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President's Message

By Linda Chapman, PNA President

Greetings to all! November marks the start of new memberships and membership renewals in USMS. You should receive an email or two from the USMS national office reminding you to renew your membership. If your team requires USMS membership in order to swim at practices, make it easy on your coach and renew well ahead of January 1.

Two long-time volunteers of PNA are moving across the country to be closer to family and I want to take this opportunity to recognize them and thank them for their many years of service to PNA.



Hugh and Jane Moore got started with USMS in Kansas in 1979 when they founded a swim team in Wichita. They moved to Tacoma in 1983 and soon were very involved in PNA and have stayed involved in the nearly 40 years since then. They have both served in multiple roles in PNA as well as at the national level. In 2002 Hugh and Jane received USMS's highest honor for service, the Captain Ransom J. Arthur M.D. Award, so named for the founder of Masters swimming.

As Hugh and Jane head on to their next adventure we thank them and send our very best wishes for whatever comes next.

PNA Calendar

[Search USMS
Calendar of Events](#)

11/7—[SAM Invitational](#), Snohomish, WA
thru 11/15—[3000/6000 yd ePostal championship](#)
1/1 to 1/31—[1 hour ePostal championship](#)
1/30—BC Masters Mile, Bellevue, WA
2/6—Thunderbird Aquatics Meet, Anacortes, WA

It's time to renew your USMS membership. Click [here](#).

2021 USMS Long Course Nationals

By Steve Peterson

The Spire Institute, a beautiful sports facility east of Cleveland, hosted the first national long course meet in two years. As I drove the 60 miles from airport to pool, I pondered the wisdom of its location just south of Geneva in rural Ohio. I'll leave it to you to look up its history and pitfalls, but the freeway sign says it's an Olympic and Paralympic Training Center. Another five miles got me to the hotel, and now I know where Ashtabula is!

I didn't attend the 2015 Summer Nationals there, likely because I was at the top of an age group. Now just having graduated into 75-79, I figured this was the time to do my obligatory every-five-year (and possibly last) 400 IM, despite never having done it in a 50m pool. Only half the turns, though! And as my first event, greatly reduced anticipation anxiety over my remaining three breast events and 200 IM.



Just off I-90, 2450 miles east of Seattle, Exit 218!



Spire Institute's impressive pool facility.

When the psych sheets came out, I was amazed to find that I was seeded first in all five events. I sensed that this had to be too good to be true. Turns out, like Jack Sparrow's Pirate's Code, my competition's seed times were "...more what you'd call 'guidelines' than actual rules." Sure enough, three other guys improved greatly when they needed to, leaving me medaling in multiple colors. So, I finished as National Champion in the 100 and 200 Breast, runner-up in the 400 and 200 IM, and less than a half-second from gold in the 50 Breast, placing third. And our "old guys" Medley Relay scored a solid fourth among the seven 280-319 teams.

My pacing and crawl in the IMs obviously need work, based on my competitor's passing me in the last 10 meters with 23-second improvements in both races – as the videos painfully revealed! But I did prevail over him in all three Breast events. And did the opposite with the 50 Breast champion, whom I'd bested in the 200 IM. But I did survive that 400 IM. So, it was an enjoyable meet, all said and done.

Over 700 swimmers came to Ohio, down pandemically from 2015's 963. Of the eight men (but no women) attending as Puget Sound Masters, half of us (Frank Warner, Dave Scott, Tom Sherry, and me) swim at the same pool in Silverdale! (Josh Arnold, Kevin Esko, Steve Fogg, and Mike McColly swim at pools between Tacoma and Stanwood.) Josh Arnold, in his first USMS nationals, earned National Champion in the 18-24 50 Free, and Mike McColly is National Champion in the 75-79 800 and 1500 Free.



Kevin Esko and Dave Scott (his first Nationals, too!) faced the most competition, their 55-59 age group being the third most popular behind 60+, not to mention each other. Kevin bested Dave in the three breast events.

(Continued on page 3)

2021 USMS Long Course Nationals (cont)

(Continued from page 2)

But being seeded side-by-side in the 200 yielded a close race: 2nd and 3rd by 1.6 second. Dave also noted how the 1st and 4th placers benefited from 8-second drops from their seed times. *Arrr!*

We had enough men to seed one free and one medley relay. But do you go for maximum speed or maximum participation? Post-meet analysis shows we guessed right in selecting Kevin, Steve (Fogg), Dave, and Josh for the 200-239 Free Relay (5th place) and Frank, Steve (Peterson), Steve (Fogg), and Mike for the 280-319 Medley Relay (4th place).

Tom Sherry not only swam three events but officiated as well – and he knows now to switch from UC36 to PSM! I included lone Oregon swimmer Christian Tujo in the placement tables below as



Josh Arnold & Steve Fogg

he, too, says he will be joining PSM. (Had both been official PSM members at meet start, we'd have finished one place up among Regional Clubs.)

Swim Fort Lauderdale, largest of the 144 "Local" clubs, brought 69 members, fielded 53 relays, garnered 15% of the Local points, and was quite vocal and vivid in their SFTL yellow. Michigan Masters, largest of 17 "Regional" clubs with 32 members, had 20 relays and netted 22% of the Regional points. PSM's seven members earned 232 points (5%) for 7th in Regionals (good for 11th were we a Local club).

PSM's world record swimmer Charlotte Davis also attended. But with no PSM relay opportunities, she

switched temporarily (we trust) to Tamalpais Aquatics for the 280-319 Mixed Free and Mixed Medley relays. Their Free relay set new USMS and FINA records while the attempt to break their own Medley world record just missed. Charlotte also set FINA records in her 70-74 800 and 1500 Free and a USMS record in 200 Breast!



Kevin Esko & Dave Scott



Men's Medley Relay: Mike McColly, Steve Fogg, Steve Peterson, Frank Warner

For more inspiration, can you imagine doing a no-arm 200 Fly? Paralympian Abbas Karimi, 24, born in Kabul without arms, fled Afghanistan to escape the Taliban at age 16. Here, he swam the 200 Back and 50 and 200 Fly. Oh, and on

(Continued on page 4)

2021 USMS Long Course Nationals (cont)

(Continued from page 3)

four of his SFTL team's relays! On my phone is a video of his 200 Fly 1st place finish, with all spectators standing and cheering.

The USMS site offers great insight to the meet via articles and videos (see [this link](#)), while SwimPhone and Meet Mobile provide essential real-time and post-meet details. (If you happen to view Day 4 Session 2 at about 1:01.24 in, do you think my Lane 2 competitor's Back-to-Breast turn was legal?) Additional photos, videos, and comments can be found on [PSM's Facebook page](#) – thanks, Josh, for posting!

Not too far from the Spire Institute, roommate Steve Fogg and I visited the second longest, the oldest, and the shortest covered bridges around. Josh and I also took a warm-down swim in balmy Lake Erie. No visit to the Rock 'n Roll Hall of Fame this time – I'm just glad I changed flight plans to head straight home rather than visit my son in Phoenix. Southwest's weekend pan-debacle resulted in all flights from Cleveland canceled and him being stranded in Las Vegas. As I said above, it was an enjoyable meet all around!

I was scolded on deck by our own “invisible typhoon” Teri White, Meet Referee and chair of the USMS Officials Committee, for an oversight in my Greensboro article. I failed to mention those hard-working and dedicated officials who spend all day on deck to ensure a fair and efficient meet.

So here's a shout-out to our Pacific Northwest officials who attended this meet: Holly Alleva, Tom Sherry, Deb Soper, and Teri White! Thank you!



The complete officiating staff (25)



Officials from PNA: Holly Alleva, Tom Sherry, Deb Soper, Teri White

2021 USMS Long Course Nationals (cont)

	Free						Relays	
	50	100	200	400	800	1500	Men's Free	Men's Medley
Josh Arnold	1	2					5	
Kevin Esko							5	
Steve Fogg					9	7	5	4
Mike McColly					1	1		4
Steve Peterson								4
Dave Scott	11		7				5	
Frank Warner								4
Tom Sherry		10						
Christian Tujo				6	6	4		

Table 1a. PSM Swimmers 2021 LC Nationals Event Placings (Free, Relays)

	Back			Breast			Fly			IM	
	50	100	200	50	100	200	50	100	200	200	400
Josh Arnold								3			
Kevin Esko				3	4	2	8				
Steve Fogg	6	5									
Mike McColly	2	2	2								
Steve Peterson				3	1	1				2	2
Dave Scott				9	7	3				9	
Frank Warner	8	7									
Tom Sherry		5								7	
Christian Tujo								9	9		

Table 1b. PSM Swimmers 2021 LC Nationals Event Placings (Back, Breast, Fly, IMs)



Author with Josh Arnold
on Lake Erie

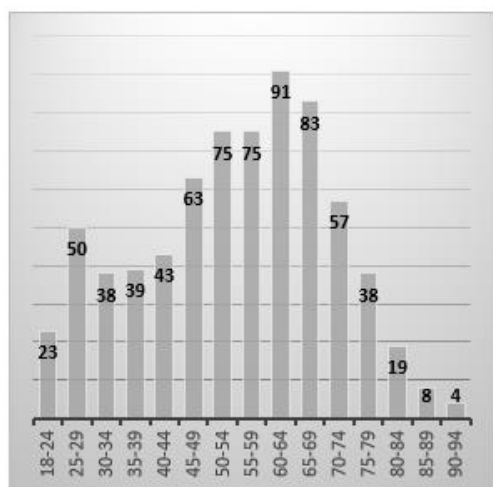


Table 2. 2021 LC Nationals Swimmers by Age Group



The Bling is the Thing!

Dawn Musselman Award

by Steve Peterson

Our 2021 Inspirational Swimmer Tonya Berg finally received her award on Labor Day. The presentation, usually conducted at the April PNA Champs meet, was delayed by pandemic impediments and unavailability of significant participants. On September 6, at an arranged Green Lake Aqua Ducks “board meeting” via Zoom, Tonya (visiting family in northern California) was surprised by her teammates after their 5 am workout. GLAD webmaster Harold Johanson set up a 48” monitor at View Ridge on deck, with GLAD president Tom Harrylock (in Redmond OR), PNA President Linda Chapman (in Seattle), and award coordinator Steve Peterson (in Silverdale) joining in to do the honors.



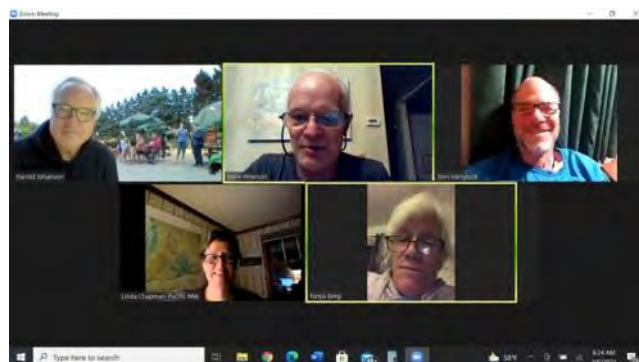
Dawn Musselman (1913-1986) is memorialized by our annual Inspirational Swimmer award, based on her love of swimming, support for PNA, and always-positive attitude that encouraged all around her. Her life story is an inspiration in itself, from Olympics contender to Masters champion. Two articles are available on the website at [this link](#), where you will also find past recipients and their award letters.

This year featured five worthy nominees, a real challenge for our selection committee of past recipients.

From the nomination letter submitted by GLAD teammates Robin Hall, Tom Harrylock, Paul Ikeda, Harold Johanson, Arni Litt, and Bill Reeder: Tonya has been a **tireless volunteer, serving on GLAD's Board since 2006. She has helped guide GLAD's financial health and stability, hire a coach, find a new pool, and develop workout policies in the time of COVID.**

She's there at nearly every workout, 4:30 am day after day to help set up. Starting with Saturday workouts at Evans and Colman pools in 2006, she now coaches the Monday workouts at View Ridge. She freely offers tips to the swimmers while keeping up on her Red Cross Lifeguard, CPR, and First Aid certifications. Tonya is one who goes far beyond. Attending team parties, sharing coffee and companionship after workouts – she's always fun to be around! GLAD swimmers look forward to post-COVID times when she will again lead them singing “Happy Birthday” before workout on all their birthdays!

Conclude her nominators, “As much as we are grateful for her myriad contributions to GLAD, to PNA, and to Masters swimming itself, we know that Tonya is a first-class member of the community. Tonya has been on the front line of the pandemic response as a Swedish Medical Center respiratory therapist. ... She is an inspiration to all the people she swims with as she works tirelessly to keep GLAD healthy and to show everyone what a wonderful thing it is to SWIM! Tonya makes everyone on the team feel special! We can think of no one more worthy of the Dawn Musselman Inspirational Swimmer Award than Tonya Berg.”



Screenshot of GLAD “board meeting”
award presentation

Swimmer Spotlight

Swim Like A Fish – Abbie Fish, that is!

An Interview with Abbie Fish, President and Founder of SLAF
with Tom Walker of TWIM

As I look back over 40+ years of United States Masters Swimming, I still remember so vividly when I discovered this Zen gateway to an exalted state of being, how exuberant I felt after a good workout or meet. I remember too that moment when I discovered that swimming is more than just a sport. It's a lifestyle! I never looked back.

I discovered as well that Masters swimming is also a gateway to a wealth of incredibly enriching experiences on so many levels. What strikes me perhaps as the greatest of these is, of course, the people with whom I have celebrated this living joy: teammates, swimmers, coaches, volunteers, and families throughout these many years. Yes, Masters swimming has changed since the beginning and continues to change but the core spirit remains unchanged. This is the spirit that calls us forth to exercise the highest attributes of the human character. Teamwork. Determination. To strive for a goal beyond ourselves. Every yard. Every workout. Every meet. It's also definitely about fun and friends, as I once heard the great Rick Colella say. We'd have to add Family to that, which I think he also mentioned.

There are so very many inspiring stories, the personal histories, struggles and triumphs of all of us who follow this irresistible call...

And I am always moved when I meet someone who has dedicated their life to this magnificent sport of ours, who has made the decision to take charge and pour their lifeblood into making swimmers better. Better swimmers, better people. It takes courage to stand for something.

Abbie Fish exemplifies that courage and determination, that absolute nexus of will and intention. All the great swimmers and coaches whom I have had the privilege to talk with and interview share this common characteristic, unwavering purpose, and a vision of True North. This One-Woman Aquatic Energy source is currently headquartered in the beautiful bluegrass state of Kentucky and from thence reaches out virtually to the growing SLAF family everywhere. She is also on deck almost every afternoon and night, coaching her local age group swimmers. 24/7 is just the way she rolls. She started her voyage at the age of four, went on to become a successful D1 NCAA swimmer at the University of Georgia and hit the jackpot with her present gig, where the bars on the slot read SWIM SWIM SWIM straight across.

I first noticed this High Octane All Star about a year ago through her online swimming tips, liking what I saw! And this whole *Swim Like a Fish* action. How radical! I wanted to find out the whys and wherefores of her rocking endeavor. Abbie was kind enough to do this interview despite the crazy pace and intensity of her schedule.

TW: Abbie, what made you decide to dedicate your life to swimming?

AF: **My love for swimming started at a really young age. It wasn't an instantaneous love, but it really developed as I grew older and saw some improvements.** My big brother and sister also swam growing up, so I was either at sessions for their meets or my own and I would say it just kind of ran in the family. My sister swam D1 at University of New

Swimmer Spotlight

Hampshire and I remember running around her conference meets with the other young kids. My siblings definitely inspired me to go after my dreams as a kid and to achieve what they did and even more.

TW: Tell us about your aquatic journey.

AF: Woof - **that's a big question. It started at 4 and is still continuing. I never grew up thinking I would be a "swim coach" but it really does make a lot of sense to me now. Not only is my last name 'Fish' (ha-ha), but that** along with other signs – like my love of the sport, the community, enjoying technology and technique has landed me where I am today. Currently, I own a virtual swim coaching business called *Swim Like A Fish*, and my goal with that is to help coaches/swimmers all around the world get faster through stroke technique education. Prior to SLAF, I worked at RITTER Sports Performance, The Race Club, Nashville Aquatic Club, USA Swimming, and Athens Bulldogs Swim Club. I also swam for University of Georgia, completing both my Masters and Undergrad degrees in Exercise Science there. The original plan was to go to PT school, but it was basically like once I got back on deck (but outside the pool), I knew I was never leaving!

TW: How would you describe your coaching philosophy?

AF: **In a nutshell, my coaching philosophy is "hard work works, but smart work is better."** I grew up swimming under a plethora of phenomenal swim coaches. I picked UGA based off its training philosophy that hard work does work and it does! But now, I love the addition to that quote – smart work is better because there are things I think about with my technique that I wonder if I had changed, would I have been any faster? So personally, I know that I gained confidence by working hard, so that needs to be a part of the equation but fine tuning those other pieces needs to be in it too!

TW: What is your ultimate objective as a Coach and a Teacher?

AF: **To help my swimmers achieve goals they didn't believe were possible** and push that ceiling they believe is above them further away. During the process of all of that, I want to help mold the swimmers I work with into even better people!

TW: Who are the swimmers that you wish to reach?

AF: I work predominantly with **age-group swimmers and Masters athletes. I don't necessarily want to say I prefer a certain age or ability level.** Coaching the elite is always fun and I do indeed do that sometimes, but I also enjoy the 10-year-olds and the energy they bring to the pool every day! Really, I want to work with any swimmer who **WANTS** to get better. Those are the easiest athletes to coach and the ones who also see the fastest progress!

TW: What are the greatest rewards of what you do?

AF: Connecting with people all around the world. I get to experience the world through the swimming pool and **honestly, it's so amazing. I've been blessed to meet people from all different walks of life and travel to different**



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Swimmer Spotlight (cont)

(Continued from page 8)

countries/ places to coach swimming, so I may be millions of miles away from home – but feeling right at home on the pool deck!

TW: Conversely, what are the challenges?

AF: Running a small business has its list of challenges – **like who does what and when and why? Especially, when I'm on the road. I'm basically a workaholic and I work all the time. That can be a good thing and a bad thing. That trait has helped me become quite successful, but at the end of the day, it makes shutting down and really relaxing hard to do!** Also, coaching is a very other-centered type of job, so finding a work/life balance while trying to do as much as I can and work with as many swimmers as I can is often very challenging.

TW: Do you believe that everyone can learn to swim with enjoyment and efficiency?

AF: Yep, I think you have to want to, but learning to swim is a life lesson. I think everyone (at a minimum) should know how to float/survive in the water. After all, the earth has so much water on it – why not enjoy it? And feel safe while doing so.

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

AF: I think the swimming world is just now tapping into the technology age of the sport. With so many trackers and wearables in the swimming world right now, I feel like most coaches are overwhelmed on how to incorporate this stuff into their regular training routine. I think my role will become further ingrained into that niche of a coach who at a **"younger age" really thought outside the box and helped transition that shift of technology and filming into training** moving forward. In process of that, I hope to work with as many swimmers as possible and **be a part of their journeys. I'd love to go to an Olympic Games as a coach and see the high-level of our sport perform in-person.**

TW: Any parting thoughts?

AF: I genuinely appreciate your time and thank you for picking me as an interviewee. I love knowing we can have a conversation about something we both love so much with barely knowing each other – regardless of **where we live or where we come from. That's truly the power of sport!**

TW: Yes indeed! This has been a pleasure and an inspiration!



SPLASHForward update

By Susan Pappalardo

SPLASHForward has an exciting update to share this edition!

On October 18th, a major milestone was reached for our efforts with the City of Bellevue for a game-changing new public aquatic center. Bellevue City Council unanimously gave support to proceed with our unified Bellevue Parks and SPLASHForward recommendations for facility concept plan and to update the master plan for Bellevue Airfield Park to include the proposed aquatic center. Council also approved formalizing our SPLASHForward partnership with the City in a Memorandum of Understanding that outlines our commitment to assess private fundraising capacity, explore the full range of funding sources including both public and private, coordinate with partnership development, and continue development of the preferred concept plan at Bellevue Airfield Park.

For those unfamiliar with Bellevue Airfield Park, it is a 27.5-acre city owned park that sits near I-90 and Bellevue College. It is connected by a half mile trail to Robinswood Park just off 148th Ave SE.

Preferred Concept Plan



The concept plan is an approximately 130,000 sq ft facility that includes the below components. The total project cost is estimated in 2021 dollars to be \$125 million at the Bellevue Airfield Park site.

- 50m x 25yd competition pool
 - 900 spectators/720 competitors
- Separate Deep-Water Tank
- 25yd x 8-10 lane warm water Program and Teaching Pool
- 8,000 sf Leisure Pool
- 2,000-2,500 sf Wellness/Therapy Pool(s)
- Accommodates high school conference/district meets, invitational meets, club meets (masters!), and tournaments
- Dry side spaces
 - Cardio/Fitness
 - Community Use Rooms
 - Spectator
 - Lobby
 - Other Flexible Spaces
- Parking for 500

In the next phase, we will explore partnership needs and as we lay out the concept plan on the Airfield Park site we will 'true' each of the components. To learn more about the concept plan, visit our [Latest News page](#) on our website.

This moment has been a long time in the making. To finally have a site and a public process to engage the community with feels like we've leapt off the starting blocks. There will be community meetings and engagement as part of the master plan update process. We'll be sure to keep you, our stakeholders, informed

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SPLASHForward update (cont)

(Continued from page 10)

and ask that supporters show up en masse and voice of support at every opportunity.

Thank you to all of our supporters, especially to the Pacific Northwest Association of Masters Swimmers (PNA) for drafting a letter of support that was submitted to the Bellevue City Council along with our oral communications. You are making a big difference. We will continue to advocate on Masters **swimming's behalf throughout the process and road ahead. Don't hesitate to reach out with questions or input.**

If you know someone or a local business or organization that should hear our story, please consider making an introduction or arranging a group presentation. A community meeting was held on October 21st and there will be more planned in the future.



Visit [our webpage](#) to stay up to date and read more about the concept plan that we recommended.

2022 Registration

Clubs and workout groups: Make it easy for your members to register for 2022!

If you are a coach or team rep, you should have received information on registering your Workout Group or Club for 2022. If **you've not yet completed that registration, you should do it ASAP** so that your swimmers will be able to affiliate with your Workout Group or Club when individual registration opens on November 1.

If any of your swimmers register with an incorrect Workout Group or Club, contact the PNA Membership Coordinator, Stephanie Hiebert, at PNRegistrar@usms.org. Stephanie will make the correction in the USMS membership system.

BC Masters Mile

Begin 2022 with a 1500 SCM swim in the **Bellevue Club's outstanding pool.**

The Bellevue Club Masters Mile will be held Sunday, January 30, 2022. Warmups begin at noon, meet starts at 1 pm. Additional meet information was not available at press time but **will be posted on PNA's website and Facebook** page soon. As in the past, entries will be limited to 60 individuals.

For questions, contact Sally Dillon at salswmr@comcast.net.

Workout groups and clubs

Workout Groups? Clubs? LMSC's? Unattached? HELP!

By Linda Chapman, PNA President

For many USMS members, the most confusing thing about USMS is the organization of Workout Groups and Clubs. If you are one of the many people who just don't get it, read on.

USMS is a national organization with 52 chapters, kinda-sorta-but-not-exactly correlating to states. The chapters are called Local Masters Swim Committees – or LMSC's for short.

I stole this map from the USMS website (from [this link](#)). It's very pretty and was not made in Excel. (The significance of that will be apparent further down this article.)

Washington State is divided into 3 LMSCs – Pacific Northwest (PN, that's us!), Inland Northwest (IW, also has Idaho), and Oregon (OR, yes OR has 3 ½ WA counties).



Within an LMSC in the USMS membership system, all swimmers are affiliated with a CLUB – even

“Unattached” swimmers. Clubs are the top level of a swimmer’s affiliation. If you compete in a meet and look at your results on the USMS database, your Club will be listed even if you are also affiliated with a Workout Group. When you compete at Nationals, you compete as a member of your Club. (Remember this part, it’s important later.)

If you are “Unattached,” your Club in PNA (aka PN) is UC-36, which means Unattached to a Club in LMSC #36. Unattached swimmers may not compete on relays. That’s USMS rule 201.3.4 so if you want to swim on a relay at some point, make sure you register with a Club (and optionally a Workout Group). If you need to change your affiliation after registering, contact the PNA Membership Coordinator at PNRegistrar@usms.org.

Clubs can be either REGIONAL or LOCAL. (Take a deep breath, here comes the confusing part!) Regional Clubs cover a large geographic area and are comprised of people affiliated with separate teams called Workout Groups that are a part of the umbrella Regional Club as well as people affiliated with only the Regional Club and not a separate Workout Group.

Regional Clubs: In PNA, Puget Sound Masters (PSM) is a Regional Club. It is comprised of a couple dozen Workout Groups (BAM, BC, GLAD, LWM, NEO, TWIM, etc.) and individual swimmers not in a Workout Group but still affiliated with PSM. (See below for a basic graphic I made in Excel.) About 2/3 of PNA swimmers are affiliated with the Regional Club PSM and of those, nearly 90% are also in a Workout Group under PSM. The other 10% are still part of PSM but don’t belong to a Workout Group.

Local Clubs: In contrast, Local Clubs have no Workout Groups, and are made up of single teams, although the

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Workout groups and clubs (cont)

(Continued from page 12)

team might have several sites where the team holds practices. In PNA the Local Clubs are: BWAQ, LSMC, and ROCK. (Again, I point you to the bare-bones graphic below.)

WHY? Why go through all this trouble to have people affiliated with a (smallish) Workout Group, but also affiliated with a (large) Club? Because of those sweet, sweet relay points scored at Nationals.

Yes, really. It's about scoring points at Nationals as part of a very large team while retaining local team affiliation for local meets. And the possibility of being on a record-setting relay when you are lucky enough to get to swim with the "fasties." Or, if you are a "fastie," an opportunity to swim with other "fasties."

It is not unusual to have 70–100 PSM swimmers at USMS Nationals. Building relays from such a large group of swimmers results in lots of relays, many of which score points, with some relays even setting records. Relays earn double the points per place as individual events, so there is an emphasis on them at Nationals.

(Oregon has software that optimizes the relay teams for Nationals for points and records. Anyone with some programming chops want to do the same for PSM?)

There are two sets of Teams Scores at Nationals: Regional Clubs and Local Clubs. That way the larger Regional Clubs are in one division and the (supposedly) smaller Local Clubs in another. However, there are some pretty big Local Clubs in California and Florida!

As much fun as it is to compete as a super team at Nationals, at local meets, swimmers like to compete with their Workout Group against other Workout Groups and local Clubs. Having a Workout Group affiliation as well as a Regional Club affiliation allows swimmers to compete both ways: with the Club at Nationals and with their Workout Group at local meets.

PNA Champs is an example of a local meet at which the team competition is among Workout Groups, PSM members not on a WG, and Local Clubs. (The team competition at PNA Champs is further stratified by team size into three divisions: large, medium, and small, but that's a discussion for another day.)

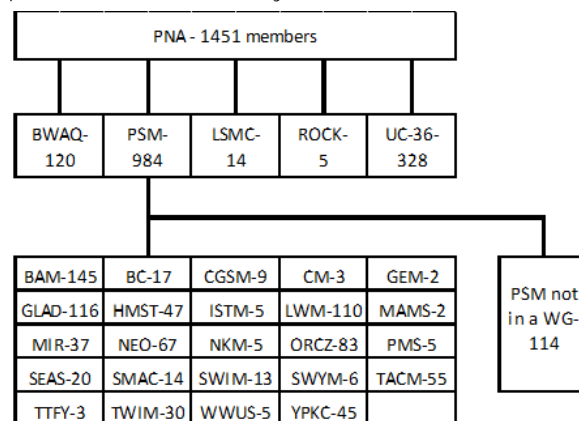
TLDR: For those of you who didn't read all the words above, to the right is the TLDR (Too Long, Didn't Read) version. The graphic shows the structure of PNA's five Clubs and the Workout Groups under PSM. The number after each abbreviation is the number of members as of 10-21-2021:

Searchable database of PNA members is [here](#).

LMSC

CLUBS

WORKOUT GROUPS IN PSM



English Channel Swim

By Chad Hagedorn

Hey, all! As we get the Bernardo's All Stars Tacoma Masters Swim Team momentum rolling around here again, I want to share my English Channel experiences really quick since everyone might not know yet what happened. If you haven't heard, I got pretty ill out there in the water. Very disappointing to be sure, and I'm sure it's disappointing news to hear. It's been a long and arduous road.

So, what happened? In short, I'm not really sure. Just getting to the starting line required every ounce of effort in my being. Every step forward over the last 2.5 years was met with adversity of some kind: COVID, fires, sewage spills, illness, injury, politics, personal stuff – **you name it!** One of the lines I wouldn't cross – and I'm grateful for this boundary, in retrospect – is I would not ask my support team to go to England early to **quarantine. They surely would have because that's how incredible they are but thank God I didn't ask.** As it turned out, we were able to get into England without quarantining, so no time was wasted there. Long story short though, I and the support team got to England and weather was an issue. For the most part, no one was able to get out of the harbor during my scheduled window for the swim. Game over. Or was it?

My escort boat captain said there was a slim chance that in a week or so another slot might open up and he would give me first option if it happened. I told him to definitely reach out if something came up. But again – **I'm not making my crew stand around waiting for a 'slim chance.'** Off we went to explore the world! (Make no mistake – I live for the adventure first! Fortune and glory is great and all – **but it's truly about the journey, man!**) We explored Great Britain and then we headed to Ireland. Eventually, Nicole had to head back home – because her priorities are straight. (She probably would have stayed longer if asked – **and again, I'm glad I didn't ask.**) After being out of the water and traveling Europe for a few weeks, that slim-chance call actually came through.

We had about 30 hours to book travel and accommodations and get back to Dover from Ireland. We also had to re-purchase all the gear and supplies we had to discard from when we were there for the originally scheduled window, and I had now lost half my support crew including my RN (Nicole Duncan)! I've always said this was a team sport, so my assistant coach Katy Smith



Chad Hagedorn, Katy Smith, Nicole Duncan



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English Channel Swim (cont)

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taking on the extra support crew weight is nothing to overlook. We were exhausted and stressed, but still feeling **confident**. **My swim started at midnight**. I felt relaxed and the escort boat crew commented they've never seen such a well-prepared support crew as Katy was prepping for all the potential contingencies. We weren't on our 'A' game, but we were ready enough.

We pulled out of the harbor and into the Channel to approach the starting point. It was here I already started to feel a little seasick. The winds were much higher than expected – of course. I asked Katy for an anti-nausea pill **and made sure the boat crew was not aware**. I **didn't want** to alarm anyone. It was then time. I was greased up and was asked to get in the water and make my way to the starting point. The water temp was 61 but it felt perfect to me. I got to the shore and waited for the signal. Go time. I got back in the water and started my swim in total darkness with a flood light as my guide. I made it: 2.5 years of hell and I was finally swimming the Channel. I felt strong, fast, confident, happy – and still a little seasick, strangely enough. I tried not to think about it and just kept on swimming. Swells were fairly large, which was actually a lot of fun. But there was also a cross current creating the dreaded washing machine effect. Sometimes the swells were so big I would lose sight of the light on the boat. With the cross current, the boat would be right next to me one second, then 20 meters away the next. My pace was solid – I was told over 3.5k per hour. Even without being in the water for nearly a month, I still felt competent and confident **I would complete**. But that damn seasick feeling wasn't going away – in fact, it was growing.

Out of nowhere, I got violently ill in the water. I won't go into details, but it was extreme. I thought the purge would make me feel better, but it didn't. It just kept happening. I probably vomited about 20 times total. I've had mild seasickness a couple times in my life, but nothing like this. I hid my illness from everyone for as long as I could and after nearly an hour of getting sick in the water, I was pulled into the boat – and I mean physically pulled into the boat as I was so shaky. I was seeing triple, and the world was spinning. I continued to get violently sick on the boat all the way back to shore. I'm assuming it was a combination of the darkness and the washing machine effect that did me in, but I'm not really sure. I'm not sure it matters. Because I

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English Channel Swim (cont)

(Continued from page 15)

vomited so much, all my calories, water, and meds were totally out of my body – not good. I do know it took about two days to recover from the seasickness.

I know in my heart I can do this swim, but I never lost sight that the English Channel is a natural phenomenon not to be trifled with and that there were no guarantees. Every day is different, and Channel conditions on any given day are a roll of the dice. My only regret is the all-consuming process up to the swim itself. **That's the real challenge, and it's very clear to me now that swimming the Channel is for the privileged.** I surely would have tried again a few days later if that was an option. It's not. I have to get back in line, which means another 2-3 years until I'd get another turn. **Escort boats book at least 2 years in advance** – I declared my intention and paid my deposit before COVID. Just COVID alone almost made this attempt impossible countless times. Considering the combined time, energy, money, support, and other resources required, attempting the English Channel again anytime soon is unlikely. If I do have another opportunity, I will insist on having a sponsor to cover expenses. The world needs to calm down a bit, too.

The ironic thing is there are plenty of tough swims I can do in my own back yard, and **for now that is my plan. It's my intention to attempt Alki to Tacoma's Owen Beach in the summer. But we'll see how things go, of course.**

I hope by not succeeding in my English Channel attempt, I haven't shown others **that sometimes things can't be done.** I believe in the potential of everyone in our group; that everyone can achieve whatever they want to with grit and effort. On any given day we can fall down, but what defines us is how we get back up and keep living life to its fullest potential. At the risk of pandering and being repetitive, this is **the best group I've ever had the privilege to be a part of.** I couldn't have gotten as far as I did without the love and support of everyone. And I will always owe a debt of gratitude to Katy and Nicole for being the best friends and best support crew a swimmer could ever ask for. Thank you, you two! (I will be making the rounds to everyone as soon as I can to express proper gratitude individually. **There's a vast number of you!**) I'm also grateful this particular journey has come to an end. **There's something uncomfortably narcissistic about pursuing a goal such as swimming the Channel, and I'm greatly looking forward to just being a part of the team again.**



Folks – **it was nothing short of an amazing adventure!** And I know there will be many, many more! I'm so grateful!

Board Meeting Highlights

September 19 Board Meeting Highlights:

- USMS Annual Meeting will be held via Zoom September 24-26. PNA's Legislation proposal L-4 to tighten At-Large Zone Director election requirements appears likely to fail. In-person "Volunteer Relay" may replace future Annual Meetings.
- LMSC Development Committee is now offering four types of Zoom-call webinars for LMSC leaders: Education, Community, Peer-to-Peer, and LMSC Update
- New USMS Club Finder listing guidelines disallow same name for Regional Clubs and workout groups, affecting a few unattached PNA swimmers with PSM as their WOG; out of date listings need attention.
- Membership, currently 1353, is 92% of 2020 levels, about 80% of pre-pandemic numbers.
- Financial: Assets as of August 31: \$71,417; July-August income: \$1578, expenses: \$312.
- Meets: PSM SCM at KCAC approved for November 20. Anacortes and Bellevue Club meet date approvals await final determinations.
- New grandparents Hugh (Bylaws Chair) and Jane Moore (Appointed Director) are relocating to the other Washington. These long time USMS and PNA contributors will be sorely missed. Position replacements are needed!
- Club and Team Development Coordinator Sally Dillon has updated and posted the list of club and workout group representatives. She is now updating the Coaches list.
- Registration: Club/Workout Groups should register by Oct 31. Swimmers can register starting Nov 1.
- 2022 Budget: Board members should consider goals and funding needs in time for January meeting.
- Next meeting is November 14 via Zoom.

PNA Voting 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

Coordinators/ Standing Committees

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

PNA Annual Meeting

PNA's annual meeting is coming up on Sunday, Nov 14, at 10 am and will be a Zoom call. The Annual Meeting is a great opportunity to put faces with names and also observe the nuts and bolts of PNA operations and governance. The agenda isn't yet finalized but will include regular reports from the Meets, Open Water, and Club & Team Development Chairs as well as goals for 2022 and a review of the recently concluded USMS Annual Meeting.

If you are interested in attending, contact PNChair@usms.org for a Zoom link.

In Memoriam

PNA Swimmers Who've Passed Away

by Steve Peterson

One of the traditional presentations to the House of Delegates at the USMS Annual Meeting is the tribute to members who have passed away since the last meeting. This well-prepared slide show features a photo and bullet highlights about each swimmer. This year, for Zoom meeting brevity, USMS President Peter Guadagni called out just a brief moment of silence. When I later viewed it (www.youtube.com/watch?v=BHOILcNR0fE, PNA at 12:55 in), I was a bit startled to find a couple friends I've known through Masters swimming.

I'd met both Dawn Jaeger and George Roudebush at local meets many, many years ago. Dawn's family held a memorial to her last August with an open water swim on Lake Washington. My recollections of George came from Senior Games meets and several Nationals as well. I believe it was Spring 2008 in Austin when a few of us ran into George at the local steakhouse.

I invited him to join us, but he said he had just been "pulled in" to another (large) team's table, not knowing any of them. That's how George was – he could make friends instantly. When the meal was over, we saw that group leaving the back room, laughing and carrying on with George, their new honorary team patriarch. Coincidentally, after researching articles about him ([read this one!](#)), I realized I'd driven very near his birthplace on my way to Long Course Nationals in Ohio last month.

USMS keeps a list of all members known to have passed, but it's not that easy to find: www.usms.org/reg/deceased.php. Once there, you can apply filters to this tool to narrow and sort your search. If you're aware of a missing name, please let the PNA Board know.

The nine PNA members appearing in this year's memoriam are:

Name	Residence	Date of Passing	Age	Club/Team	USMS Honors
Maryan N Burke	Lynnwood	9/7/2020	95	PSM	Top 10 (7 individual, 17 relay), FINA Top 10 ()
Raymond Huggins	Issaquah	2/26/2021	82	PNA	Top 10 (3 individual)
Dawn Jaeger	Bothell	12/4/2020	64	NEO, LWM	Top 10 (10 individual, 11 relay)
Joseph Michalak	Olympia	10/8/2020	90	PNA	
Julia Morrish	Lacey	8/21/2021	98	PNA	Top 10 (3 individual, 1 relay)
George Roudebush	Chardon OH, Bainbridge Island	3/4/2021	95	BAM	Top 10 (39 individual, 2 relay), FINA Top 10 ()
James G Scantland	Penticton B.C.	11/22/2020	85	UC36	
Charles VanZandt	Seattle	11/4/2020	73	GLAD	
Marvin Wood	Redmond, Walla Walla	12/7/2020	85	PNA	Top 10 (1)

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In Memoriam (cont)

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Excerpts from the available respective obituaries: (click on their name for the full article)

[Maryan N Burke](#)



[Raymond Huggins](#) was born and raised in England where he attended local schools, the University of Birmingham, and Oxford University. In 1963, Ray and Eileen married and emigrated to the U.S. to start a family. In 1985, they moved to Mercer Island; Ray retired as a Boeing engineer in 2002, holding **numerous patents. Ray loved sailing as a member of Queen City Yacht Club and America's Boating Club of Bellevue.** He is remembered as a kind, cerebral, and talented craftsman with his hands, even building a working scale model steam engine. An avid fan of Seattle Opera, Ray also taught himself to play the bagpipes and was a member of several bagpipe marching bands.



Dawn Jaeger [\[Facebook link\]](#) [\[USMS link\]](#)



[Joseph Michalak](#) passed away after a sudden illness. He will be remembered fondly by family, friends, and the hundreds of students he taught over the course of his 29-year career at Boston Harbor, McKinley, and Centennial Elementary Schools. Joe was a lover of life. He especially enjoyed singing and classical music. Also hiking, climbing, skiing, and bicycling, travel both near and far, and conversation with beloved family and friends.



[Julia Morrish](#) flourished in love and health with family and friends. Her lifetime career was "staying healthy." Her passion for swimming motivated her longtime Masters involvement. She traveled to compete in Europe, Asia, Australia, Canada, and many states. Julia's positive outlook and inner strength helped her overcome a leg amputation after a serious accident at Lake Crescent in 1999. She **was still swimming at age 98. Julia's curiosity and desire to learn led to volunteer firefighting,** Elderhostel biking trips, waterskiing, being a school secretary and Girl Scout Camp Manager. Always embracing new experiences, Julia was forever grateful – **"Bless your heart!" she would say.**



[George Roudebush](#) was a veteran and business owner who loved competitive athletics, farming, field trial competition with his Weimaraners, and bagpiping! As an 18-year-old **Sergeant in Patton's army, he** was awarded the Purple Heart and recently as a French Legion of Honor Knight, bestowed for liberating France. On return, following ten years in sales, he founded Guardian Fence Company, later Brown Fence, serving greater Northeast Ohio over 60 years. Into his 90s, loyal customers would call, only to find him showing up in person! George ran track and played football for Woody Hayes. He was active in Masters Track and Field, Masters Swimming, and canoeing among 18 different sports, especially after moving full time to Bainbridge in 2019. [Click the link for much more about this member of the Greatest Generation!]

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In Memoriam (cont)

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[James G Scantland](#) was born in Saskatchewan and grew up in the beautiful Okanagan. He was very athletic, exceling in any sports he tried. After teaching in Kitimat and Abbotsford, where he also became a realtor, James and Doreen retired to Nanaimo. They traveled the world many times over. Swimming (Senior Games) competition and coaching kept James very busy and active. In 2019 James and Doreen moved to Penticton. James always wanted to return to the Okanagan. James loved the sun and water and was able to enjoy both up to his last days.



[Charles VanZandt](#) loved the adventure of scuba diving, sailing, piloting small airplanes, riding motorcycles and snowboarding. He and Kiko Kimura [PNA President, 1983-85] met in GLAD's "wall" lane, marrying in 1992. **Charlie became an accomplished endurance athlete, completing the Paris-Brest-Paris cycling event (1991). He was a 5-time Canadian Ironman and 1992 World Championship qualifier. Charlie swam Penticton's Skaha Lake Ultra Swim and was then the oldest male to swim the Strait of Gibraltar sans wetsuit (2005). But cycling was Charlie's favorite.** He did RAMROD several years and enjoyed trips to France, Arizona, and California

with cycling friends. **Charlie and Kiko became "glampers" with annual trips to Ocean Shores. Avid reader** Charlie always had a book/e-reader wherever he went. Charlie will be remembered as a kind, soft spoken, compassionate man who always saw the good in people.



[Marvin Wood](#) was an Eagle Scout, U.S. Marine, chemist, husband, father, friend, skier, pétanque player, cook, and devoted learner. His favorite description of his friends was, "You don't have to feel that person's pulse to know they're alive" – that's the lesson for us: show up, be interested, contribute, and in that way we too will live a life well-loved. The night before he died, he was planning an Ugly Christmas Sweater party...

ePostal News

The 2021 U.S. Masters Swimming 3000/6000 ePostal Championship will run Sept 15-Nov 15 this year. Swim on your own in a 25-yard or 25-meter pool. (Meter distances will be converted to yards.)

Go to [this link](#) to register – a new rule this year is that you must register to enter the event BEFORE completing your swim. Each swimmer must have a timer who will record their splits for each 50. Forms are available once you register.

Clubs can enter relays using results from individual swims. Contact your club's coach if you plan to swim. PSM members can contact Sally Dillon for more information at salswmr@comcast.net.

Starting a Masters Program

Do you know of pools with some unprogrammed time? USMS is emphasizing club development in 2022 and part of that effort is identifying pools with enough available pool time to start a Masters program.

From USMS: “We’re looking for pools in your LMSC that can accommodate a minimum of seven workouts per week with a minimum of four lanes per workout and can attract three or four swimmers per lane (approximately 16 or more people in the pool at once). Pools with the most lanes have the most potential, but there may be other variables that make a pool in your LMSC a great target.

“Think about pools you’ve always felt should have a USMS club or the current club that just can’t get over the membership minimum in order to add more lanes or workout times. These may be pools at which a USA Swimming club controls the water and doesn’t seem to have any interest in Masters, they may be municipal pools that don’t seem to have the motivation to offer Masters programming, or they could be pools that used to have a great program but the coach left, which left a gap that needs to be filled.”

If you know of a pool that could host a Masters program, please forward that information to PNChair@usms.org by **November 7. Let’s see if we can get programs at more pools in western Washington with an assist from the USMS national office!**

Welcome New Swimmers!

Adler, Tiara
Beech, Melissa
Boehm, Clare
Brace, Jack
Brandabur, Molly
Brown, Charles
Carris, Kim
Cofell, Katherine
Cole, Matthew
Danks, Harold
Davis, Jennifer
Davis, Jessica
Dorre, Eric
Doyle, Tim
Farris, Webster
Forsyth, Julia
Friedman, Phillip
Garner, Amanda

Getty, Karen
Gipe, Nicholas
Green, John
Hall, Nicholas
Hankes, Julie
Harris, Jeremy
Healy, Andrew
High, Marjorie
Hofferth, Elliott
Jackman, Erika
Jacobsen, Cody
Jacobsen, Cortney
Jones, Anthony
Karl, Nicole
Kavanaugh, Carrie
La Porta, John
Lara, Adonis
Lightsey, Charlie

Madden, Brian
Maki, Kari
Mar, Emily
Marzolf, Liz
Mathews, Mandy
Mcdonald, Anna
McKenzie, Scot
Mercer, Laina
Meyer, Mary
Miller, Joy
Morris, Thomas
Null, Zoe
Ollila, Spencer
Orie, Natasha
Perez, Katrina
Porto, Ivan
Pulick, Nicole
Ramirez, Jason

Rasmussen, Allegra
Rist, Atle
Robinson, Dustin
Ruan, Renee
Sellman, Amanda
Smith, James
State, Claire
Steege, Jacqueline
Steiner, Jeremy
Stephens, Samuel
Stone, Andrea
Stowell, Thomas
Varatharajah, Anisha
Wambold, Dylan
Ziffren-Hall, Mindy
Zughni, Samir
Zuspan, Kara

Reverse Trick or Treat!



Bernardo's All-Stars did a "Reverse Trick or Treat" at Lakewood's Lake Louise on October 30. Members swam the mile around, stopping at each dock to deliver treats as a thank you to Lake Louise residents for always supporting their swim team's training.



Skeleton crew treated by "Tiger Shark" Diana Hermanson and swim organizer Dana Kelleher.



"Tiger Shark" Diana Hermanson checks with Mickey Randahl and Blitz (Kayaker #1)

