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President's Message

By Linda Chapman, PNA President

Happy Summer! As I write this, it is mid-June, but there is anticipation everywhere: for Washington state to “reopen;” for swimming outdoors in pools, lakes, and the Sound; for getting back to “normal” swim practices; and for gathering with your swimming buddies and enjoying life.

PNA has been inching back to normal the past several months as vaccinations have climbed and the virus has waned. On June 6, Puget Sound Masters hosted a meet at the beautiful Snohomish Aquatic Center. The Covid protocols meant entries were capped by session (82 entrants), there was physically distanced seating in the bleachers, and only one timer per lane. However, the most striking thing about the meet that day was the collective JOY at being together at a meet and everyone pulling together to put on a meet. Many of the entrants (most?) volunteered as well as competed. I've NEVER seen that before. Bravo to all!

In a post-meet survey completed by about a quarter of the entrants, the comments were all positive and consistently expressed thanks and happiness with the experience. It was also interesting that several people REALLY liked the two-hour sessions with the three-event limit. Meet hosts, take note!

There will likely be a few meets in PNA in the fall. If you missed out on this one, keep an eye out for upcoming meet announcements.



At the national level, USMS has deemed July “[Try Masters Swimming](#)” month. Clubs and Workout Groups had an opportunity to “opt in” to this effort back in the spring. This was likely sub-optimal timing for many groups here in western Washington that were operating under COVID protocols at the time of opt-in and even now (so close!). The national marketing effort may be repeated in the fall which would probably work well for groups here. [Click here](#) for more info. If you think your club or workout group could participate, watch for an email to the coach and team rep.

There's lots happening around PNA. Read this issue for more info and stop by SwimPNA.org occasionally to keep up to date.

Swimmer Spotlight

JUST SAY YES!

An Interview with Guila Muir

By Tom Walker of TWIM

Have you ever experienced the joy of stretching out your arms, inhaling deeply, and saying Yes? Yes to all that **is good, yes to the universe, yes to the exalted joy of living? It's really the most incredible high!** Our guest star this issue has certainly done that and then some!

When I first met Guila Muir a few years back I was blown away by her positive, affirmative, always smiling, always outgoing energy and her exuberant embrace of this thing we call living. Who could not be moved and inspired by a force such as this? Who could not be totally captivated by this creature of such a delightful and irrepressible determination? And must we not admire one who creates around them a world that reflects the light and passion within?

Read on, and you shall see!

TW: So Guila, whence springs your love of swimming?

GM: **To use Scott Lautman's words, I am an "adult-onset swimmer."** I took my first swim lesson (ever!) at age 46 at Rainier Beach pool in 2001. I did deep water

Aqua Jog and one evening I looked over into the swimmers' lanes - what the heck were they doing? The idea of doing anything in water other than swimming "like a mermaid" underwater had never entered my mind. In fact, I secretly thought all those people flailing around with their heads up in Lake Washington in the summertime looked awkward and foolish. But the swimmers in the lanes next to my Aqua Jog class looked



(Continued on page 3)

PNA Calendar

NATIONAL

5/15 to 9/15 - [5K/10K ePostal National](#)

[Championship](#)

7/21 to 7/25 - [USMS Short Course Nationals](#)

10/7 to 10/10 - [USMS Long Course Nationals](#)

USMS-SANCTIONED OPEN WATER EVENTS:

7/1 to 7/31 - [Fat Salmon Swim \(virtual\)](#)

NON SANCTIONED OPEN WATER EVENTS:

7/31 - [Swim Defiance](#), Tacoma, WA

9/25 - [Last Splash of Summer](#), Angle Lake Park, SeaTac, WA

<http://say-yes-to-life-swims.com/>

7/17 - [The OctoChallenge 8K](#)

7/24 - [Make the Most of your Breast Stroke in the Open Water](#) : Clinic and 1/2 mile swim

8/14 - [Deception Pass Adventure Swim](#)

9/12 - [Seattle Annual 10K Invitational](#)

9/25 - [Awesome Alki: 10th Anniversary Special](#)

Swimmer Spotlight (cont)

(Continued from page 2)

beautiful, sleek, elegant, and effortless. So I decided to see if I could be that, too.

WOW, what a humbling next decade I experienced, immersed in my “adult learning project” of swimming. Although I quickly became obsessed, I had no idea that swimming could be so technical. It was not effortless (or even “natural”) for me at all. But I loved the challenge, the drills, and my teachers. Those teachers included Jennifer and Wendy Neely of Blue Wave Aquatics (Wendy of City of Seattle); SwimSmooth (online); and Effortless Swimming (online).

Slowly I improved, and in 2015, I swam the 11-mile Portland Bridges Swim - my longest event so far. I have also swum Alcatraz more than 10 times, and swim “skin” year-round in Lake Washington and Puget Sound. I am incredibly thankful to all the support I’ve gotten - support from my partner Rebecca, from the kayakers on all the events I’ve done, and from everyone who swims outdoors for the joy of it.

I am always working to improve my own technique, which can drive my swim pals crazy. I continually have these “epiphanies” about my stroke, whereas everything seems to come to them organically.

TW: Speak to us of the ICE.

GM: In 2020, I decided to participate in an International Winter Swimming Association (IWSA) World Cup event in Skelleftea, Northern Sweden, in February 2020. The event took place in a frozen river where workers had cut out 6-foot blocks of ice to create a 25-meter “pool”. The water temp was about 28° F and air was even colder. I won my 50-meter event. The adventure was memorable for many reasons...the main one being that it was the last time I have been on an airplane since the Covid lockdown occurred just a couple of weeks after I returned.



(Continued on page 4)



Discover the joy of open water swimming

Sign up for our newsletter

Registration is open for Say Yes to Life Swims events

Space is limited due to COVID restrictions, so register early.
All events are insured and supported by water safety personnel.

Events include:

- The OctoChallenge 8K July 17, 9 am
- Make the Most of Your Breast Stroke in Open Water clinic & 1/2 mile swim, July 24, 9 am
- Deception Pass Adventure Swim, Aug 14, 10am
- Seattle Annual 10K Invitational, Sept 12, 9am
- Awesome Alki: 10th Anniversary Special, Sept 25, 11am

Swimmer Spotlight (cont)

(Continued from page 3)

I DO love winter swimming, but don't know if I will ever do an Ice Mile.

TW: *Say Yes to Life Swims*, how did this madness all begin?

GM: In 2011, I woke up one morning with a fully formed plan in my brain: I was going to create an open-water swim event business, offering non-competitive, challenging, and safe open water adventures. I had participated in numerous races **and found I didn't enjoy their competitive nature. I wanted to share the joy of swimming outdoors, and lightly modeled the business around companies like SwimTrek.**

I was already running a successful Train the Trainer business (Guila Muir and Associates LLC) so had business savvy. My vision for *Say Yes* included wilderness swims with gourmet picnics under the trees as well as highly challenging 10k **events. And we've done them all. Although we keep our events small, a couple hundred people have swum with us in the last ten years.**

Part of the business is open water swim lessons. I LOVE sharing what I have learned, and currently have nearly 50 students. My background and love of adult education is super-helpful in working with swimmers at all levels. I listen carefully to how students talk and to their past experiences and can usually find ways to make things easier for them.



TW: **I'm almost afraid to ask, but what are your goals, at least for next week?**

GM: I have created an over-sixties relay team called the Silver Seals of the Salish Sea. We will be the first relay to swim the 10.4-mile Amy Hiland swim between Bremerton and Alki this July. This is super-exciting, as **we'll be accompanied by a classic sailboat with an experienced captain and set a record just by doing this.**

In October, I plan to get the idea of an informal over-sixties 1-mile swim at Alki out there. Unlike the *Say Yes to Life Swim* events, this event will be uninsured and unsupported - just an opportunity for us older swimmers to get out there, challenge ourselves, and have fun. Family members and younger friends can run on the beach beside us, cheering!

I also created a Facebook page, Swimmers Over Sixty, which includes members from all over the world who share tips, techniques, and brags.



Sometimes I feel like I've been so swept up in creating things in the open water swimming space that I don't have as much time as I would like to actually swim. I need to remember to honor my precious personal swimming time, as it is the best mental health remedy available...and it's free to all of us.

One reminder to everyone who enjoys swimming outdoors as **much as I do: it's our responsibility to take care of our water.**

Remember to donate to Puget Soundkeeper, Oceana, Columbia Riverkeeper, Surfrider, and other organizations; wear reef-friendly sunscreen; and pick up trash wherever you see it.

Thank the waters around us and Say YES to Life!

PNA Coach of the Year

Chad Hagedorn, this year's honoree, has over eight years coaching experience as the head coach of YPKC Bernardo's All Stars. The team's members swim at the eight locations comprising the YMCA of Pierce and Kitsap Counties. Swimmers of all levels have been encouraged and motivated by Hagedorn's infectious smile and excitement for the sport of swimming. He also shared his passion for open water swimming by organizing summer swims in lakes and the Puget Sound.

When COVID-19 shut down the entire system of YMCA pools, Hagedorn came up with a plan to swim in the Puget Sound three days a week. Beginning in April 2020 (well before the traditional beginning of open water season), Hagedorn and a small group of hearty swimmers waded into the Puget Sound at Jack Hyde Park near Old Town Tacoma and started to swim. That handful of swimmers quickly grew to over 20 at times. Many had never swum in open water and to Hagedorn, it didn't matter if they went in the water for one minute or one hour - he was happy to have swimmers there and enjoying the water. Masks and social distancing were maintained during all activities. Most, but not all, wore wetsuits and individual safety buoys were the norm. The group also swam regularly in American Lake where many chose to swim without their wetsuits.



Hagedorn receives his Coach of the Year award from PNA Past President Sally Dillon

Summer brought more swimmers to the program and the number of open water practices increased. Special events were organized, and the team's membership grew when most other teams suffered losses. YMCAs in western Washington were slow to open and more restrictive than most other pools. The YMCA laid off most of their employees, including Hagedorn, so he and the team formed its own board of directors and filed for non-profit status. The Bernardo's All Stars are now independent of the YMCA system. Hagedorn contributes to PNA by promoting USMS and PNA, writing articles for *The WetSet*, and occasionally attending board meetings.



Bernardo's All Stars

Hagedorn was nominated by teammates Diana Hermanson and Katy Smith and many more testimonials were submitted. Hermanson and Smith noted, "What we love about Chad is not just his ability to naturally motivate others, but that he does it in a way that invokes the desire to just have fun. Everything about what we do is just a little bit ridiculous, from our hot pink team suits to the shark mascot with the stick figure hand. We show up to play and build relationships with others while we swim, and this all stems from his innate desire to create a fun-loving experience for us."

SPLASHForward!

By Susan Pappalardo

Imagine a world class public aquatics facility where Masters Swimming in the Pacific Northwest would thrive in **ways we can't imagine today. I have been graciously given the opportunity to write a regular update on SPLASHForward's efforts. This will be the first installation and I have some rather exciting news to share.**

My name is Susan Pappalardo and I am the co-founder and Board President of the non-profit SPLASHForward and a happy and fulfilled Masters swimmer. I feel fortunate to swim most mornings with fellow Masters and lap swimmers who have become treasured "regulars" over the past year with the reliable lane reservation system.

SPLASHForward is leading the advocacy efforts to bring a comprehensive world-class public aquatics center to Bellevue and satellite facilities to the region. SPLASHForward is a community advocacy group, aquatics thought leader, and private funding partner working closely with the City of Bellevue, the Bellevue School District, King County, our regional cities, and many local stakeholders. Our mission is to provide our communities with a year-round health and wellness oasis with affordable access to aquatic programming so that everyone can learn to be safe in the water, drownings are prevented, community connections fostered, and everyone can enjoy a lifetime of healthy lifestyle opportunities. Our advocacy serves the broad aquatic needs for a full range of fitness, recreation, health, wellness, and competitive aquatics programs for all ages, abilities, and backgrounds.

Bellevue Health and Aquatic Center

- Leisure Pool
- 25Y Warm Program Pool
- Wellness & Therapy Pool
- 50M Competition Pool
- Deep Water Pool
- Cardio / Fitness
- Multi-purpose Rooms
- Party Rooms
- Meeting Rooms
- Local & Regional Meets

Serving all ages and all abilities

A place where you belong



SPLASHForward
Water for All | Water for Life

The public facility we envision for Bellevue includes a configurable (moveable bulkheads) 50-meter main pool with seating for 700 spectators and 920 participants; a deep-water tank; a 25-yard program teaching pool; a large leisure pool; a warm water wellness/therapy pool; and flexible dry spaces for cardio/fitness and meetings/functions. This includes being an outstanding venue for Masters training, clinics, and events as well as local high school and club meets for swimming, diving, water polo, and artistic swimming. There are many stakeholders that we have engaged with over the past three plus years including some of you as we have done an in-depth analysis and developed the scope and scale of the facility.

Last August, after reviewing the City's Aquatic Center Feasibility Study, the Bellevue City Council directed Parks staff to work in partnership with SPLASHForward to refine the scope and site of the facility and to further explore partnerships. Later this year, we will present to City Council our recommended concept plan for the facility, the recommended site, and early partnership agreements. Our goal is for the City to approve proceeding to the next phase to initiate a concept design study. Our preferred site is on the Bellevue College campus. The college is in the process of deciding whether to move forward with the City to become the home for a new aquatic center. The alternative site is Bellevue Airfield Park, a city-owned property. Each site has

(Continued on page 7)

SPLASHForward! (cont)

(Continued from page 6)

what we call a “site premium” which means the cost to put an aquatic center on the site. The recommended concept plan will include the total rough cost for building and operating the facility. These costs are based on the work both the City and SPLASHForward have completed in our respective 2020 feasibility studies. If you are hungry to know more, you can look at both feasibility studies shared on our website under “[Latest News](#).”

By the time you read this, we will have formally announced the very big news that Amazon has generously donated \$100,000 to support SPLASHForward's seed funding goal of \$500,000. This is our first major corporate donor and comes on the heels of **raising \$34,389 during May's GiveBIG** campaign and our first major individual donor earlier this year. In April, Tim Adkisson donated \$25,000 in memory of his late wife and local swimming standout Joan Adkisson. **And it gets bigger: Amazon's** momentum-building gift unlocks a \$40,000 pledge from [Pacific Northwest Swimming](#) that was contingent on securing our first large corporate donor. Our seed funding supports our development costs that include retaining aquatics consultant *Isaac Sports Group*, operational costs, and additional professional services that will bring us to the starting line. You can read more about **Amazon's gift and how we are using our** seed funding on our website www.splashforward.org.



I invite you to join us on this journey to realize new public aquatics facilities. You can do so by subscribing to our **mailing list (Text SPLASHFWD to 22828)** and **following us on social media**. Our handle is 'splashfwd' on Twitter, Instagram, and Facebook. We are also on LinkedIn.

Give It A Shot!

Meets are back!

Sunday, June 6 featured the return of indoor competition in our area as the humorously-titled *Give It A Shot!* swim meet was held at Snohomish Aquatics Center in Snohomish, WA. The event, organized by Puget Sound Masters, featured 82 swimmers representing 20 clubs and competing in 233 individual events that were spread over a three-session format that allowed for adequate social distancing.

The majority of participants signed up to swim three events (the maximum allowed). Five (Sydney Anderson, Nate Jo, Christian Tujo, George Gonzalez, and Dan Underbring) swam the 1650-yard freestyle.

Lake Washington Masters had the largest contingent with 12 members participating followed by UC36 with 10 and Snohomish Aquatic Masters with nine.

Check out [this link](#) for a fantastic blog post by TWIM's own Dan Underbrink. And congratulations to Puget Sound Masters for sponsoring this safe, fun, well-run meet!

Excerpts from Facebook postings about the meet:

Sarah Welch, May 17: *Will you Give It A Shot? Registrations open tonight at 7:30 pm for Puget Sound Masters sponsored short course yards meet on June 6th. See you there!*

Kirk Nelson [CGSM]: *Swam my first competition since January 2020 yesterday at Snohomish. My times weren't great by any measure, but it was fun to get back to racing. They organized the meet as two sessions and 40 swimmers were allowed in each session. That worked well and the sessions only took two hours to complete. Swimming the 200 IM, 500 free, and 200 free all within two hours was tiring, I'm not gonna lie! Thanks to everyone who organized and volunteered to work the meet. You're all rock stars!*

Todd Doherty: *Nice to race again I bet!*

Kirk Nelson: *Yes, and also humbling.*

Mary Armstrong [SAC]: *I was at the morning session, sorry to have missed you. It was a very well-run meet and so much fun to race again and see familiar faces.*

Gail Geldien: *First swim meet since January 2020 today. Give It A Shot! Yards Meet – hosted by Puget Sound Masters, representing [Tacoma Y] Bernardo's All Stars! I had to remember how to do a race start! Overall super fun to compete. My times were just ok. I started strong in the 100 back swimming only adding a few tenths to my best time, but adding multiple seconds in my 200 back and 200 free. The meet only allowed for 3 events, which felt right for my first time back. Turns out a wet mask is awful, and I needed to bring a spare or a small towel to dry my face after each race before putting it back on. Excluding the mask wearing, the shorter meet and smaller crowd made everything a bit less stressful. Hoping this means we can have more meets this year! Kudos to [my Bernardo's teammate] Steve Peterson for best swim parka. Go USMS and #Allfortheswim.*

Chad SwimBull Hagedorn: *Oh wow! Great job Gail! The rest of us Bernardo's All Stars will be joining you at meets again soon enough! Glad you had a good experience and very impressed you swam so fast.*

Photos from *Give It A Shot!*



George Gonzalez (ORCA), Sydney Anderson (UC36), Nate Jo (PSM), Christian Tujo (OREG), and Dan Underbrink (TWIM) start the one heat of the 1650-yd freestyle



Holly Lickwala (TWIM), Dave Scott (YPKC Bernardo's), and Dan Underbrink (TWIM) start the Session 1 200 Breaststroke



Three brave souls (Mason Chuang, ORCA, Trevor Gray, PSM, and Christine McClafferty, Oregon) ready to start the Session 3 200 Fly. Erik Peterson (CGSM) was the sole 200 Flyer in Session 1.

**A BIG "THANK YOU!" TO
STEVE PETERSON (YKPC)
FOR SUBMITTING THESE
MEET PHOTOS!**

Photos from *Give It A Shot!* (cont)



Allison Aylesworth (UC36), John Carlson (Reston Masters), Wade Praeger (LWM), Michael Katz (ORCA), and Jacob Schlimmer (SAC) start heat 2 of the 100 Free in Session 3.



Meet officials were Anthony Ngo, Diane Vo, Deb Soper, Dick Chapman, and Heather Clarke.



Above: Doug Jelen takes Jack Fritz's temperature upon arrival.

Right: Snowbird couple Jack and Jill Fritz (Arizona Masters) are home to compete! This is their second meet since one near their Saddlebrooke winter home.



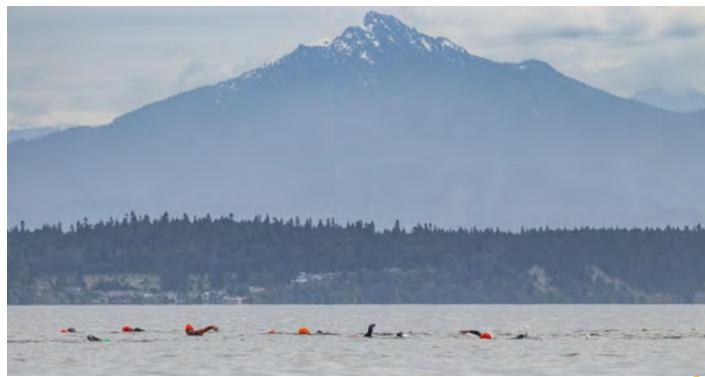
Whidbey Adventure Swim

The 10th Annual Whidbey Adventure Swim was held Saturday, June 19 at Seawall Park on Whidbey Island with a reduced capacity of 50 swimmers. Interest was high this year and the event sold out in only nine hours!

A majority of the registered swimmers were non-Whidbey residents while many Whidbey swimmers served as volunteers, lifeguards, and kayak support. It was wonderful to see all the swimmers arrive and the excitement was palpable as they geared up for the race. Weather conditions were perfect - you can't beat mild temperatures and calm seas! It was an open water swimmer's idea of a great day.

Congratulations to the top finishers in each distance: Martha Layzer finished the 1.2-mile swim in 31:13.7, and Jennifer Ogle finished the 2.4-mile swim in 1:03:43.4.

Stay tuned for information about our 2022 race and have a great summer!



 SAVE THESE DATES IN 2021 		
BLUEWAVE-AQUATICS.COM/COMPETITION.ASPX		
JULY 31	SEPTEMBER 25	JUNE 20-SEPTEMBER 22
		
EVENTS HOSTED BY BlueWave AQUATICS AND SPONSORED BY ashley  house		

[\(more info here\)](#)

[\(more info here\)](#)

[\(more info here\)](#)

Colman Workouts Return

After months and months and months of having to suspend weekend workouts - *Saturdays@Colman* - the Green Lake Aqua Ducks (aka GLAD) were thrilled to resume their 6:30-8am Saturday workouts when Seattle Parks re-opened Colman Pool on June 19. What better way to get out and exercise during summertime in Seattle!

These 90-minute Saturday sessions offer challenging (and fun!) coached workouts in the 50-meter, 8-lane, heated saltwater, fresh-air outdoor splendor that is Colman Pool sitting right on the shores of Puget Sound. How many times do you get a chance to swim in a 50-meter pool? You can swim your own personal Olympics this summer!

GLAD will offer *Saturdays@Colman* every Saturday from now until September 4, 2021.

Every Monday, GLAD distributes a sign-up sheet via email to members so they can reserve a slot for the following Saturday. There is a limit of 72 swimmers each workout.

All must be current USMS members. (A one-time free 30-day trial USMS membership is available.) If you'd like to be added to the group email list, send a note to haroldjohanson@comcast.net. There is also information available at GLAD's website: www.gladswim.com.



The workout fee is \$13 for all swimmers. GLAD asks that people pay at least 24 hours prior to workout via an online payment portal (link provided on sign-up page). Showers and dressing rooms are open for use and vaccinated swimmers do not have to wear masks. Check your name off the sign-up sheet when you arrive.

Interested in offering help? Volunteers who can show up at 6am to help take off pool covers and put in lane lines will help in getting us in the water on time.

Join GLAD for *Saturdays@Colman*! We'd love to share a lane with you!

By the Numbers

An Occasional Dive into the Numbers of PNA

By Linda Chapman, PSM

I readily admit to being a nerd, so it is with great excitement I bring you a look at PNA Membership totals by month over the last several years.

When the state implemented restrictions on gathering starting in mid-March 2020, PNA membership pretty much fell off a cliff. Many pools began to re-open in mid-June and PNA ended the year (membership year ends Oct 31) at 1487 members – about 18% lower than the 1807 members PNA had in 2019 (which was an all-time high for PNA).

Through May of 2021, PNA membership is about 28% lower than the historical average for the end of May (excluding 2020). **This isn't unexpected as many pools remain closed. Here's hoping** that municipalities incorporate the Washington state planned reopening on June 30 and give communities the opportunity to get back in the water – including many Masters swimmers who are likely missing the fitness, friends, and fun of Masters Swimming.

For people joining (or rejoining) USMS in July or later, they have an option to **purchase a "Year-Plus" membership** which covers July 2021 thru Dec 2022. The Membership fee is the usual \$60 for 2022, but the remainder of 2021 is discounted to \$39 for a total of \$99 for **the full period. If you haven't yet renewed your USMS membership, this is a great deal.**



Memberships by Month

Year (Nov-Oct)	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Total
2021 (thr 6/17)	256	433	207	52	52	54	64	35					1153
2020	305	574	357	93	29	5	7	30	17	23	19	28	1487
2019	335	554	331	83	86	100	66	68	36	45	61	42	1807
2018	390	507	358	88	74	63	59	55	50	33	48	42	1767
2017	418	550	246	95	65	68	68	44	29	52	50	53	1738

Welcome New Swimmers!

Aldape, Manny
 Allen, Brenda
 Alpaugh, Samuel
 Ambrose, Madeleine
 Andelin, Gary
 Andelin, Travis
 Barkan, Artur
 Barlow, Connor
 Borrego Higareda, Federico
 Boxman, Ashley
 Boyd, Nan
 Brager, Jenny
 Brazeale, Brandy
 Britton, Sydney
 Brownell, Rokeda
 Burgoyne, McKenna
 Burrow, Jason
 Callan, Ben
 Caouette, Therese
 Capello, Michaela
 Chechitelli, Jason
 Chubb, Gary
 Clark, Mackenzie
 Collom, Pete
 Cort, Ann
 Crawford, Shawn
 Decker, Laura
 Diaz, Alfred
 Edison, Todd
 Feidt, Allie
 Flanagan, Bruce
 Fleming, Donald

Forner, Ginger
 Fort, Katherine
 Griffith, Linden
 Hamilton, Charlotte
 Handley, Molly
 Hanna, Dianne
 Hawkins, Christopher
 Hill, Zoe
 Ivanov, Alex
 James, Michelle
 Janvrin, Madeline
 Jimenez, Meghan
 Johnson, Andrew
 Kabel, Nick
 Kao, Arthur
 Kolasani, Lakshmana Babu
 Krugmire, Ginger
 Lamperti, Katharine
 Leskovar, Fran
 Likin, Adele
 Loegering, Isaac
 Lovie, John
 Machloof, Gaby
 Martinez Alejandre, Owen
 Matthies, Tia
 McGlannan, Dorian
 McGowan, Jen
 McRitchie, Melissa
 Milkowski, Lisa
 Nagle, Cassandra
 Naylor, Dwight
 Obenaus, Ava

Osborne, Jason
 Oster, Lauren
 Pape, Jillian
 Pearson, Melissa
 Personius, Jaqueline
 Philip, Katie
 Pierre, Julien
 Powell, Sylvia
 Pratt, Carly
 Quan, Molly
 Quintos, Abbey
 Quintos, Edward Louie
 Radtke, Rachel
 Reed, Mitchell
 Roberts, Diane
 Rodriguez Paquette, Julia
 Romero, Jessica
 Sanders, Chloe
 Shank, Annaliese
 Smith, Jason
 Smith, Kristine
 Song, Emma
 Stanchi, David
 Steelman, Holly
 Turunen, Carrie
 Veith, Andrew
 Wadekamper, Olivia
 Weldon, Amy
 Wolff, Carter
 Wright, Anastasia
 Yarkin, Joe

*Follow PNA
 online!*



Open Water Events

COVID has taken its toll on open water events this year, but there are still opportunities available.



USMS Sanctioned Events

July

Fat Salmon Open Water Swim: Due to COVID restrictions, ORCA is holding a virtual event this year. See [this link](#) for more info.

August 29

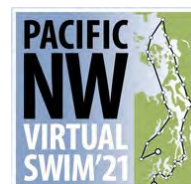
Aly Fell Memorial Open Water Swim has been cancelled.



Non-Sanctioned Events

June 22 to Sept 22

Pacific Northwest Virtual Swim (*Blue Wave Aquatics event*): Swim from Olympia to the Canadian border and back down to Belfair virtually. Do it alone or do it as a team! There are 33 waypoints along the 318-mile journey. Registration is open. See [this link](#) for more info.



July 31

Swim Defiance (*Blue Wave Aquatics event*): Swim Defiance is ready to go and registration is open. Due to construction at Owen Beach facilities, the course has been moved to follow **Tacoma's Ruston Way. There are 5K and 3K courses as well as the Julie Montiel Friends and Family 1K.** Swim Defiance is open for all ages. See [this link](#) for more info.

September 25

Last Splash of Summer (*Blue Wave Aquatics event*): Last Splash of Summer is open for all ages. Events include a 1-mile wetsuit, 1-mile no-wetsuit, 2-mile wetsuit, 2-mile no-wetsuit, and 500 meter (for ages 9-12). **Lake temperatures are in the mid 60's at Angle Lake in SeaTac, WA.** Last Splash of Summer is open for all ages. Registration dates TBD. See [this link](#) for more info.



Pacific NW LMSC
Club Membership
Directory Links

BWAQ LSMC
PSM ROCK UC36

Board Meeting Highlights 5/8/21

- President Linda Chapman thanked Sally Dillon for her four years as president and the board members and committee chairs for their continuing commitment and service. The COVID-19 pandemic continues to affect every aspect of our organization.
- Total Assets as of April 30 are \$68,801; March and April total income was \$699; total expenses were \$2,566; net income YTD is \$5,962.
- Lucianne noted that online registration fees are down \$5700 this year. Dick asked about investing our funds for better return; Hugh responded that a past study committee recommended continued safety of CDs despite their poor return.
- Membership as of May 8, 2021 was 1064 (501 men, 563 women), 4 clubs, and 24 WOGs.
- PSM will host a meet at Snohomish Aquatic Center on June 6 with attendance capped at 90. PSM will subsidize the pool rental expense to keep entry fees down. PNA will waive the meet fee from PSM.
- **PNA's two open water events this year will be the Whidbey Adventure Swim (June 19) and Aly Fell Memorial (Aug 14).** Fat Salmon will be a virtual event, and BWAQ has chosen not to sanction Swim Defiance (July 31) and Last Gasp of Summer (Sep 25) this year.
- Our membership (1300) entitles four delegates to attend convention, which will be virtual again this year. Hugh, Linda, Sally, and Walt were approved as delegates. Jane, Jim, Kathy, Sally, and Steve are **"automatic" delegates by virtue of USMS committee membership(s).**
- Kathy offered two proposals for consideration by the Legislation Committee regarding the At Large Director election process (Rule Book article 506.1.1B) and notification requirements for swimmers transferring to unattached status (201.3.5). Linda will work with subcommittee members (Linda, Kathy, Sally, Hugh, Jane, Steve) to discuss and consider these.
- Lorraine Masse was approved as Meets Coordinator and Sally Dillon as Club & Team Development **Coordinator. Lorraine was also approved as Linda's** logical replacement for notifying members about meets, newsletter postings, and the like by email.
- **PNA's Coach of the Year has been selected and the** award plaque created; the Dawn Musselman Inspirational Swimmer has also been selected and award plaque to be prepared. The place, method, and time for presenting the awards remain to be determined.
- Approved 2021 board meeting dates remaining: July 11, September 19, November 7.

PNA Board Members

President - Linda Chapman
 Past President - Sally Dillon
 Vice President - Kathy Casey
 Secretary - Steve Peterson
 Treasurer - Lucianne Pugh
 At-Large Director - Todd Doherty
 At-Large Director - Dick Green
 Bylaws - Hugh Moore

Meets - Lorraine Masse
 Membership - Stephanie Hiebert
 Open Water - Jim Davidson
 Appointed Director - Bob DeWard
 Appointed Director - Jane Moore
 Club Director - Kim Boggs
 Club Director - Doug Jelen
 Club & Team Development
 Coordinator - Sally Dillon

Awards - Kerry Ness
 Coaches - Open
 Fitness/Clinics - Wade Praeger
 Newsletter - Lucianne Pugh
 Officiating - David Baer
 Postal - Sally Dillon
 Records/Top Ten - Doug Jelen
 Social Media - Jake Ni
 Webmaster - Steve Peterson