

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 Linda Chapman, PNA President

Greetings! The September-October time frame usually means the last days of open water swimming, the USMS Annual Meeting, planning for the upcoming short course competition season, and Club registration renewals.

Although the Open Water competition season was limited, swimmers are still getting out in the still-warm water. **Here's hoping that next year brings a return of more Open Water competitions and a continuance of people swimming in lakes.**



The USMS Annual Meeting is virtual again this year and is taking place over the course of August and September. Committee meetings are largely in August, while September has committee meetings and several days of House of Delegates meetings to deal with various governance issues. Each of the 52 LMSCs in the country sends delegates based on national committee positions held by LMSC members (Automatic Delegates). This year PNA has 10 delegates; six are Automatic.

Automatic Delegates

Kathy Casey (Rules)
Jim Davidson (Long Distance)
Jane Moore (Legislation, Sports Med & Sci)
Steve Peterson (Legislation)
Sarah Welch (Chair Diversity & Inclusion)
Teri White (Chair: Officials)

PNA Delegates

Linda Chapman (LMSC Development)
Sally Dillon (Recognition & Awards)
Hugh Moore (LMSC Dev, Governance)
Walt Reid (History/Archives, Records/Top 10)

If you have an interest in USMS/LMSC governance, drop me an email (PNChair@usms.org).
It's always great to bring on new people to the LMSC board.

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President's Message (cont)

(Continued from page 1)

PNA Pool Meets Sanction Chair Lorraine Masse is soliciting meet date reservations for January-June 2022. If your club or workout group would like to host a meet in that time frame, go to <https://swimpna.org/hosting-an-event/> for more information. Event date requests are due September 15th. [Click here](#) to go to the online form.

Club and Workout Group registration renewals are coming up in early October. Coaches and Team **Representatives will receive an email in early October to renew their Club's/Workout Group's USMS** registration. Renewing before November 1 ensures that your group will appear on the drop-down menus when swimmers start registering. Set a reminder to look for that email!

Happy Swimming!

Calling All Packrats!

Are you a Pack Rat? Do you know someone that is a Pack Rat?

We need copies of PNA's *The WetSet* newsletters from 1991 to 1999.

The PNA newsletter is a great source of historical information. We have posted newsletters back to 1975 on swimpna.com but are missing those published in the 90's.

Please contact PNA Historian Walt Reid (walt.reid@comcast.net) if you can help.



The WetSet

PNA Calendar

[Search USMS
Calendar of Events](#)

NATIONAL

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

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

NON SANCTIONED OPEN WATER EVENTS:

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

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

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

Board Meeting Highlights

July 11

- PNA submitted three Rule Book modifications to the USMS Legislation Committee regarding election of Zone Reps to USMS BOD. These are now proposals L-4, L-5, and L-6 for the upcoming Annual Meeting.
- On June 28, five board members met via Zoom with USMS BOD member John King to discuss such topics as workouts, meets, open water events, and outlook for the future.
- President Linda expressed membership concerns given the continuing pandemic. While some facilities are nearly back to normal, coach availability and USMS renewals are being affected.
- Total Assets as of June 30 are \$70,097.31; Total Income (May – June): \$1,612.21; Total Expenses (May – June): \$349.09; Net income YTD: \$7,224.57. Income, mainly from registrations, is down. Cash available is consistent with last year. The income forecast remains lower but expenses have been lower as well.
- Membership: Currently 1226 (563 men + 663 women) v. 1402 (706 + 696) last year. PNA does not experience any “bump” in the Olympics years; increases typically occur into the fall and new year as people think about getting in shape.
- Meets: **Snohomish was the only respondent to Lorraine’s request for hosts to submit dates for 2021 meets.** The Board approved their November 7 meet date. Lorraine will reach out again to past meet hosts.
- The WA State Senior Games applied for recognition (\$100 fee) for their Briggs Y July 25 meet. Jim, designated Meet Referee, volunteered to also serve as official Observer.
- Open Water: The *Ally Fell Memorial* race has been canceled. *Fat Salmon* is being conducted virtually. These and *Whidbey Adventure* are expected back next year; Jim will solicit hosts for at least one more event. BWAQ asked to rent our buoys (\$25/buoy) for *Swim Defiance*. Because BWAQ did not sanction either *Swim Defiance* or *Last Gasp* this year, Lucianne will bill them for their ads in *The WetSet*. **Bernardo’s All Stars will take over *Swim Defiance*** going forward. Sally noted that USMS fees discourage some open water hosts from sanctioning their events.
- Newsletter: Lucianne, because her full-time job limits preparation time, requests timely inputs.
- Other: One consequence of changing our website host is loss of our group email lists. This primarily impacts our pool and open water sanctions process. Linda, Sally, Lorraine, and Steve will meet offline to determine a potential solution.
- Board meeting dates remaining: September 19 (Zoom), November 14 (tentative)

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

Short Course National Championship

By Steve Peterson

What was my primary motivation for going to this meet: the first pool Nationals available in almost two years? Or just to get away? But then, I'd returned not a month before from a family vacation in the Outer Banks – no need to visit North Carolina again this soon! Or the fine Greensboro Aquatic Center venue? I didn't go in 2016; but maybe I would have another great 200 IM as I'd had there in 2012. In any event, I was glad to have gone, sparse and strange though it was.



Because of the continuing pandemic, masks were required and no spectators were allowed. Except for the two distance days, morning and afternoon sessions were split by age: 60 and above before noon, 59 and below after noon – no hanging around after or coming in early. *And no relays!* I missed seeing younger swimmers on deck during my mornings – even had to pause a minute to realize why there was no “65 and up” warmup lane! I never did get to see PSM teammates Morena Calvo and Eric Petersen; I'm sure they marveled at the lack of ancient bodies in the afternoons. The meet was run quite efficiently, and despite the standard warning that the timeline was “just an estimate,” the officials waited until the published times before starting each next set of races, sometimes leaving 15-20 minutes between events.

Since the 2016 Nationals, the GAC has added a fourth pool (50m) – I could have had it all to myself for warmup – including new locker room facilities. The pavilion, where the vendor and hospitality area would have been, was serving as a vaccination site. The competition pool was divided midpoint into two 8-lane courses, reminiscent of KCAC as the photo shows, rather than the two 10-lane courses across the pool as in 2012 and 2016. And in stark contrast to those two prior Spring Nationals, this meet had less than half the number of swimmers at 852.

The Puget Sound Masters contingent numbered six: Morena Calvo and Eric Petersen (30-34), Gerald Cermak (55-59), and Steve Fogg, Steve Peterson, and Frank Warner (70-74). Our 139 points placed us 13th of 16 in the Regional Club category (162 North Carolina Masters easily won with 1,387 points; Oregon Masters' four swimmers finished 9th with 213 points).



Greensboro Aquatic Center
competition pool

All six of us finished at least one event in the top ten; our youngsters were National Champions in the 50 and 200 Breast (Morena) and 200 Fly (Eric). Our times and technical details of the meet can be found via SwimPhone ([at this link](#)) or on Meet Mobile. Stories, record recaps, and videos of all sessions are available on the USMS website: (www.usms.org/events/national-championships/pool-national-championships/2021-pool-national-championships/2021-short-course-national-championship/2021-short-course-nationals-live-coverage).

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Short Course National Championship (cont)

	Back			Breast			Fly			Free				IM		
	50	100	200	50	100	200	50	100	200	50	100	200	500	100	200	400
Morena C				3	1	1	8			12	10					
Gerald C	11			8			11			22	20			—		
Steve F	6	8											3		7	4
Erik P							8	5	1			3		6	3	
Steve P				4	4	5				15	15				6	
Frank W	10	13	3													

PSM swimmers' event placings at Nationals. All six finished at least one event in the top ten. Morena Calvo was National Champion in the 50 and 200 breast and Eric Petersen was National Champion in the 200 fly.

Comparing my 2012 and 2021 times and placements, I didn't do quite as well this meet. Younger then of course, just into the 65-69 age group versus being at the top of 70-74. I was neck-and-neck with a Phoenix competitor: he beat me by 0.37 sec in 200 Breast; I beat him by 0.05 sec in 50 Breast; and but for a 0.38 sec stumble I would be holding that larger bronze medal in 100 Breast! My consolation: he's at the bottom of the age group. And though I'll never get under 2:40 again, I did finish my 200 IM almost two seconds faster than seeded.



Steve Peterson



Peterson's four medals "Except for the 50 and 100 Free, I did pretty well," he noted.



Downtown Greensboro mural



The International Civil Rights Center & Museum, housed in restored F.W. Woolworth site of 1960 Sit-In

Swimmer Spotlight

Here Come Those All Stars!!!

Not a Club but a Family - An interview with PNA Coach of the Year Chad Hagedorn
With Tom Walker of TWIM

What makes a great Masters Coach? If you look in Webster's Dictionary under *Coach, Masters*, you will find a picture of Coach Hagedorn of Bernardo's All Stars, PNA's Coach of the Year. A great Masters Coach is a Unifier, a Leader, and one who inspires us and infuses our team with its defining spirit. A great Masters Coach is a visionary with an ability to see all of us as people and as swimmers, to encourage us in the deepest of ways, to touch the entire being.

What makes a great Masters team? It is not how fast they swim or what records they shatter, although these things are certainly rewarding, but rather the exhilarating joy and spirit that erupt from within and form the essence of Masters swimming itself. Not to mention the unbreakable bonds of friendship and loyalty we celebrate each day with our teammates.

These All Stars are such a team and then some! They seem to be overflowing with an explosive, irrepressible and zany energy. It's infectious, that's for sure! Or as The Coach himself would put it, "A maverick Rock and Roll sensibility." After my conversation with Coach Chad, I was almost ready to join! Going back to Webster's, sounds like the definition of Fun and Baby, *Let the Good Times Roll!* There I go again. I think I'm hooked!

But who, you might ask, who is this guy Bernardo?

TW: How and when did swimming become a dominant force in your life? And how and when did you decide to become a Masters Coach, to lead a team?

CH: After swimming competitively through my entire youth, I decided I'd had quite enough of the all-consuming

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Swimmer Spotlight (cont)

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lifestyle and vowed to never swim again! I was true to that vow for 20 years. Then, through a series of random and unpredictable events, I found myself at the YMCA one day and spontaneously decided to see if I could still throw a flip turn or two. After getting in the water for the first time in years, I noticed a tall fella in the next lane also doing laps. Those old instincts kicked in as I know most swimmers can relate to, and I proceeded to try to beat him to each wall. After a while he introduced himself as the aquatics director of that Y and asked if I wanted to join his Masters swim class. I said, "Nope."

When I got home later there was an email from him waiting for me. He had looked up my information in the Y database to reach out and ask me again. So again, I said, "Nope." After about two weeks of some additional back and forth, I decided to just get in with the class and try it out. It didn't take long for me to fall in love with the sport again. So, when you ask how and when did I decide to lead a Masters team, I didn't! I was literally drafted into this thing. After being recruited to swim by that aquatics director, he made the sudden decision to quit the Y for another job opportunity. The burgeoning program was at serious risk of dissolving, so I and my fellow swim mate Katy Smith decided to keep the program going ourselves out of sheer desperation. Nearly a decade later, we are still here with a comprehensive program, and still growing. Fate has dictated this more than free will. Maybe there's something to this determinism philosophy thing?

TW: What do you feel are the benefits of swimming for the overall Well Being of the person, both soul and body, and how do you think Masters swimming delivers these?

CH: "The mind is the key, the heart is the door, the soul is the corridor, the universe is the destination." - Matshona Dhliwayo

I've had a passionate relationship with water most of my life and I believe swimming is one of the best activities for body, mind, and spirit. Swimming works the body comprehensively without the stress of impact, and there's just something meditative about being in the water. Swimming encourages friendships and community through group workouts, and you can meet people from diverse backgrounds with like-minded goals. And, swimming can create unique adventures through opportunities to participate in events all over the state, country, and even the world!

There are low days, however, where I threaten to leave swimming and convert the All Stars into a bowling league. As a bowler, you never have to worry about being cold or wet, or getting stung by a jellyfish. And most importantly, you can eat cheese sticks while you bowl! Cheese sticks, man! You certainly can't do that while swimming. Cheese sticks are awesome.

I do feel that Masters swimming promotes community and connection that is hard to measure. It brings people together from all different backgrounds, experiences, and abilities, and brings them together in a way I've never experienced before. It's profound.

TW: What is your coaching philosophy?

CH: "A little nonsense now and then is relished by the wisest men." - Willy Wonka

With a maverick rock 'n roll sensibility, we encourage a program with a place for everyone regardless of skill level, including those who don't know how to swim (yet!). We push swimmers to improve and be the best they can be and we're also sensitive to each individual's needs and feelings. With that being said, we also offer some incredibly



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Swimmer Spotlight (cont)

(Continued from page 7)

challenging swims. On distance Wednesdays, we do sets of up to 5,000 meters in 80 minutes. We swim in water temps as low as 45°F. We swim open water training distances of 15k and beyond. We have days slotted **for sprints, IM, each stroke, kick, starts, and more. But it's vitally important to have fun, too! Our hot pink team suits and goofy bull shark mascot are just the tip of the iceberg. We're constantly planning zany swim adventures of all kinds, as well as setting aside time to just be silly. On Fridays we do what's called choose your own adventure. Everyone takes a turn creating and leading a set. The only rule is that whatever is thrown down, we all have to do it! Sets have included things like silly relays, unconventional stroke work like dog paddle and corkscrew, and other made-up games. One set included getting in the hot tub for a while. Another time we had to hop out of the pool and run outside to catch snowflakes on our tongues in freezing weather. Another time we had to run to a local bar wearing our suits and goggles and sit down for a beer. One never knows what can happen on a Friday. Balance between work and fun is critical in my opinion.**



TW: Speak to us of the All Stars.

CH: **To know the Bernardo's All Stars, one must first get acquainted with our cartoon bull shark mascot Bernardo!** Bernardo Tiburón is a *Carcharhinus leucas*, most commonly known as a bull shark. The bull shark is diadromous, meaning it can kick ass in both salt and fresh water, and can travel far up rivers. Bull sharks have been known to travel up the Mississippi River as far as Alton, Illinois, about 700 miles from the ocean. There are even reports of bull sharks being spotted in lakes, hence why this team swims in rivers and lakes as well as the ocean! Bull sharks get their name from their short, blunt snout, as well as their pugnacious disposition and a tendency to head-butt their fellow Masters swimmers before attacking. They also get pretty agitated when swimmers leave early on set send-offs. Because of these characteristics, many experts consider bull sharks to be the most dangerous sharks in the world. Historically, they are joined by their more famous cousins, **great whites and tiger sharks, as the three species most likely to attack humans. But don't let that concern you.** Bernardo is a self-proclaimed **"people person and one heck of a motivator!"** So, give him a hug when you see him!

TW: The All Stars seem to be equally at home in pool, lake, and ocean. What is the foundational principal that allows you to guide and coach such a wide array of swimmers?

CH: **I would say I have two foundational principles: Never underestimate the human spirit, and don't knock it until you try it!** No matter where a person is coming from, one thing everyone has in common when seeking us out is a goal.

So, whether it's a pool, lake, ocean, river, rock quarry, or a nuclear power plant cooling tank, there's always something new to try, as well as a new mark to achieve. And, we'll always do our best to help facilitate these aspirations for all our swimmers. Most importantly, "Never let anyone tell you that you can't; show them that

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Swimmer Spotlight (cont)

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you can.” - Gloria Mallette

TW: What is your overarching goal for the All Stars?

CH: We recently developed the team into a non-profit. Our mission is to provide opportunities for adults to learn to swim and achieve swimming goals while pursuing physical, mental, spiritual, and social health. We hope to continue growing as a premiere South Sound U.S. Masters Swimming group by building an inclusive and unique community through swimming.

TW: You have had great success as a competitive swimmer. What moments stand out to you in your career and what are your goals for the future as an individual contributor?

CH: I have had a lot of gratifying moments in my resurged swimming career with long-distance honors that include USMS National Champion, USMS All American, USMS All Stars Team, and some other sentimental things, but quite **honestly, feeling strong and healthy on any given day is what it's all about for me. We are all on our own path but** doing my best and sharing in the adventure with others is what really stands out for me.

As an individual contributor, my wish is to simply share this experience with others and make a positive difference in my community. I work with Katy Smith and Diana Hermanson, who are marvelous coaches, and our board of directors **is top notch in every way. I'm pretty lucky and very grateful to be a part of this team.**

TW: What is your vision for the future of Masters swimming, both here in PNA and globally?

CH: **“The men who hold high places must be the ones who start, to mold a new reality closer to the heart.”** -Rush **What I would like to see is more proactive inclusivity. Masters swimming is already an inclusive community, but I'd like** to see that be made even more apparent. I believe diversity and inclusion benefit everyone by creating opportunities to learn from others and grow. Swimming and connecting with people from different backgrounds with different experiences can give us an additional point of view, and diverse views encourages elevated performance and **enriched culture. And sometimes the word ‘Masters’ in itself can be misleading. Masters swimming isn't just for those**



who already know how to swim, or those who have mastered the sport of swimming – **it's for literally** anyone who wants to be involved in swimming. And everyone who comes into this community should be made to feel as comfortable as humanly possible and **supported. I'm excited by the future of Masters** swimming – locally and globally.

TW: Lastly, what is your message to those who long to swim, but haven't quite gotten started, to those you haven't yet discovered this mighty source of joy?

CH: **“The only thing we have to fear is fear itself.”** - Franklin Roosevelt

I think fear is the key emotion that blocks new

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Swimmer Spotlight (cont)

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swimmers from getting started. So, it's important to keep in mind that every one of us has felt the exact same way at some point. Ask any Masters swimmer what the experience was like the first time he or she stepped out onto a pool deck to see a regiment of swimmers, aggressively swimming in unison, throwing flip turns, doing butterfly, etc. Or the first-time swimming in open water where you can't even see the bottom! It can be intimidating. But because everyone has had to go through the same steps to become a stronger swimmer, we are all also uniquely qualified and sympathetic to help others get through those same steps. Masters swimming is not necessarily about competitions, racing, or getting ready for swim meets. It can be, but that depends on the goals and aspirations of each individual. We recognize this and work with individual swimmers to achieve their desired goals. For some, it might be about getting a good low-impact workout. Others are working to improve their swimming for triathlon competitions. All of us, in one way or another, are gently guided to improve each aspect of our swimming – our stroke, turns, endurance, etc. Sure, a few of us do **compete, but mostly for fun; nothing too serious. And you'll be surprised by how helpful the whole group is!** There truly is a wealth of wisdom and experience from all the members, and they are more than eager to share with those who are looking to become better swimmers. We want you to swim with us, and we want you to succeed! And most importantly, we want you to be a part of our community and have fun!

TW: Any parting thoughts?

CH: In all seriousness, the reason I show up to swim and coach every day is because of the community. The folks I swim and work with are the best group of people I've ever had the privilege to be a part of. Generally speaking, I wouldn't want to be a part of any club that would have me as a member, but the Bernardo's All Stars isn't really a club, it's a family.



Snohomish Aquatic Center

A Beacon in the Darkness

Thank you, Snohomish Aquatic Center!

A Special Report to the Wet Set by Tom Walker of TWIM

One fine day early in 2020 the Global Light Switch was suddenly turned off and the entire worldwide swimming community was plunged into the throes of a massive endorphin withdrawal. With every pool in America on total lockdown and all of us so abruptly deprived of our beloved energy source, I freaked out in a totally predictable way and finally just decided to put my head down and survive this all somehow, come what may. Sound familiar? I also reflected on this dark time and how blessed I was to be surviving, given the disaster ensuing around us and the oppressive cloud of uncertainty and fear that gripped the entire world.

Yet I was also grateful for this very Gift of Life and was determined to get back in the pool as a statement, as a way of **honoring this Gift, for swimming is a tremendous affirmation of life itself. It is also an essential link to Sanity...**

As the global swimming community was frozen in bewilderment and after three months of agony, I must confess that I was braving my way through with a growing feeling of despondence, and it was then that I found out from a fellow swimmer that the Snohomish Aquatic Center had opened and was offering an hour of swimming, one lane, one person **at a time. I can't adequately express the relief that ensued! It was like stepping into the Light after a long time in darkness.**

Yes, Suddenly I was in the Light again! Setting foot there was like a religious experience and I don't think I'll ever look back. The wonderful staff, from desk to deck, ushered us back to the Land of the Living with care and sensitivity.

SAC has earned my undying respect because it stood firm during this unprecedented time with a decisive commitment to the mission of moving swimming forward, of staying at the helm of the ship during a powerful storm and never flinching.

And at the center of this mission is the Chris Bensen, the lady who runs the show. She has worked tirelessly since the beginning of the pandemic to keep this spectacular facility online and has communicated with the State of Washington on an almost daily basis to ensure compliance and safe operation. She and her marvelous staff have indeed kept SAC open and continue to expand services as conditions allow. So thank you, Chris!

SAC is home to a thriving Masters team, the Snohomish Aquatic Masters, which began there at the beginning and continues to flourish and grow. SAC **was the site of Puget Sound Masters' June 6 Give It a Shot! meet, a huge success** conducted in safe and flawless fashion.



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Snohomish Aquatic Center (cont)

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It was also the first Masters meet around here in a long, long time, so thank you once again, SAC, for your leadership!

SAC is also home to two local high school teams (Snohomish and Glacier Point) and is currently running meets and practices, while also providing age group swimming programs. They serve the larger community as well, with a huge family area adjacent to the competitive pool, replete with water slide and a full palate of enticing aquatic adventures.

Thanks also to Rob Serviss, the man who keeps the world of pool and program spinning along ever so smoothly. He manages all the awesome activity that takes place here and there is a lot of it! He oversees the Masters program as well and has worked closely with PNA in the past to provide us with this incredible venue for our meets. You might even remember him behind the microphone at our past events, calling the play by play! I had a chance to chat with Rob about how this all goes together.

TW: So, Rob, tell us about the founding of the Snohomish Aquatic Center and your mission to serve the community.

RS: Our pool was voted into existence almost 14 years ago by way of school bond. We opened in January of 2014 and have been working to serve all members of our community ever since. Our goal is to provide exceptional aquatic recreation, instruction, and fitness opportunities for people of all ages!

TW: What is the size and extent of this beautiful facility and how many people are on staff to keep things rolling?

RS: The building is a little over 52,000 square feet. Staffing varies by season, with summer numbers being significantly higher. In the summer we typically carry a lifeguard staff of around 50: 25 swim instructors, 15 front desk staff, and around 20 specialty staff (dive coaches, Masters coaches, meet support, etc.).

TW: How have you managed to keep the facility open during this time of the Pandemic?

RS: Creatively! We worked very closely with state and local Departments of Health to be aware of what would be required when pools were allowed to open, and because of that we were the 1st pool in WA to reopen once allowed to do so. Once open we had to reinvent all of our programming to ensure it was safe, guest friendly, and compliant with the rules at the time. This remains a fluid process.

TW: What have been the biggest challenges in getting this done?

RS: There have been several challenges, but I think the biggest was rebuilding our staff. After being closed for 3 months, and then open in a very limited capacity for 3 more, most of our staff had moved on. We needed to aggressively recruit employees so we could resume programming.



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Snohomish Aquatic Center (cont)

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TW: You hosted a Masters swim meet on June 6th, the first meet for all of us here in PNA since before everything closed down. We are eternally grateful! Tell us about how you got that done.

RS: We had been running COVID compliant competitions for some time before that meet, so we had our protocols sorted out by then.

Getting to that point took working closely with Department of Health officials and having them sign off on our plan. We were determined to get meets back in our pool and did whatever it took to make that happen.



TW: You are home to your own Masters program. Tell us a bit about that.

RS: Snohomish Aquatic Masters (SAM) has been one of our programs since we opened in 2014. The program has **been growing steadily since the first day, and we've been blessed with some amazing coaches. We offer 7 practices a week, all coached, at a variety of days and times to try and make it convenient for anybody who wants to be a part of the program.**

TW: You also are home to various local high school swim teams for meets and practices. Who are they?

RS: We are the home pool for the Glacier Peak Grizzlies, and the Snohomish Panther! They host all of their meets here, and we love having high school swimming in our pool! Monroe High School also uses our pool for practice, and a couple other schools will come in when their pools are closed. We are also the host pool for the Northwest District 1 District Championships (3A and 4A) and the METRO League Championships.

TW: There is a huge aquatic recreation center on the other side of the glass partition that sets off the competitive pool. Tell us a bit more about that.

RS: Our recreation pool offers warm but refreshing water, at 86°. We have a zero-depth entry "beach" area complete with play structure and splash features. Our lazy river is popular with guests of all ages, and we have a play area with **two basketball hoops. We also have a 151' long water slide with an awesome color display as you work your way down the slide. Finally, we have our Flowrider™, the only indoor wave in WA state. Guests can stand-up surf or bodyboard on this attraction, and anybody can learn to do it!**

TW: What chemical system are you using to make this water so delightful?

RS: All of our bodies of water, except the Flowrider, are salt water. Using salt instead of liquid or granular chlorine certainly helps keep the water easy on the skin, and easy on the eyes.

TW: **What is SAC's vision for the future, both immediate and long term?**

RS: Ultimately our goal is to provide opportunity for everyone in our community to be able to learn to be safe in the water. We feel water safety opens the door to a lifetime of fun and fitness, and we want to help as many people get **their as we can! We're also looking forward to continuing to establish ourselves as a premier competitive venue in WA state, and the Pacific Northwest.**

SPLASHForward Update

By Susan Pappalardo

This summer has been full of wonderful open water swims and Masters workouts. I hope you've been enjoying much of the same. Document creation and review has been a steady theme amidst the weekly swims.



SPLASHForward

Water for ALL | Water for Life

Preparation for Next Steps with City of Bellevue

Our weekly meetings with Bellevue Parks staff have been busy refining the formal draft of the recommended concept plan documents that will go before Bellevue City Council later this year. The goal is to move the project to its next phase of concept design study. Included in these documents will be a Memorandum of Understanding between the City and SPLASHForward outlining our commitment to assess and raise private capital funds, develop private partner and corporate funding, and support obtaining public funding sources with the City of Bellevue. Also outlined is how the City will support these efforts. With the funding we have received from Amazon, we will hire a fundraising consultant to conduct a private fundraising feasibility study. An important part of establishing our readiness is to expand the network of those who need to know about this effort and would consider supporting it. If you know someone or a local business or organization that should know, please consider making an introduction.

King County Aquatic Facilities Grant Program

A rather exciting 'jumpstart' for new aquatic facilities is starting in September! The six-year \$44 million King County Aquatic Facilities Grant Program that was approved last year is officially kicking off. SPLASHForward is one of several nonprofits sitting on the Advisory Committee for both the Aquatic Facilities Grant and Park Capital and Open Space Grant Programs. The Advisory Committee is largely made up of Parks and Recreation Directors from across King County. WAVE Aquatics, a nonprofit, is also serving on the committee. In early August, grant program details were publicly announced with the first cycle of grant applications beginning on September 15th and closing on October 15th. Roughly \$13 million is available in this first cycle of grants. Grant awards for planning, feasibility, and acquisition are up to \$100,000 and up to \$5 million for capital funding. Details can be found [on the King County Parks website](#). The Advisory



SPLASHForward is working with the Bellevue City Council, including councilmembers Janice Zahn, John Stokes, Conrad Lee, Mayor Lynne Robinson, Deputy Mayor Jared Nieuwenhuis, Jennifer Robertson, and Jeremy Barksdale

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SPLASHForward Update (cont)

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Committee has been reviewing and finalizing grant application materials for both grant programs. In November, the committee will review applications and make recommendations for King County Council approval. The first grant recipients will be announced early 2022.

It is beyond exciting to see this grant program begin. The opportunity should not be lost to obtain funds for planning, feasibility studies, land acquisition, and capital to build much needed new, expand existing or refurbish facilities in King County. How many new or expanded aquatic facilities will be initiated by the end of this grant program in 2025? Submit your answers on [our poll!](#)



High School Lifeguard Training Program

Due to the pandemic cities and facilities scrambled to find and train lifeguards to keep their waters safe. To help address our regional shortage and provide opportunities for high school students to become lifeguards, we initiated a High School Lifeguard Training Program this past spring within the Bellevue School District. So far, thirteen high school students have received their certification and received support finding a job. Thanks to Amazon's recent donation, we will be expanding this program and hopefully double the number we support next year.

The Learn to Swim Crisis

Lastly, as you might well know, the pandemic has shown the spotlight on our Learn to Swim and water competency skill crisis. Finding and gaining access to affordable swim lessons was hard enough prior to the pandemic and now has become even harder. Waitlists are in the hundreds, sign ups fill within minutes of opening, initiation and membership fees put the cost out of reach for families. We are capturing our community's stories around finding swim lessons and will be doing a feature story. Please [take or share our survey](#) with those you know.

Reaching Out

Please feel free to reach out with questions, thoughts, or ways we can tell our story to those who need to know. We are happy to arrange small group presentations and are looking to plan a virtual Community Update sometime this fall.

If you are already following us on this journey, then tell a friend to do so too! Subscribe to our mailing list (Text SPLASHFWD to 22828), visit www.splashforward.org and follow us on [Twitter](#), [Instagram](#), [Facebook](#), and [LinkedIn](#).



*Follow PNA
on Facebook!*

**Check out PNA's
website!**



Welcome new swimmers!

Alexander, Margaret
Borg, Erika
Bowler Marere, Kristen
Brasch, Alexandra
Burns, Danielle
Carywright, Bonnie
Ceban, Alicia
Chandrasekaran, Prakash
Di Domenico, Kayla
Evans, Maja
Fujikawa, Shelly
Gabel, Mark
Giddens, Jay
Gilley, Paige
Graham, Alasdair

Guy, Anthony
Hetzler, Guillian
Hires, Jason
Insley, Andrea
Insley, Greg
Jackson, Marianne
Jayant, Ankit
John, Nitin
Khorsand, Christine
Loehr, Stephanie
McIntosh, Gabrielle
Merrill-Steskal, Anne
Miller, Hannah
Minjarez, Demian
Munson, Stephanie
Murray, Evangeline

Murray, Jacqueline
Nelmark, Emily
Nicholls, Rod
Nicholson, Tristan
Notman, Jessica
Peters, Maria
Peters, Micheal
Ravencroft, Kate
Rostov, David
Rowe, Terese
Shannon, Sarah
Shull, Lauren
Sisley, Kristin
Sloan, Stuart
Sosko, David
Stanchi, Marco

Stearns, Kathleen
Stephenson, Raissa
Sweigert, Miranda
Tonellato, James
Tucker, Gabriella
Venkateswar, Lavanya
Walisser, Jacqueline
Ward, Sarah
Webster, Daniel
Wier, Lisa
Wilder, Brittany
Wiley, Paul
Wolfswinkel, Erin

Postal swims

The deadline to enter the USMS 5K/10K ePostal National Championship is quickly approaching.

Swims must be swum in a 50-meter pool and be completed by September 15th. Each swimmer must have a timer to time and count lengths by recording cumulative split times every two lengths during the swim. Split times should be recorded to the nearest second on the official split sheet. Register [at this link](#) by September 22nd.

The USMS 3000/6000 ePostal National Championship will run September 15th to November 15th. One change this year is that swimmers need to register BEFORE swimming the event. More information is available [at this link](#).



Tom Walker and Dan Underbrink were two of the contingent of TWIM swimmers who competed at the Washington State Senior Games, which was held at the Briggs YMCA in Olympia on July 25.



**WASHINGTON STATE
SENIOR GAMES**