had. I am amazed at the variety and quality of his workouts and how much and how quickly I and my teammates have improved under his program.

Another nomination added: *Pete has a long and sustained coaching tenure in the Pacific Northwest. He's a true student of the sport and is continuously learning and sharing new training ideas, techniques and drills with his swimmers.*

Two great coaches, so the decision wasn't easy for the selection committee, comprised of previous *Coach of the Year* recipients.

This year's *PNA Coach of the Year* is . . . **Pete Colella.**



Dawn Musselman Inspirational Swimmer

By Steve Peterson, selection committee chair

It was my pleasure at this year's Annual Meeting and Social following Saturday's Champs events at KCAC to again honor the memory of Dawn "Babe" Musselman (1913-1986) with the *Dawn Musselman Inspirational Swimmer Award*, given annually since 1986. Dawn, a 1932 Olympics hopeful, inspired other PNA swimmers, always encouraging them to do their best. Read Dawn's fascinating story on pages 4-5 of the [July 1976 issue of *The WetSet*](#). Also [Dan Levin's 1978 *Sports Illustrated*](#) article about Dawn!

Dan Underbrink is our Inspirational Swimmer for 2025! I presented Dan with his individual trophy and the framed written presentation, summarized below. The perpetual trophy with Dan's name as our 40th recipient will reside with his team for the coming year.

Teammate Carl Haynie says, "It's hard to imagine anyone working harder for our swim community than our own President of the TWIM Booster Club, Dan Underbrink."

Dan organizes and hosts TWIM's monthly Board meetings and serves as an Appointed Director on PNA's Board. And for quite some time he has transported the bulky "meet box" and a second tub containing the New Swimmer "goody bags" to our local meets.

Most recently, Dan spearheaded and worked with USMS Club and Coach Development Director Bill Brenner to present a well attended and much appreciated multi-day, multi-level coaches and swimmers clinic. And currently he is an active volunteer on the 2025 Summer Nationals Organizing Committee.



Carl concludes, "Dan is an inspiration to all of us at TWIM. ... He freely shares information ... and is always a delight to see at the pool or on our Zoom calls.... Dan's ethics and attention to detail are top notch. Good sportsmanship exudes from him. As the great Thomas Walker noted numerous times over the last year: 'We are sooo lucky to have Dan as our President!'"

← (Dan inspires his teammates at one of his signature six-mega-swims-in-one-meet performances – 100 and 200 breast, 100 and 200 back, and the 200 and 500 free.)

Dan, for your inspiration to the entire membership of the Pacific Northwest Association of Masters Swimmers by your example of good sportsmanship, encouragement, and commitment, the PNA is proud to recognize you as our *Dawn Musselman Inspirational Swimmer* for 2025!



Dan's TWIMmates congratulated him at PNA Champs

(See TWIM's meet description at [TWIM: pna-champs-what-a-weekend/](#))



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\$95!

INTRO
ZOOM
Jun 22

STROKES
CLINIC
Jun 28

Q & A
ZOOM
Jul 6

Lasting Improvements Clinic

BOOK NOW



twimteam.org/wendy



Swim Clinic: Saturday, June 28, 9:30-11:30 am
Snohomish Aquatic Center



with *Blue Wave Head Coach*
Wendy Neely

- Join Us for a 3-part Swim Clinic where we will dive deep into the connection between mind and body to improve your strokes.
- **Whether you are a fitness swimmer, a budding competitor, or preparing for USMS Nationals, this clinic is for YOU!**
- Attend Live Zooms before and after with Coach Wendy. Can't make those? No worries. Recordings made available.



New PNA Members! (registered Feb 27 - May 1)

Elliot Allard
Chris Altonji
Erika Asuncion
Lisette Atchley
Rachel Baer
Rebecca Bradlow
Brett Cichocki
Naomi Clegg
Madeline Crain
Dina Deitz
Alicia Diaz
Knox Gardner
Marc Gavin
Megan Goodman
Heidi Gorle
Justin Hatcher
Joshua Hincks
Grant Holland

Elizabeth Horner
Emily Jameson
Jennifer Johnston
Malcolm Jones
Kasia Kalstad
Brianna Kunne
Kirsten Lacko
Jessica Leighton
Golda Liebl
Xihui Liu
Rachel Loy
John Macias
Varun Manocha
Francesco Mazziotta
Gwenyth McConnell
Karry McGuire
Charles Mirho
Anthony Moore

Glenn Morrison
George Mwaura
Kristina Myers
Laura Oliver
Chris Parker
Clint Patterson
Bella Pittinger
Eric Polli
Tyson Prendergast
Alan Qiu
Megan Quint
Caroline Roers
Madre Roothman
Lindsey Saarie
Ethan Schwartz
Rananda Soltani
Esther Song
Cory Staton

Connor Swaney
Steve Thompson
Jessica Uhler
Monica Vanderheiden
David Voyer
Anna Wehowsky
Donald Wellington
Calvin Werts
Nerissa Whitlock
Chad Williams
Courtney Winterbauer-
Rouse
Rachael Wright
Philip Yee
Margaret Youtz
Julien Yung

Swimmer Spotlight: Seattle Rescue Swimmer Program

By Heidi Witherspoon Skrzypek

Photos by Steve Baer, *Fire Dog Photos*

In mid March, the Seattle Fire Department posted this photo to Facebook of its Rescue Swimmer cadre in uniform.



The hook was, they posed while completely submerged in the Helene Madison pool! The photo went viral on social media and brought curiosity among the local swimming community. We have the answers!

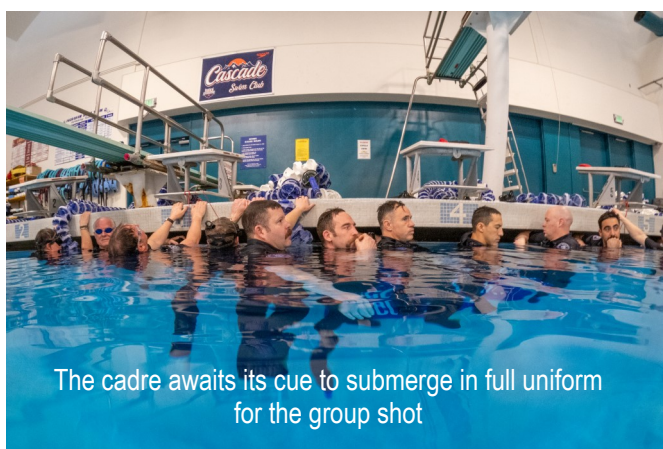
Let's start with the process of capturing such a great shot. Seattle Fire Department firefighter Steve Baer is also the man behind the lens of his *Fire Dog Photos*. While he's a frequent traveler to photograph firefighters all over the region and beyond, a swimmer he is NOT, he reports. Local firefighter and rescue swimmer Jonas Smith was inspired by the Canadian Underwater Diving Academy's 2024 uniformed underwater photo, and he floated the idea to Baer and the group of posing similarly for SFD's 2025 Rescue Swimmer cadre photo.

"Absolutely not!" was Baer's first response, he admits, laughing. *"I thought of every reason NOT to do this shot. First, I explored the possibility of getting an underwater housing at Glazer's for my regular camera, and then decided a GoPro would be a fine option for this."*

Then came his next question: *"How do I get this shot and NOT DROWN?"* Steve joked. After some on-site discussion about process, he and the instructors collaborated on rigging scenarios. With subjects' use of weight belts, weighted pockets, and well-timed dips from the pool wall, these seasoned swimmers had the lung capacity to stage themselves on cue and await their photographer to sink down with his GoPro to catch the moment. As part of their rescue swim training, these swimmers utilize the peak inhalation technique to maximize the volume of air in their lungs before going subsurface, and they train to work calmly and methodically underwater on breath hold dives.

After just three takes, a successful group shot was captured. The photo marks the SFD Rescue Swimmer cadre annual requalification swim test and its first of the season module training at Helene Madison pool. This day, the first of four modules which progress to open water challenges, included a major entanglement prop with hose water harassment, high entry, rescue can (buoy) use, and rescue swimmer emergency procedures. Baer captured shots throughout the day of these drills and tests.

"I've taken firefighter photos for more a decade, but these photos got a particularly enthusiastic response," Baer said, explaining SFD has circulated a few from that day. *"People have come out of the woodwork with kind remarks; definitely unexpected."*



The cadre awaits its cue to submerge in full uniform for the group shot

(Continued on next page)

Swimmer Spotlight: Seattle Rescue Swimmer Program (continued)

About the program

Baer explained that SFD Firefighter Craig Snow and retired SFD-Marine Unit Lieutenant Bob Kerns advocated for years for the Seattle Fire Department to have its own Rescue Swimmer cadre. Predicated by the periodic need for a surface or subsurface rescue, they obtained permission to build their program, first piloted in 2017. A revered template program, Rapid Entry Rescue Swimmer, was well established with the course curriculum written by Instructor Pat MacNealy.

MacNealy, a former Battalion Chief with West Pierce Fire and Rescue (and paramedic), is characterized as the Rescue Swimmer “Godfather.” He serves as lead rescue swimmer, rescue dive instructor, and head cheerleader, training responders from all over. On his company website rescueswimmer.com he explains the pain points of first responders and how the program came to be.



Drivers of the SFD Rescue Swimmer program, Craig Snow and Bob Kerns

*“Water rescue has been an area that most departments leave to another agency, reasoning that there is no need to duplicate services. Here lies the major flaw with this thought process: firefighters, police, park rangers and the like arrive at the scene of a water emergency. They have limited training, maybe an old mask stored in a compartment and a department policy that states **personnel shall not perform surface or subsurface rescues**. So what happens? Personnel with no training and limited equipment enter the water and violate the policy. After violating the policy, the rescuer is often disciplined by receiving a medal of valor.”*

He goes on to explain that firefighters will inevitably perform water rescues and push the limits because *“it’s the right thing to do, and it’s what the community expects us to do. Also, the first responding unit should have the skill to give the victim a fighting chance.”*

Seeing the need for this type of training, MacNealy wrote the Rapid Entry Rescue Swimmer program and certified it as a Professional Association of Diving Instructors (PADI) distinctive specialty. The course has since caught on.

Firefighter Dalen Roesijadi currently serves as SFD’s Rescue Swimmer Program Coordinator. He explained that the program has evolved to address the city’s unique water response areas. Four modules held throughout the year become increasingly challenging. The first module, as illustrated by the photos, happens at the pool. Then, those pool skills are taken to open water for the next three modules, culminating in a November night module on the Puget Sound waterfront (wetsuits are on!). The swimmers practice high entries from piers, searches under piers, contend with hazards common with older piers, and get comfortable with the wilder, colder conditions of open water. Rescue swimmers are trained in various techniques, including breath-hold dives, victim rescues, and search patterns.

(Continued on next page)

Swimmer Spotlight: Seattle Rescue Swimmer Program (continued)

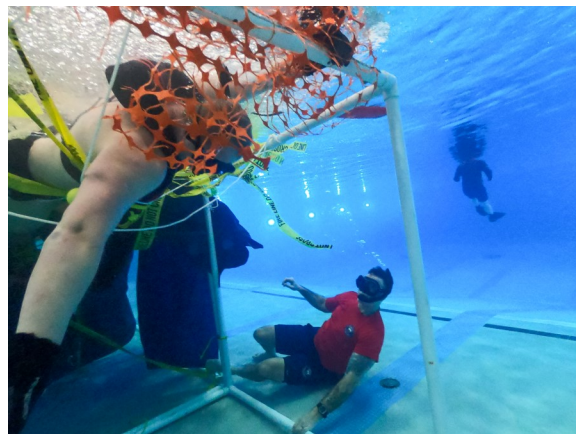
"The backgrounds of SFD Rescue Swimmers varies; it's a mix that includes high school and collegiate competitive swimmers, collegiate water polo players, U.S. military special ops, triathletes, freediver instructors and more," Roesijadi said. "I'm an avid freediver, enjoy spearfishing in the Pacific Northwest, and I'm a Performance Freediving International (PFI) freediving instructor."

The program allows for rapid deployment of rescue swimmers to water incidents, potentially improving outcomes for those in distress. Typically 9 or 10 rescue swimmers are on duty in the city at any given time. The SFD has also expanded its water response capabilities by acquiring rescue watercraft, which allows rescue swimmers to respond to incidents further from shore and bring patients to shore for medical care.

Baer recalls a recent water rescue incident from June 9, 2024. A 911 call from witnesses came in from Lake Union near the Museum of History & Industry. Seattle Fire Department rescue swimmers and a fireboat happened to be nearby. A visiting man in his 30s had reportedly jumped from a pedestrian bridge and went underwater. Rescue Swimmers followed their training, found the man unconscious in critical condition, and pulled him for quick transport to Harborview Medical Center. After weeks of treatment, he recovered.

"To me, that was the coolest validation of the Rescue Swimmer program," Baer said. "Incidents like this can and will happen."

Learn more about Rescue Swimmers at <https://rescueswimmer.com/>



Rescue swimmer observation in a simulated entanglement course at Helene Madison pool.

Records Set at PNA Champs

PNA's Top 10 and Records Coordinator **Doug Jelen** reports that these records were set at **PNA Champs** (April 12-13). They are unofficial, pending pool measurements and national records acceptance:

NATIONAL

W80-84 50 Yard Backstroke
Joy Ward OREG 42.25

W80-84 200 Yard Backstroke
Joy Ward OREG 3:25.49

M50-54 400 Yard Individual Medley
Kurt Grote OREG 4:14.90

ZONE

M25-29 50 Yard Freestyle
Matthew Cole PSM 20.20

M25-29 100 Yard Backstroke
Brian Woodbury PSM 50.47

M50-54 200 Yard Individual Medley
Kurt Grote OREG 1:58.46

M80-84 100 Yard Breaststroke
Dennis L Sawyer PSM 1:34.28

M80-84 50 Yard Butterfly
Robert T Pilger PSM 34.64

PNA

W75-79 100 Yard Backstroke
Kate Meyers PSM 1:37.49

W75-79 100 Yard Breaststroke
Kate Meyers PSM 1:43.63

W75-79 200 Yard Individual Medley
Sarah Welch PSM 3:59.69

M18-24 100 Yard Breaststroke
Zuriahn C Yun PSM 58.88

M35-39 100 Yard Breaststroke
Jakub P Kotynia UC36 1:00.22

M50-54 200 Yard Backstroke
Diego A de Acosta PSM 2:03.88

M75-79 200 Yard Butterfly
Stephen W Fogg PSM 3:34.20

M80-84 1000 Yard Freestyle
Robert T Pilger PSM 16:44.93

March 10 Board Meeting Highlights

- Financials: Bank account balances as of 2/28/25: Checking \$53,886; Savings \$58,329; total: \$112,215. Net revenue for January-February was \$12,353.
- Membership: Year-to-date is running about 5% ahead at 1496 (783 women; 713 men).
- Meets: The board approved BAMWA's sanction request for *BAMFest* on October 12, to be held in a venue other than the Bainbridge pool, now undergoing renovation.
The board agreed to waive PNA's \$1.75/entrant meet fee for 2025. USMS ceased charging its event sanction fee in January.
- Election: Electronic ballots will be sent to members by March 17.
- 2025 Summer Nationals: The organizing committee continues to meet monthly online. Additionally, a smaller group meets online with two National Office representatives and USMS Championship Committee Liaisons. On February 6, several members of the committee met in person with the National Office representatives, USMS Championship Committee Liaisons, and WKCAC staff. This comprehensive meeting included a facility tour and a detailed discussion on organizing the event.
- Next Meetings:
Saturday, April 12, at KCAC (Annual Meeting at the Champs Social & Awards Banquet)
Saturday, May 10, 1 pm at Sally Dillon's residence.

PNA Voting Board Members

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

Coordinators

Awards.....	Dan Underbrink
Coaches.....	Diana Hermanson
Fitness/Clinics.....	<i>you!</i>
Historian.....	Walt Reid
Newsletter Editor	<i>you!</i>
Officiating	David Baer
Records/Top 10	Doug Jelen
Social Media	<i>you!</i>
Virtual events	Sally Dillon
Webmaster	Dave Scott



SPLASHForward Update

The Demand for Public Aquatic Facilities is Greater Than Ever

By Susan Pappalardo, SPLASHForward Co-Founder and Board President

We have only **three** year-round public pools for 300,000 residents across Bellevue, Kirkland, and Redmond. That statistic should grab you. We are well below the national standard for public aquatic facilities for communities of our size. The Eastside could support twice as many year-round public aquatic facilities as we have today. In communities surrounded by water, access to basic water safety skills is essential for safe enjoyment of our water activities. Aquatic facilities are places that build community and are wellness springboards creating generational impact on health outcomes.

On **August 5**, voters will have the opportunity to renew the existing King County Parks Levy which includes a **\$46M Aquatic Facilities Grant Program, a \$10M increase** from our existing levy grant program. Grants provide funding to cities, towns, and school districts for feasibility studies, renovations of existing public facilities, and planning and construction of new public facilities. The third and final round of the existing Grant Program is underway. I serve on the Aquatic Facilities and Parks and Open Space Advisory Committee where we are busy reviewing applications. There is great momentum for new public aquatic facilities across King County.

Renewing the Parks Levy and the Aquatic Facilities Grant Program this fall has the potential to enable new public pools in Bellevue, Kirkland, Shoreline, Snoqualmie Valley, Covington, Burien, and Woodinville/Kenmore/Bothell. We are collectively laying the foundation for an emerald necklace of new public pools from the south to the north, expanding access for all.

In Bellevue, the process to select the construction project delivery method for development of the new Bellevue Aquatic Center and Bellevue Airfield Park will soon be underway. By the end of the year, we anticipate the selection of the project design and construction team. SPLASHForward continues to work closely with the City and the Project Advisor team to bring our stakeholder voices to the process and facilitate project partnerships.

Wave One of our campaign Listening Tour is well underway, and we are gaining valuable feedback on our capital campaign messaging and expanding our network. If you know someone we should be talking to, please reach out! info@splashforward.org

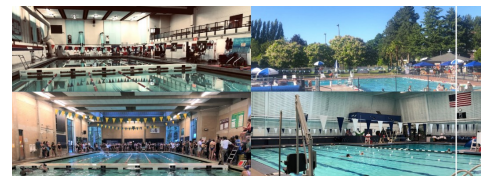
We have been out in the community and you'll continue to see us popping up throughout the summer. Stop by our table and say hello!

It's time to close the gap in public aquatic facilities and gain greater access to aquatics. We invite you to lean in and support our nonprofit as we step into **Water Safety Month and our Monthly Giving May Campaign**. We need your support!

Editor's note: PNA has joined the SPLASHForward **Founders Circle** with two donations totaling \$10,000.



SPLASHForward
Water for All | Water for Life



We Are Below National Standard for Aquatic Facilities

Nationally, communities average one public pool facility per 50,000 residents. We only have **3 year-round public pools for 300,000** across Bellevue, Kirkland, and Redmond.



Read this book!

By Lucianne Pugh, Editor Emeritus of *The WetSet*

Swimming Pretty: The Untold Story of Women in Water, by Vicki Valosik, traces the history of women in swimming from the 1700s to the present day. I especially enjoyed the personal stories of some of the women who made names for themselves in what was originally considered a male-only domain and who helped pave the way for women to fully participate in swimming, diving, and other water-based sports.

Agnes Beckwith was just 14 years old when she amazed the English public by swimming five miles in open water in 1875. Over the next few years, she would complete 10- and 20-mile swims before huge crowds, making her one of the most famous women in England. American showman P.T. Barnum recognized the growing interest in swimming demonstrations and hired Beckwith and other women swimmers to tour with his shows, performing aquatic feats in large man-made portable water tanks.

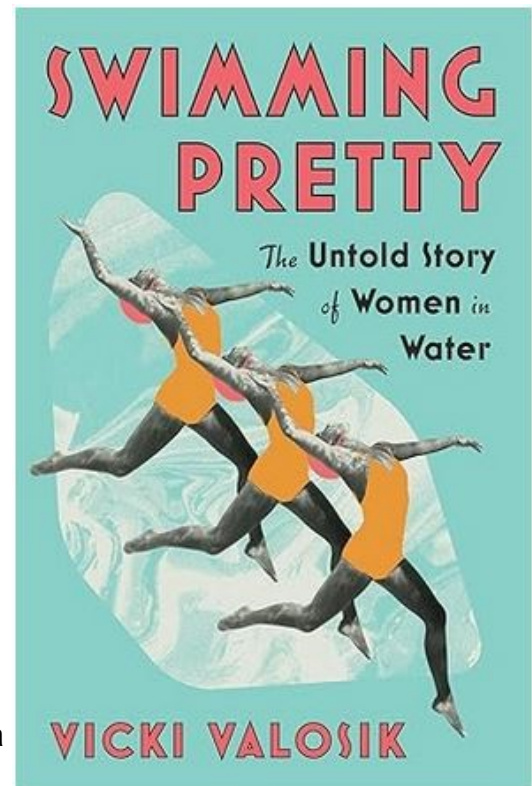
Australian Annette Kellerman rose to fame in the early 1900s after launching a swimming and diving vaudeville act, and at one point was a headliner at New York's famous Hippodrome. She was also almost single-handedly responsible for streamlining women's bathing suits by replacing the previous voluminous layers of heavy fabric (often weighing 20+ pounds when wet!) with a lightweight, one-piece, form-fitting body suit.

Traveling Water Circuses and Water Carnivals became more and more popular and there was a big demand for "Diving Girls." Lucile Anderson, one of the most daring, headlined her own "Lucile Anderson's Water Frolics" in which she dove from an eighty-foot ladder into a *four-foot tank*.

Meanwhile, women's swimming became an Olympic sport at the 1912 Games in Stockholm, where women were able to compete in two events – the 100-meter freestyle and the 4x100-meter freestyle relay. Distance swimming was also becoming a popular pastime and in 1926, American Gertrude Ederle (a gold medalist at the 1924 Olympics in Paris) became the first woman to successfully swim the English Channel. Ederle's time of 14 hours, 34 minutes beat the men's Channel swim record by almost two hours.

During the 1940s and '50s, Hollywood embraced women's swimming with a series of films featuring Esther Williams and often called "Aquamusicals." Williams was originally a competitive swimmer whose Olympic dreams were dashed when the 1940 Summer Olympics were canceled because of World War II. She performed in the famous Billy Rose's Aquacade before turning to films, and her movies sparked an increased interest in synchronized swimming lessons for young girls.

(Continued on next page)



Rated 4.6 stars on Amazon and an *Editor's Pick* in History, this book explores the graceful and powerful legacy of women in swimming.

Book Report: “Swimming Pretty” (continued)

Mentioned above are just a few of the women featured in the book. But *Swimming Pretty* is more than just a history of famous women swimmers. It also documents some of the struggles women faced when trying to participate in water activities, including battles over “immodest” swimwear and women’s perceived lack of strength and athleticism.

The final chapter of the book documents the long struggle to have synchronized swimming recognized as a “real” sport worthy of being included in college and Olympics competitions. It was in this chapter that I was delighted to see PNA’s own **Charlotte Davis** mentioned and quoted. Davis coached synchronized swimmers Tracie Ruiz and Candy Costie, the gold medal winners at the 1984 Los Angeles Olympics, the first Games featuring the sport.

I asked Davis how her friends and family reacted to her inclusion in *Swimming Pretty*. “*I don’t know if they even know!*” she laughed. She thought the book “*was really interesting – VERY interesting*” and was impressed by author Valosik’s extensive research. (The book includes 71 photo credits and 33 pages of endnotes/research citations.) Davis retired from coaching in 2000, but still follows the sport, including how it’s changed over time. “*The athleticism is much greater now,*” she noted. “*It’s really amazing what these athletes do.*”

Jan Kavadas, PNA volunteer and official, passes

Long-time PNA member and volunteer **Jan Kavadas** passed away this past Easter weekend at age 94.

She was very active with PNA Masters, Yost Pool during their transition away from the City of Edmonds, Seattle Swim Club back in the day, and Cascade. And a member of Wedgwood Pool since the 1960s.

Once Jan could no longer drive, her daughter **Dana Twight** would get her to the pool and count her laps.

Sally Dillon said, “Those of us who have been around for a while knew Jan well. She was a PNA board member [Meets Chair: 1985-1993, Officials: 1993-2014] and a USMS convention delegate. She hosted a board meeting at her Edmonds home once a year (back when we met in person ten times a year). Jan officiated at pool meets of all types – high school, age group, and of course – Masters. Jan swam the *1-Hour Swim* almost every year. She wasn’t fast but was certainly dedicated! I have many fond memories of seeing Janet at meets, board meetings, and on the deck as we were both officials. She was a terrific woman!”

Jan has 145 swims recorded, with 47 individual and 38 relay **Top 10** finishes between 1977 and 2012. She served on the USMS Officials and Rules Committees between 1990 and 2009, and earned PNA’s *Dawn Musselman Inspirational Swimmer Award* in 1992 and a *USMS Dot Donnelly Service Award* in 2005.

Dana added, “My mom was awarded for her service to the Snohomish County United Way, too. Her memorial will be **May 10 at 12:30** at the Dale Turner Family YMCA Pool, Shoreline, where Janet led the noon pool exercise class for six or seven years.”

2025 PNA Open Water Series

Start planning for this year's season!

June 1 - *South Whidbey Island Masters* is again hosting this year's first event, the **Whidbey Island Adventure Swim**. The swim offers 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 26 - The second event is the **Fat Salmon 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 2 - **Swim Defiance**, hosted by *Bernardo's All Stars*, honors the 1926 Dalco Passage crossing. The venue is Owen Beach in Point Defiance Park on Commencement Bay in Tacoma, WA. This year, tides preclude swimming from Vashon Island, so the 3K race will be a linear course from Owen Beach towards the ferry terminal and back. Competitive and non-competitive divisions are offered.

<http://www.swimdefiance.com>

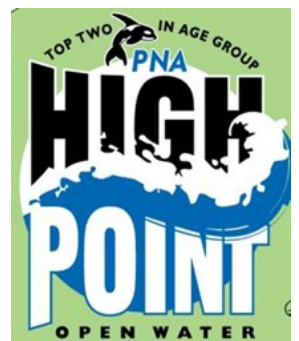


These events are open to USMS members only. For non-USMS swimmers, a One-Event USMS membership can be purchased for \$20. (The fee can be applied to a full USMS membership.)

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. These 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 three PNA-sanctioned events. Points will be awarded to the top 10 PNA registered finishers in each event. The more events you swim, the more points you can accumulate!

One-Event registrants are not eligible. Wetsuit swimmers will 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.



March: *Madness* and *Two* Pentathlon Meets?!

By Steve Peterson

March kicked off in a flurry with TACM's annual *March Madness*, this year back to SCM format at the Fidalgo Pool, Anacortes on March 2. Attendance was down a bit, with just under 60 competing in the 23 events. But Meet Director Jenny Claridge and her volunteers teamed with Meet Referee Laurie Bergvall and her officials to organize another fine meet. Swimmers represented PSM (>45), Oregon (5), and Central Washington University (3). Results are posted on [PNA's website](#).

Next, not one but *two* SCY pentathlon meets closed out the month! The Port Angeles Swim Club was proud to show off their remodeled William Shore Aquatic Center by hosting their dual-sanctioned *Shamrock Showdown* on March 15. This was followed by the inaugural *PSM Pentathlon Meet* at Mercer Island's Mary Wayte Pool on the 23rd.

Both meet formats were essentially identical. Swimmers could swim any combination of events, though the event order favored a three-option Pentathlon:

1. Mini Pentathlon: 100 IM plus 50s of each stroke
2. Maxi Pentathlon: 200 IM plus 100s of each stroke
3. Freestyle Pentathlon: 25, 50, 100, 200, and 500 Freestyles (*Shamrock*)
50, 100, 200, and 500 Freestyles plus 50 Back (*PSM*)

The total time for the five events in each category determined final age-group rankings. 200-yard (and 400-yard, *PSM* only) Medley Relays were offered in Men's, Women's, and Mixed formats to conclude the meets.

Shamrock Showdown: Short notice may have been the primary reason that the PASC meet had just 15 Masters participants among the ___ USA Swimming age-groupers. The Meet Director was Keely Ridle and Meet Referee was Shellie Hunter. Masters swimmers represented PASC (9), PSM (5), and Oregon (1). Results will be posted on PNA's website when ready.

PSM Pentathlon: Meet Director David McCarty and crew were finally able to host a post-pandemic meet, choosing this venue and rare pentathlon format. Meet Referee Dick Chapman was assisted by Heather Clark, Andrew Choy, Mark Jaeger, Earl Long, and Linda Vicik. Dan Foster served as Timing System Operator, with Linda Chapman running Meet Manager to record and compile results.



Dave Scott (TWIM) is thanked by Dave McCarty for offering his 3-D printing and laser engraving skills to create participant and volunteer medals for the meet (shown next page).



Dan Foster, Linda Chapman, Dave McCarty

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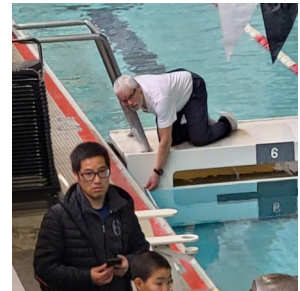
March: *Madness ... Meets?! (Continued)*

Of the 98 competitors, 38 swam the Mini; 32 swam the Maxi, and 10 swam the Freestyle. The remaining 18 completed one to five “other” individual events. Interestingly, all seven meet DQs were for backstroke infractions: 3 in the Mini, 2 in the Maxi, 1 in the Free, and 1 in the “other.” Those incurring a Pentathlon DQ had 5 seconds per 50 yards added to their time.



Only the 200 Medley relays were contested, with nine (1 Men’s, 3 Women’s, and 5 Mixed) fielded by five teams: BAM (1), BWAQ (1), CASC (2), MIR (2), and TWIM (3).

Results are posted on the [PNA website](#).



The obligatory post-meet pool measurement is conducted by **Dick Chapman** (above) and **Doug Jelen** (below).



Dave Scott created these winner, participant, and volunteer medals (3-D printed holders with laser engraved wood inserts).

Grown-Up Swimming – Seattle

*Summer is Coming...Are you ready to dive in? [submitted by Grown Up Swimming coordinator **Caitlin Motley**]*

Coming back in Summer 2025 for its second season, Grown-Up Swimming will host “summer league” swim meets throughout the Seattle Area. After a super fun start in Summer 2024 with seven teams and over 70 swimmers, we are back and ready to relive the glory days! Some of us may even be plotting to dethrone the Orcas, 2024 Grown-Up Swimming Seattle World Champions (pictured here).

What is Grown-Up?

It’s recreational swimming. We deal in the nostalgia of what summer league swimming was like growing up: hanging out by the pool with friends on a summer day, playing cards or wall ball, swimming a 25 Fly and chasing it down with a Mystery-Flavored Airhead and those nachos with the gross cheese. Grown-Up lets you cut loose and pretend that you’re living that life (again or for the first time) with short, outdoor meets and fun events based around your community.



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Grown-Up Swimming (continued)

What do the meets look like?

Grown-Up meets look just as much like a pool party as they do a meet. All meets start with a multi-generation relay; heat winners get ribbons and candy, and swimmers have a chance to set world records in exhibition events like the *25 Jeans Fly*.

2025 Meet Schedule

The Grown-Up Seattle schedule is set. The times below are Warm-Up Times:

- Jul 13 @ time TBA: Marine Hills Pool
- Aug 3 @ 5:30 pm: Peter Kirk Pool
- Aug 23 @ 8:30 am: Colman Pool (Grown-Up Olympics in LCM)
- Sep 7 @ time TBA: Yost Pool (*Grown-Up Seattle Championship of the World*)



Registration Fee: \$75

(Sorry, early registration for \$10 off ended April 20.) But, **USMS members get \$5 off**. Registration is *one time for the season* and includes entry into each meet: there are no additional entry fees, event fees, processing fees, convenience fees, or inconvenience fees. I know what you're thinking: "\$75 for 4 meets? That's such a good deal!" I know, right!?

Form a Team!

Sign up your Masters Team, cajole your friend group, or bring the summer league parent-coach relay to the next level. All we need is your name, your team's name, an email address, and a pinky promise that you and your teammates can make it across the pool without floaties. Team captains are responsible for having fun, coercing people into swimming relays, and that's it.

How do you sign up?

You can visit grounupswimming.com/seattle to create or join a team. If you'd like more information about what it takes to start a team or host a meet, you can email caitlin@grounupswimming.com.

Editor's Note: **Grown-Up Swimming**, like **College Club Swimming**, was started as an independent organization. Both were ultimately acquired by U.S. Masters Swimming.

Meet Events:

- Multi-Gen Relay (Bring your family! No, they don't need to register for this one and yes, floaties are allowed for future grown-ups)
- Open/Mixed 100/200 Medley Relay
- 25 Free
- 25 Back
- 25 Breast
- 25 Fly
- 100 IM
- 100 Fun Relay
- 50 Free
- 50 Back
- 50 Breast
- 50 Fly
- 50 IM (not a typo)
- Open/Mixed 100/200 Free Relay
- + Bonus Exhibition Events (25 jeans fly, corkscrew, etc.)

Swim Calendar

2025

May 15–Sep 15: ... [USMS 5K/10K Virtual Champs](#)
 May 17-18: [COMA LCM and Lake Juniper Buoy Swim](#), Bend, OR
 May 18: [TEAM Eugene LCM Spring Splash Meet](#), Eugene OR
 May 31: [USMS Cable OW Nationals](#), Charlottesville, VA
 Jun 1: [Whidbey Adventure Swim](#), Langley, WA
 Jun 22: [THB LCM](#), Beaverton, OR
 Jul 13: [USMS Ultramarathon Distance OW Nationals](#), Portland, OR
 Jul 15: [Portland Bridge Swim](#), Portland, OR
 Jul 19-20: .. [Applegate Lake Open Water Swim](#), OR
 Jul 20: [Washington Senior Games Swimming](#), Olympia, WA
 Jul 24-28: .. [National Senior Games](#), Des Moines, IA
 Jul 26: [Fat Salmon OWS](#), Seattle, WA
 Aug ? : [Oregon Senior Games Swimming](#), Corvallis, 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
 Aug 17: [Oregon Senior Games Swimming](#), Albany, OR
 Aug 23: [Idaho Senior Games Swimming](#), Nampa, ID
 Sep 6: [Lake Chelan Swim](#), Lake Chelan, WA
 Sep 15-Nov 15: ... [USMS 3000/6000 Virtual Champs](#)



2026

Apr 30-May 3: . USMS Spring Nationals, Greensboro, NC
 Aug 5-9: USMS Summer Nationals, Sacramento, CA

[Search the USMS Calendar of Events](#)