



CONTENTS

- 1—President's Message
- 1—PNA Calendar
- 2—New Swimmers
- 3—1-Hour Virtual Championship
- 4—Dawn Musselman Award Nominations
- 5—Coach of the Year Nominations
- 6—Snohomish Aquatics Masters Meet
- 8—Feature: It's Never Too Late to Learn to Live
- 10—Swimmer Spotlight
- 12—SplashForward Update
- 14—Board Meeting Highlights
- 15—USMS Meets Results Database
- 16—Feature: Setting Goals
- 18—Club & Workout Schedules

President's Message

By Linda Chapman, PNA President

Happy New Year to all! This issue of *The WetSet* is a testament to resiliency and looking ahead to fitness, fun, and friends in 2022. The last two years have likely been more challenging than any of us thought they would be way back in March 2020. Many of us had to put our swimming, or at least some aspects of it and all the good that comes with it, on **hold for some portion of the past couple of years. As you'll see in this issue, PNA is** emerging from that with a recognition of the joy swimming brings to each of us and the determination to get back to normal-ish.

In this issue:

- Coach Wade Praeger (Lake Washington Masters) has penned a terrific article on goal setting. Give it a read and take it to heart.
- Club and Team Development Chair Sally Dillon reached out to PNA Workout Groups and Clubs to create an updated directory of coached practices in PNA. Some teams have recently restarted or increased their practice times. If you are looking for a coached workout, this could help your search.
- Karen Chapman writes of her journey to swimming and the joy it brings her.
- Tom Walker has another great interview, this time with 2021 Dawn Musselman Award winner Tonya Berg.

(Continued on page 2)

PNA Calendar

[Search USMS
Calendar of Events](#)

- 1/1 to 1/31—[1 Hour Virtual Championship](#)
- 1/30—[BC Masters Mile](#), Bellevue, WA (SOLD OUT)
- 2/6—Thunderbird Aquatics Meet, Anacortes, WA
- 4/9 to 4/10—PNA Champs, Federal Way, WA
- 6/11—[Whidbey Adventure Swim](#) (open water), Langley, WA
- 7/16—[Fat Salmon](#) (open water), Seattle, WA
- 8/20—[Swim Defiance](#) (open water), Tacoma, WA

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

President's Report (cont)

(Continued from page 1)

- Steve Peterson provides another great meet wrap-up – this time for the Snohomish Masters meet held in November.
- **Walt Reid has a quick “How-To” regarding PNA meet results and how to find results on both the USMS and PNA websites.**
- Susan Pappalardo has a *SPLASHForward* update on a possible aquatic center in Bellevue.

Other happenings in PNA:

- Pool Meets Sanction Chair Lorraine Masse has been working with PNA teams to get three PNA meets sanctioned and ready for entry: Bellevue Club Metric Mile (January 30), Thunderbird Aquatic Club Masters Sweetheart Challenge (Feb 6), and PNA Champs hosted by Blue Wave (April 9-10).
- Open Water Sanction Chair Jim Davidson so far has three Open Water events on the 2022 calendar: Whidbey Adventure (June 11), Fat Salmon (July 16), and Swim Defiance (August 20).
- Longtime PNA swimmer and TWIM member Dan Underbrink has joined the PNA Board as an Appointed Director. Welcome Dan and thank you for agreeing to serve on the PNA Board.
- Thank you to *The WetSet* editor Lucianne Pugh for putting together another wonderful issue for PNA.

Happy swimming!

Welcome New Swimmers!

Affolter, Crystal
 Anderson, Andrew
 Anderson, Christopher
 Bennett, Anita
 Ben-Shachar, Tamar
 Bowers, Victoria
 Brooks, Chris
 Carlisle, Maegan
 Chang, Daniel
 Conlan, Michael
 Crater, Stephanie
 Culp, John
 D'Ambrosio, Karl
 Dehbaoui, Mohamed
 DeKoker, Amanda
 DelloRusso, Christiana
 Elliott, Thomas
 Fogelquist, Jeremy

Fruhwith, Ainsley
 Gaertner, Heidi
 Gaylord, James
 Gough, Emily
 Guy, Brian
 Haigney, Codi
 Higashi, Andrew
 Hoover, David
 Hull, Diana
 Jaeger, Kristin
 Jensen, Sarah
 Kavanaugh, Carrie
 Kelly, Kimberly
 Kempe, Christine
 Kozyn, Kaitlyn
 Kratzman, Wanling
 Kucinski-Murphy, Clare
 Lampley, Meagan

Lankston, Robb
 Larson, Alexander
 Lechner, Tanya
 Li, Ran
 Liang, Calvin
 Lloyd, Taylor
 Lovie, Brenda
 Ludwig, Derek
 Mazick, Alexander
 McIntyre, Markham
 McVarish, Nicole
 Mehl, Kayla
 Mikula, Tracy
 Morgan, Emily
 Murphy, Mary
 Palomino, Adriana
 Petaja, Janice
 Pham, Lauren

Potter, Josh
 Pratt, Andrew
 Rasmussen, Keith
 Rasmussen, Jensine
 Reinauer, Jill
 Shriver, Adele
 Simpson, Kaycee
 Slaughter, Kirinne
 Spencer, Gwen
 Ueda, Trish
 Wannamaker, Jackson
 Warnock, Maya
 Welch, Alex
 Wilk, Ayla
 Yong, Brandon
 Yu, Cathy
 Zhu, Daniel

USMS 1-Hour Virtual Championship

By Sally Dillon

Initially titled the “One Hour Swim for Distance,” this event became a Long Distance National Championship in 1978. Because everyone mailed their entry form and split sheet to the event host, the name changed in 1984 to “Postal One Hour Swim for Distance.” The founder of the event was the DC Masters Swim Club and they hosted through 1992. Beginning that year, other clubs around the country were allowed to host the event.

In the 2000’s, the event evolved into the USMS 1-Hour ePostal National Championship. Hard copy entries were no longer submitted, unless the participant had broken a national record. Also, during the last decade the January event was extended into February and swimmers could participate any time during that 2-month period.

2022 brings more changes to this iconic event. The title **has changed and it’s back to a January-only** time frame. Also, the USMS National Office has taken over the running of the event.

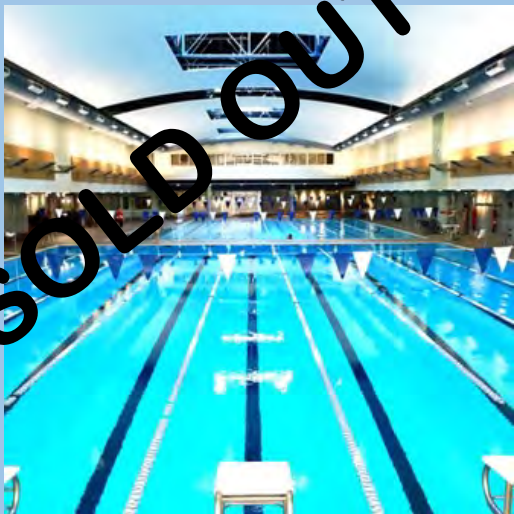
Complete event information can be found [at this link](#).

New this year:

- Participants need to register for the event before they attempt the swim
- Everyone gets a cool latex swim cap
- Clubs with the most participants can win \$\$ and prizes from USMS partners
- Swims must be accomplished in the month of January; results must be submitted online by February 2
- USMS+ members can enter for free

Things that haven’t changed:

- The event continues as a 60-minute competition
- Push yourself and see where you stack up compared to Masters swimmers nationwide
- No equipment allowed during the swim
- Use a 25-yard or meter pool
- Each participant must have someone time and record their splits
- If a record is broken, split sheets must be scanned and emailed
- Relays can be submitted using results from individuals from the same club (PSM members contact Sally Dillon at salswmr@comcast.net about relays)



The Bellevue Club Masters Mile is back!
Sunday, January 30, 2022

Begin 2022 with a 1500 SCM swim in the Bellevue Club’s outstanding pool. Meet information is in this issue and posted on PNA’s website.

As in the past, entries will be limited to 60 individuals.

Questions: Sally Dillon at salswmr@comcast.net
Click [HERE](#) to register.

Dawn Musselman Award Nominations

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



Dawn Musselman

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

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

Show that teammate your appreciation! Compose a paragraph or two describing their qualifications. Include an anecdote for fun, too! The award consists of a personal plaque and a perpetual trophy with the recipient's name added and will be presented at a to-be-determined date and place.

Submit your nomination by Saturday, March 19 to PNA Webmaster Steve Peterson, speterson@bandwagon.net. If you have questions, call Steve at 360-692-1669.

Past recipients of the Dawn Musselmen Inspirational Swimmer Award

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

PNA Coach of the Year Nominations

Each year PNA honors a local coach with the PNA Coach of the Year Award. Nominations are accepted from any PNA member and it is time to submit your nomination for 2020. Recognize your coach for the outstanding contributions to Masters Swimming that he/she has made. Show how much you love and appreciate your coach by nominating them for the Coach of the Year Award. The award will be presented at a to-be-determined date and place.

Submit your nomination by March 19 to PNA Board Member Sally Dillon at salswmr@comcast.net. Previous recipients of the Coach of the Year Award will serve on the selection committee.

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

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

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

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



Past recipients of the Coach of the Year Award

2021 – **Chad Hagedorn, YPKC Bernardo's All-Stars**
 2020 – Calvin Milbach, Thunderbird Aquatic Club
 2019 – Brad Hering, Stanwood-**Camano WA "Y"**
 2018 – Pete Colella, North End Otters
 2017 – Wendy Neely, Blue Wave Aquatics
 2016 – April Cheadle, Bainbridge Aquatic Masters
 2015 – Paul Ikeda, Orca Swim Team
 2014 – Joel Dodds, Mukilteo YMCA
 2013 – April Cheadle, Bainbridge Aquatic Masters
 2012 – Becca Watson, Lake Washington Masters

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

Snohomish Aquatics Masters Meet

Turnout was spectacular for the second Masters meet of 2021 at the Snohomish Aquatic Center. Was it pent up demand or fewer restrictions that resulted in 135 competitors signing up this time? Unlike the more restrictive June 6 *Give It a Shot!* meet with its 82 entrants limited to three events each, only the 500 Free was capped and spectators were welcome. All attendees were still required to mask up, though, with swimmers advised to bring baggies for storing their masks within short reach while warming up or competing.



Both meets featured fewer events in continuing deference to COVID-19 separation recommendations. The June 6 meet was effectively two meets in one, having two identical 15-event sessions with a 1650 between.



Snohomish Aquatic Center

Those were capped at 40 entrants per session with swimmers limited to any three of 50s, 100s, and 200s of each stroke, the 100 and 200 IM, and 500 Free. The 1650 was capped at 10 entrants. The November 7 meet featured 14 events, with swimmers allowed to enter up to 6 individual events including the 500, capped at 32. No 1650 this time, though, nor were there 200s in the Back, Breast, or Fly. But the Mixed Medley and Mixed Free relays were available, attracting 16 and 12 teams, respectively.

Between these two Snohomish meets, Lake Washington Masters' **Charlotte Davis achieved five of her six USMS records** in her new 70-74 age group! On June 6 she bettered the 100 Free (1:03.48) and 200 Free (2:21.31) national marks. At this meet, though missing the 50 Fly record by a mere 0.17 second,

she's the new record holder in 50 Breast (39.05), 100 IM (1:12.10), and 500 Free (6:16.06). (Between these meets she had added 100 Breast (1:24.44) at the Oregon Senior Games meet.)

The meet was live streamed via the Snohomish Aquatic Center's YouTube channel. Event results can be found on Swimphone [at this link](#), Meet Mobile (search Snohomish Aquatic Masters...), and the PNA website [at this link](#).

PNA Meets Coordinator Lorraine Masse did a great job rounding up officials, recruiting a replacement meet referee at the last moment and jumping in to officiate as well. Many thanks to our meet officials: Dick Chapman, Lorraine Masse, Deb Soper, David Warren, and Meet Referee Dave Baer. And to Rob Serviss, SAC Aquatics Manager and enthusiastic Meet Director; Shandy Henderson and Kari Fleischmann (meet management); and to all the volunteers serving on deck.



Amy Wolfe & Diana Hermanson

Snohomish Aquatics Masters Meet



Meet Director Rob Serviss



Shandy Henderson and Kari Fleischmann at the console; Dave Baer and Doug Jelen check results



Bernardo's All-Stars members Josh Arnold, Alain Steenbeeke, Diana Hermanson, Amy Wolfe, Kayla Mehl, and Steve Peterson



TWIM members Kathy Pelham, Dave Varner, Tom Walker, Brent Barnes, Holly Lickwala & kids, Dan Underbrink, Steve Fogg, Carl Haynie, and Brad Jones
Not shown: Maoz Alsberg, Scott Neuhaus, Dave Scott



It's Never Too Late to Learn to Live

By Karen Chapman

As I thrashed and splashed my way across the width of the local pool, it was declared I could swim. I was 8 and that was my last swimming lesson for over 50 years.

To say I'm not the "athletic sort" is an understatement. To this day I can neither catch nor throw a ball and I was always the last person to be chosen for any team sport at school. Amusingly, I was elected Sports Captain for my ability to organize the players, but they begged me not to actually join in.

Yet somehow, I discovered water was my happy place and I would swim whenever possible. It was neither elegant nor efficient; limbs paddling furiously below the surface, my neck arched back like a turtle, but it was functional.

Decades later, chronic neck pain sent me to the doctor. Months of tests and examinations revealed that I had moderate-severe osteoarthritis in several neck vertebrae, resulting in significantly reduced lateral movement and pain that was so intense that on one memorable occasion my neck went into complete spasm and I ended up in the ER. A good friend and experienced swimmer pointed out that my days of doing breaststroke were over, being both risky and potentially dangerous. Yet that was all I knew.

Determined to find a solution, I began searching for someone who could teach me freestyle. I had visions of being put in with the toddlers but I was even willing to do that if I could find an instructor who would help me.

That's how Coach Donna Conner of [Ninja Swim](#) came into my life in January 2020. With humor, patience, empathy, and not a

toddler in sight she taught me to swim. She used a blend of several swimming disciplines, customizing them as needed to my body and its limitations. My first freestyle mile was ridiculously slow and my stroke was far from refined but it was a significant milestone – and I managed it after just three weeks of lessons and practice.

We managed a few more lessons before the pool closed in March due to



(Continued on page 9)

It's Never Too Late to Learn to Live (cont)

(Continued from page 8)

COVID but even in that short time I was hooked and got back in the pool the first day they re-opened and haven't stopped swimming since. I quickly realized that I didn't just want to know *how* to swim. I wanted to learn how to swim *well* and become a stronger swimmer, so I kept up the coaching sessions and swam at the pool three times a week, continually tweaking my stroke.

In November 2020 I started open water: maybe not the best time of year for an inaugural dip but I'm clearly a late starter in general! Again, I fell in love with it. The sunlight sparkling on the water, the eagles soaring overhead, the snowcapped mountains, the camaraderie – it was exhilarating. By spring 2021 I felt ready for one of Guila Muir's ['Say Yes to Life'](#) events and entered to swim the half/one mile in Lake Washington, little anticipating that it would be blowing over 20mph winds that day. The mental challenge was almost greater than the physical one – but I did it! I was thrilled beyond words at reaching another milestone.

Over the summer of 2021 I completed all four (virtual) Fat Salmon swims, swimming 5k in both open water and the pool, a distance I never imagined possible.

Today, I continue to swim both in the pool and in open water five times a week, using my pool time to work on technique and pace, and open water to face my nemesis - waves! Indeed, my next challenge is to overcome my fear of those waves and be able to find the playfulness in bumpy swims. I'm nothing if not tenacious, so I just keep showing up and getting in.

Looking back, what Coach Donna gave me was far more than just swimming lessons. She threw me a lifeline. I have rediscovered the pure joy of being in the water and the immense satisfaction of challenging myself while overcoming fears and physical limitations. Together with encouragement and support from my UK-based open water mentor and local retired coach and TWIM cofounder Tom Walker (affectionately nicknamed coach #3), there's no stopping me now. Swimming has become a lifestyle. I feel fitter and stronger than I've ever been, both physically and mentally.

I'm living my best life right now, at 60.



Swimmer Spotlight

I Want to Just Keep Swimming!

An Interview with Tonya Berg of GLAD, PNA's Dawn Musselman Inspirational Swimmer for 2021

With Tom Walker of TWIM

When vision meets intentionality in one individual, it elevates everyone. Each time we enter the water we are making a powerful statement about how we intend to fortify our well-being and the well-being of others around us. We are making a positive declarative statement about what it means to be alive and to take ownership of that moment and every other, about the very nature of contribution itself. Every stroke means that we are in the game for real. By this one act we are honoring not only our own aspirations but those of all who swim with us, all who have come before, and all who will follow. And it is always incumbent upon us to respond with honor.

Some are called to yet a higher contribution. It is those who are unshakably committed, those who throw every fiber of their being into this exalted vocation of ours and embrace it with a joy and a determination that is remarkable and inspirational. Over these last forty years of mine as a Masters swimmer, I have been blessed to know and be around many of these truly extraordinary people. They are coaches, they are teammates, and they are volunteers. Knowing them has set a model for me of what it takes to be a Real Human Being and a Real Swimmer. To be *all in every moment. There is a light shining from these people...*

Tonya Berg is a person like that.

TW: Congratulations on the award, Tonya! Please tell us how this marvelous journey began for you.

TB: I started swimming when my mom signed us up for lessons in 2nd grade. Her father had drowned earlier that year while fishing in a small river. I suspect he had hip boots on and panicked when they filled and did not **have familiarity with swimming. I swam competitively starting at age 13 on the "Y" team and then in high school and college. I still have dear friends from my swimming days!**

TW: Where did you do your college swimming?



Swimmer Spotlight (cont)

(Continued from page 10)

TB: At Washington State University! Go Cougs!

TW: What events did you swim back then?

TB: **The 50, 100, and 200 breast and I'm still swimming them today!**

TW: What brought you to Masters swimming?

TB: Masters swimming started for me in 1996, the year my dad passed, and I realized I needed to **play to my passion. Time is short...**

TW: Indeed it is! Where did you start swimming Masters?

TB: I have swum with the Green Lake Aqua Ducks since the start and have enjoyed every minute!

TW: What has made it so compelling for you?

TB: I have dear friends I have met because of swimming and have traveled for meets from Morocco to Stanford, Arizona, Sarasota, San Antonio, and here in Seattle. A group of us from GLAD even trained and competed in Ironman Canada several times and had a great time! We even did two treks, one to Greece and one to Baja, and they were a blast!

TW: What is it particularly about Masters that fuels you so immensely?

TB: Masters swimming is a great source of camaraderie and fitness as well as mental and physical well-being. I have often said half of us would be in jail if it was not for swimming, our favorite passion!

TW: So, what is making the future most bright for you? What are your goals?

TB: I am still working probably another four years as a Respiratory Therapist, and then I will be a full time Masters Swimmer and love every minute of it!! I want to just keep swimming!

TW: Hallelujah!



SplashForward Update

Dreams, Visions, and Goals in 2022

By Susan Pappalardo

We are getting closer to achieving our dream for a new facility. Given what we all have been through since the **start of the pandemic, it's safe to say that we all could benefit from dreams that feel attainable.** Looking back, 2021 brought us closer to realizing the day when Pacific Northwest Masters swimmers can train and compete at a game-changing regional-scale public aquatic center in Bellevue.

We are excited for 2022 and are not letting up on our big goals for the year ahead. Three big goals we have for 2022 are the following.

- Raise the remainder of our Seed Funding (\$193,000) to pay for professional services such as fundraising, marketing, public relations, aquatic consultancy, and early architectural visioning.
- Formalize and begin executing our Fundraising Plan to assess private fundraising capacity from all private funding sources (individuals, foundations, grants, businesses, and corporations).
- Engage and activate the broader community to raise awareness and build support for the Bellevue Airfield Park site during the City of Bellevue's master plan update process.

As always, please share our efforts with a friend and connect us with someone who you think needs to hear **more about our story.** If you want to learn more about 2021's major milestones, check out [our website](#) or recent issues of the *WetSet*.

SPLASHForward Vision Video

Have you seen our first [SPLASHForward Vision Video](#) yet? It was released on Giving Tuesday this past November. We tell the story of our advocacy through the powerful voices and stories of a few individuals whose lives are positively influenced by their access to aquatics. It is their stories and yours that motivate us to fulfill our mission.



Access to Water Safety

To raise awareness on the great need for public aquatic facilities that serve our diverse communities, please enjoy reading our recent [Access to Water Safety article](#). The article highlights how hard it is to find swim lessons and how demographics play a role in access to water and water safety. Please share!

Lifeguards Needed

Lifeguards are the linchpin of our aquatic activities and shortages are sending ripples across every aquatic facility public and private. Attending the Pacific Northwest 13 & 14 Yr Winter Short Course Championships at the

Weyerhaeuser King County Aquatic Center (KCAC), the need for additional lifeguards in the pipeline was quite evident—the dive tank sat closed for lack of lifeguards. KC staff and club team volunteers were working full tilt.

(Continued on page 13)

SplashForward Update (cont)

(Continued from page 12)

KCAC, which resumed hosting meets in October of 2021, is operating with barely half of the pre-pandemic number of lifeguards, forcing a nearly 50% reduction in offerings and inability to operate all three pools at meets including not being able to host concurrent diving and swimming at the facility.

The ability to host championship-level meets is directly tied to the number of lifeguards on staff at KCAC. With the PAC-12 Championships soon approaching in February, this would be a great time to get a front-row seat as a lifeguard!

Interested or know someone? Apply at www.kingcounty.gov/jobs (Search for Lifeguard). KC holds training every month.

Thank you PNA!
We are thankful for the space that PNA has given us to share our story and keep you "in the know." Please send feedback or questions anytime! Thankful for your engagement.

If we could tuck a little something into *The WetSet* to make your 2022 year bright, we would include a healthy dose of motivation to go after your swimming dreams! Water unites us and we are stronger together! Happy New Year!



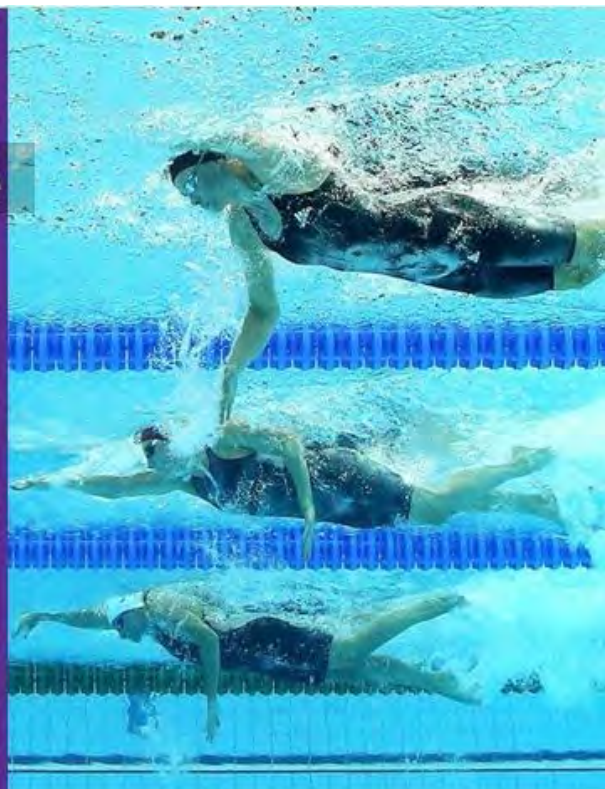

A Better Freestyle

Saturday, April 16, 2022

Save the date! TWIM in conjunction with the Snohomish Aquatic Center is pleased to present "A Better Freestyle", a swim clinic with top notch coaches.

This clinic will improve your freestyle technique. You will leave the water with new tools to conquer your next big swim!

Cost: TBA
 When: 10 am - 1 pm, April 16
 Where: Snohomish Aquatic Center
 Register: (Link Coming Soon)



Board Meeting Highlights

November 14:

- **Appointed Directors:** Bob DeWard was reappointed for 2022. Jane Moore's replacement will be selected at the next meeting.
- **Audit:** Dave Baer agreed to conduct the Annual Financial Records review.
- **Bid to host 2023 LC Nationals:** PNA planned to bid for 2022 Summer Nationals before COVID interrupted. The board approved submitting a bid to the Championship Committee to host in 2023. While the National Office has taken on several duties, there is a risk of financial loss and many local volunteers will still be needed. Many recruits from past Nationals have stayed involved to become board members. Sally Dillon, Lorraine Masse, Steve Peterson, Doug Jelen, and Jim Davidson agreed to serve on the Organizing Committee.
- **Club and Team Development:** Sally Dillon made numerous updates to the representative list. Four clubs and 20 WGs have registered for 2022; five more have been encouraged to do so. Sally suggested looking for a Coaches Chair who was once a coach but no longer doing that, but with experience and possibly more time. Linda Chapman plans to email the membership to cast a wider net for a candidate.
- **Financial report:** Total Assets (October 31): \$72,447.99; Sept - Oct Income: \$1,400.48; Expenses: \$207.26.
- **Goals:** Board members listed individual goals to keep us focused for the new year.
- **LMSC Update:** Linda Chapman attended the November 11 webinar and will attend the next one December 9 focusing on LMSC Roles. Linda urged board members to use the USMS interactive calendar to find, register, and attend USMS meetings through the year.
- Lorraine initiated a grant requesting PNA access to *Microsoft 365 for Non-Profits*. This will allow us to **restore group email lists, eventually employing "Teams" to replace Zoom and using "Forms" instead of Survey Monkey**. The board will not renew the Survey Monkey paid subscription.
- **Meets: We're waiting to hear from BWAQ about hosting Champs. Meet dates previously approved by email for the BC Mile (Jan 30) and TACM SCM (Feb 6) were confirmed.** Linda Chapman congratulated Lorraine Masse for her great work sanctioning, working with host Snohomish Masters, and officiating at the well-run Snohomish Masters meet (Nov 7, 135 competitors!).
(Editor's note: BWAQ has since confirmed that they are hosting PNA Champs on April 9-10.)
- **Membership:** Registered for 2022: 211. 2021 final was 1474 members (672 men, 802 women).
- **Newsletter:** Lucianne Pugh thanked Linda Chapman and Steve Peterson for their contributions. Next content due date is December 15.
- **Open Water:** Three requests, *Whidbey Adventure* (June 11), *Fat Salmon* (July 16), and *Swim Defiance* (August 20), will be sanctioned. Jim Davidson will follow up with the *Aly Fell Memorial* director on funding alternatives that could make this event viable.
- **Peer-to-Peer Webinars:** Linda Chapman and Steve Peterson attended the November 4 *P2P for Secretaries*. Next P2Ps are *Event Hosting* (December 2) and *LMSC Chairs and Vice Chairs* (January 6).
- PNA is entitled to four participants to attend *USMS Volunteer Relay 2022*, March 4-6, likely in Denver.
Linda Chapman proposed that meals be added to PNA's existing per diem allowance under USMS and PNA policies.
- **YMCA of Greater Seattle and Husky Masters:** Stephanie Hiebert works for the YMCA of Greater Seattle, whose current CEO supports adult swimming. Stephanie is hopeful that Husky Masters, currently

(Continued on page 15)

Board Meeting Highlights (cont)

(Continued from page 14)

relocated from the UW pool to View Ridge, and other Masters groups will be able to rent YMCA space as COVID-19 fades and staffing builds. Sally Dillon noted the “gray area” of some facilities not requiring USMS/PNA membership for participation in “Masters workouts.”

- 2022 Meeting Schedule: Six meetings are proposed. The November meeting may be in-person, possibly a potluck, possibly on a Sunday.

PNA BOARD MEMBERS

President – Linda Chapman	Club Director – Kim Boggs
Past President – Sally Dillon	Club Director – Doug Jelen
Vice President – Kathy Casey	Club & Team Development Coordinator – Sally Dillon
Secretary – Steve Peterson	Awards – Kerry Ness
Treasurer – Lucianne Pugh	Coaches – Open
At-Large Director – Todd Doherty	Fitness/Clinics – Wade Praeger
At-Large Director – Dick Green	Newsletter – Lucianne Pugh
Bylaws – Hugh Moore	Officiating – David Baer
Meets – Lorraine Masse	Postal – Sally Dillon
Membership – Stephanie Hiebert	Records/Top Ten – Doug Jelen
Open Water – Jim Davidson	Social Media – Jake Ni
Appointed Director – Bob DeWard	Webmaster – Steve Peterson
Appointed Director – Dan Underbrink	

USMS Meets Results Database

By Walt Reid, PNA Historian

Did you know that your swims from PNA Meets are stored in a “searchable” database on the USMS website? To search for your swims scan to the bottom of the main page at usms.org. Click on “Events,” then “Results and Rankings,” and then “Track my Results.” Enter the requested information and see what is reported.

If you click on a meet ID you will see the Meet Detail page with links to the full meet results and the meet statistics. “Find Results for a Swimmer” will show detail results for all your events at that meet. Clicking on Heat/Lane (if highlighted) will show you who you swam against in your heat. Clicking on the time (if highlighted) will show your splits.

Thanks to the efforts of several PNA Board members over the years, the meet results in digital form have been loaded to this Meet Results Database. The results from PNA SCY meets go back as far as 2004, LCM meets 2006, and SCM meets 2005. In addition, you should find your results from USMS National Championships (SCY and LCM) that go back even further.

If you want to see the full meet results (in PDF format) then you need to visit the swimpna.org website. There we have loaded meet results going back to the early days of PNA. The reason the PNA results only go back to 2004-2006 is we needed the digital database from the Hy-Tek Meet Manager program that was used to run the meet.

I hope you will use this USMS tool to view your swims and that it brings back good memories.

Masters Swimming Setting Goals

By Wade Praeger, PNA Fitness Coordinator and LWM Coach

I have a couple of new swimmers on my team who both asked if I would help them set some goals for the new year. Renata is a former college swimmer who wants to get back in shape but has no interest in competing. **Sanjay just learned to swim a couple years ago and has been progressing rapidly. He's eager to see if he can qualify for Masters Nationals in San Antonio this spring.**

Rather than meet with them separately, we agreed to have coffee together and talk things over as a team. You might think that a conversation about goals for such different athletes would split in different directions, but you would be wrong.

Though competitive athletes are known for setting "Performance Goals," like making a certain time, or doing well in a big race, I'm not really interested in those kinds of goals. If you want to break 30 seconds for the 50 fly and miss by one-tenth while dropping two seconds in the process, do you call that a failure? And winning a race may seem like a great goal, until some former Olympian shows up and beats everyone by a length!

I am much more interested in "Process Goals," like getting better at starts or practicing for an hour instead of just 40 minutes. No one wins awards for achieving a process goal, but when you challenge yourself like this, and continue to set new process goals again and again, best times and confidence will naturally follow. Whatever your goal and whatever your motivation, focus on the PROCESS!

After Sanjay, Renata, and I compared notes and parlayed over some tea, a muffin, and another muffin, we **came up with six goals or challenges that we thought were crucial to any swimmer's "success".**

- First off we all wanted to be more consistent. I could be the smartest coach and they could buy all the most expensive gear but if they only practiced two times a week, and frequently took vacations or business trips, then they would always struggle. Renata looked a little glum because she traveled for work all the time. **I assured her that's fine. Just make time to get in any kind of aerobic and strength training you can. I told her about the time I swam in a 15-foot hotel pool with an old bicycle inner tube stretched between the ladder and a leather belt around my waist. I just swam in place for 30 minutes looking at the same dirty speck on the bottom of the pool and watching bewildered people walk by on their way to the sauna!**
- **We couldn't decide if this should be the first or second most important goal, but we all agreed that it is vitally important we always maintain a positive, joyful attitude. We would measure this by how we treated other athletes and how we reacted to adversity. It's called good sportsmanship. If you're not taking pleasure in the accomplishments of your friends and competitors, and if you can't bounce back from disappointment, then any success you achieve will be hollow and pointless.**
- Thirdly, I convinced them of the value of doing world-class turns. Renata already had that covered, but **Sanjay had a long way to go. Good flip turns don't require years of practice or gobs of talent. I explained that with a week of practice, quality turns can take a second or two off your 100 times, while it may take years of intense training to make a similar improvement. And for any open water swimmers who train in a pool, this applies to you too. I know you don't do flip turns in the lake, but you don't do open turns either, and you**

(Continued on page 17)

Masters Swimming Setting Goals (cont)

(Continued from page 16)

certainly don't stop and grab onto a wall every 25 yards. Flip turns are the best way to simulate continuous swimming if you train in a pool. An important side benefit is that every turn is an opportunity to experience the importance of a good streamline. On every turn you should feel your body slice through the water; Perfectly horizontal, toes pointed, back straight, neck neutral, arms against your ears. These five things are critical to an efficient freestyle. So practice them - all the time - on every push-off.

- Next, we decided they should start tracking their workouts with some sort of training log. Whether your goals are **performance or process oriented it's important to write them down, check in on them regularly, and most importantly, recognize and reward your successes.** There are lots of online training logs out there. USMS has a good one for your phone, but I still like a simple spiral notebook. It gives me space to elaborate on good or bad workouts, and it doesn't fill up with empty pages if I miss a few days!

At this point, Renata got a little fidgety and wondered when we were going to get to some actual swimming goals!

- **So our fifth goal was to always challenge yourself at practice. Every practice can't be your best, but you can do at least one thing at practice really, really well.** Maybe you can do one descending set all out. Maybe you can negative-split the long 500-yd swim at the end. Maybe the goal is simply to not give up on a kick set. Make pushing yourself a habit.
- **After years of coaching, I've seen one process that every successful swimmer embraces and that is warming up well before a swim and cooling down after.** I know you are pressed for time, but there is no bigger waste of time than a nagging injury or stiff unresponsive arms. Spend AT LEAST five minutes swinging your arms, twisting your torso, and stretching your legs, before you ever get wet. Ten minutes is even better!

Of course this list could go on and on. Think about some process goals you can set for 2022 and add them to the bottom of our list.

I'll leave you with a quote from the great John Wooden who coached UCLA to 10 NCAA basketball championships between 1964 and 1975. Through all his unrivaled success, he claimed he never spoke to his players about winning a championship (a performance goal). He only focused on the process. He defined success as "the peace of mind which is the direct result of ... knowing you made the effort to become the best of which you are capable." Apparently, the championships were just a pleasant side benefit.

*Follow PNA
online!*



Club and Workout Group Schedules

Looking for a place to get a coached workout? Check out these schedules for PNA clubs and workout groups.

Bernardo's All Stars (BERN)

Downtown Tacoma YMCA
M-F 6 pm, T/Th 6 am & noon
Sun – Open Water 9 am at Jack Hyde Park
Y Membership required, no other dues
Coach Chad Hagedorn 253-332-5985
or swimbull@yahoo.com

Blue Wave Aquatics (BWAQ)
King County Aquatic Center (KCAC)
and Federal Way Community Center at
FWCC, both in Federal Way
Sumner High School (SHS) in Sumner
Sun 9-10 am at FWCC
M/Tu/F 5:30-6:30 am at KCAC
Tu/W/Th/F 9:30-10:30 am at KCAC
Tu/Th 7:30-8:30 pm at KCAC
Sat 7:45-8:45 am at SHS
\$15 drop-in fee. Various membership
options available
Vaccine proof or neg test w/in 72 hours
req at KCAC
Masks required everywhere
Swimmers must register for all workouts
at <http://www.bluewave-aquatics.com/schedule.aspx>
Nellis Kim membership@bluewave-aquatics.com

Cascade Masters (CM)
Yost Pool, Edmonds
M-F 7-8 am (check re: holiday
schedule)
\$120 monthly, \$15 drop-in
Pete Colella petecolella@runbox.com

Green Lake Aqua Ducks (GLAD)
View Ridge Swim & Tennis Club,
Seattle
M-F 4:50-5:50 am year-round
\$10 drop-in
Harold Johanson
HaroldJohanson@comcast.net

GLAD hosts "Summer Saturdays at Colman Pool"

6:30-8 am; Start date is typically mid-May

Husky Masters (HMST)
View Ridge Swim & Tennis Club,
Seattle
Tu/Th 8:20-9:20 pm
\$13 drop-in; purchase ticket at
www.huskymasters.org
Stephanie Hiebert ravenlou@gmail.com

Lake Stevens Masters Club (LSMC)
Lake Stevens High School Pool, Lake
Stevens
M-F 5:30-6:30 am
\$75/month or \$7 drop-in
James Latham
lsmastersclub@gmail.com

Lake Washington Masters (LWM)
Juanita High School Pool, Kirkland
M-F 6:15-7:30 am, 11:45 am-noon
Sat 10-11:15 am
Annual registration with LWM is \$50
\$120/month or \$15 drop-in
Coach Wade Praeger
wpraeger@yahoo.com

Mercer Island Redwoods (MIR)
Mercer Island Shore Club, Mercer
Island
M-F 5:30-7 am
\$13 per swim drop in (\$10 for those 35
& younger)
Club Rep Alex Goldstein
a_s_gold@hotmail.com

North End Otters (NEO)
Aqua Club, Kenmore
M-F 8-9 am
Saturdays 7-8 am
\$15 per swim drop-in rate
\$40 annual to join & be on the email list
neoswimteam@gmail.com

Seattle Metropolitan Aquatic Club
(SEMAC)
Lakeridge Swim & Tennis Club, Seattle
M/W/F 5:45 – 7:15 am
Registration fee \$50, monthly dues \$90,
no drop-in
Laurae Briggs office@smac.email

Snohomish Aquatic Masters (SAM)
Snohomish Aquatic Center, Snohomish
M/W/F 5:30-6:30 am
T/Th 8:30-9:30 am & 8-9 pm
\$8 drop-in, punch cards, monthly,
yearly fees avail.
Tonya Heike tonyaheike12@gmail.com

Thunderbird Aquatics Club Masters
(TACM)
Fidalgo Pool and Fitness Center,
Anacortes
M/W/F 5-6:15 am and 6:30-7:45 am
T/Th/Sa 5:45-7 am
\$65 per month
Coach Jillian Dees
jdeespfcc@gmail.com



U.S. MASTERS SWIMMING

4th Annual Bellevue Club Masters Mile
1500 - Short Course Meters
Sunday, January 30, 2022
Warm-up at 12 PM; Meet starts at 1 PM
Sanction Pending

LOCATION: The Bellevue Club, 11200 SE 6th Street, Bellevue, WA 98004
The Bellevue Club is a private facility. After parking, enter at the Athletic Entrance and check in at the reception desk (your name will be on a list). Proof of vaccination or a negative test within 72 hours of entrance will be required for admittance. Day use lockers are available in the locker rooms at no cost. Please be respectful of the membership facilities. Bellevue Club Hotel offers a discounted rate of \$199 for Saturday, 1/29 for participants. Contact the hotel manager at bryanp@bellevueclub.com.

FACILITY: 25-meter pool, 9 lanes, at least 7 lanes for competition. Temp ~80°F. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1. Seating is **limited; bring deck chairs. The facility's COVID-19 restrictions apply.** A mask is required when not in the pool.

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

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

MEET REFEREE: Dave Baer, dlbaer53@gmail.com

CONCESSIONS: Not available. Bring your own snacks.

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2022 USMS or foreign registered swimmers 18 and above as of **1/30/2022. Age groups based on the swimmer's age as of 12/31/2022 (must be 18 on or before meet date).**

ENTRIES: All entries must have an entry time. Entry time limit is 45 minutes. Use an estimated time if you don't have a time from a previous competition. See conversion chart on registration page. Entries must be received online by 11:59 PM (Pacific) Monday, 1/24/2022. NO race day deck entries will be accepted. Meet entry cap is 60 swimmers.

SEEDING: The event will be deck seeded fast to slow with age groups and genders mixed.

CHECK-IN: In-person positive check-in required by 12:30 PM on 1/30. Online check-in will be available via SwimPhone Sunday, Jan 30 from 6 am to 12 pm. Online check-in link: https://www.SwimPhone.com/meets/meet_menu.cfm?smid=14289. Swimmers missing the check-in deadline may be scratched from the event.

INTERMEDIATE SPLIT TIMES: Swimmers who would like one or more intermediate split times submitted as official times must complete a USMS Split Notification Form indicating the distance(s) for which splits should be submitted. Forms will be available at the meet.

AWARDS: No awards will be available.

ENTRY FEES: Flat fee of \$20 USD; includes LMSC and timing surcharges

ONLINE ENTRIES ONLY: Enter online at: https://www.ClubAssistant.com/club/meet_information.cfm?c=1534&smid=14289

DIRECTIONS: From I-405, exit at SE 8th Street in Bellevue, WA. Go west on SE 8th, turn right at 114th, and left at SE 6th. The Bellevue Club will be on your right before you reach 112th.



Thunderbird Aquatic Club Masters
Sweetheart Challenge
February 6, 2022
Warm-up: 9:00 AM Meet starts at 10:00 AM
Sanction Pending

LOCATION: Fidalgo Pool, 1603 22nd Street, Anacortes WA 98221

FACILITY: 25-meter pool, 6 lanes, separate warm-up area in the wings of the pool. Temp ~80°F. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1. The **facility's** COVID-19 restrictions apply.

TIMING SYSTEM: The primary timing system will be automatic timing. Times may be submitted for USMS records and USMS Top 10 consideration.

MEET DIRECTOR: Jillian Dees jdeesfpc@gmail.com (281) 813-4824

MEET REFEREE: TBD

CONCESSIONS: None

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2022 USMS or foreign registered swimmers 18 and above as of 2/6/2022. Age groups based on the **swimmer's age as of 12/31/2022**. **Foreign registered** swimmers must provide proof of current registration in their **country's** federation.

ENTRIES:

- **Swimmers may enter up to 6 individual events.**
- **Entry times are required for all events. Estimates are OK.**
- **Enter Online at: 2022 TACM SCM Masters Meet (2/6/2022)** clubassistant.com
- **Entry Deadline: Entries must be submitted online by 11:59 PM** (Pacific) Monday, January 31st.
- **ENTRY FEES: \$16 USD (includes LMSC and timing surcharges)** PLUS \$3 USD per individual event. Entry fees include WA State sales tax. No charge for relays. PNA swimmers who need financial assistance for entry fees may request same from the PNA Wiggin Fund.
- **RELAY ONLY SWIMMERS: Swimmers wishing to swim only** relays at the meet may do so. Same entry deadline and surcharge as above.
- **Your credit card will be charged by 'ClubAssistant.com Events'** for this swim meet.
- **DECK ENTRIES: Not allowed**
- **ENTRY QUESTIONS: Jillian Dees contact information is above.**

SEEDING: All events will be seeded slow to fast, age group and genders mixed. Pre-seeding except for 400 Free, 400 IM, and 800 Free.

CHECK-IN: Positive check-in required for the 400 IM by 9:30 AM, the 800 Free by the conclusion of event #4, the 400 Free by the conclusion of event #15. Swimmers missing the check-in deadline may be scratched from the event.

SPLIT REQUESTS: Swimmers who would like one or more intermediate split times submitted as official times must complete a USMS Split Notification Form and submit to Clerk of Course prior to the event.

RELAYS: Deck-enter relays at the meet at no charge. All relay swimmers must already be entered in the meet. Mixed relays require two men and two women. Mark your relay entry card carefully to ensure correct intent and results.

AWARDS: None

ORDER OF EVENTS:

- | | |
|------------------------|--------------------|
| 1 Mixed 400 IM | 12 Mixed 50 Back |
| 2 Mixed 200 Med. Relay | 13 Mixed 100 Fly |
| 3 Mixed 50 Free | 14 Mixed 200 Free |
| 4 Mixed 100 Breast | 15 Mixed 50 Breast |
| ~5 min break | ~5 min break |
| 5 Mixed 200 Back | 16 Mixed 100 Back |
| 6 Mixed 50 Fly | 17 Mixed 200 Fly |
| 7 Mixed 200 IM | 18 Mixed 100 IM |
| ~5 min break | 19 Mixed 400 Free |
| 8 Mixed 200 Free Relay | |
| 9 Mixed 100 Free | |
| 10 Mixed 800 Free | |
| 11 Mixed 200 Breast | |
| ~5 min break | |

DIRECTIONS: From I-5, take exit 230. Go west on Highway 20 to its end in Anacortes. Take the first exit from the traffic circle onto Commercial Ave, towards downtown. Dive down Commercial Ave. and take a left onto 22nd Street. Go up the hill to J Ave and take a left, Fidalgo Pool is immediately on the right.

LODGING:

The Marina Inn: 3300 Commercial Ave, (360) 293-1100
Anaco Bay Inn: 916 33rd, (360) 299-3320
Islands Inn: 3401 Commercial, (360) 293-4644

