

## CONTENTS

- 1—President's message
- 2—Cold Open Water Swimming
- 4—BC Mile Results
- 6—Swim Toys!
- 8—Swimmer Spotlight
- 14—SPLASHForward
- 16—Bernardo's All Stars Synchronized Swimming group
- 17—PNA Membership Numbers
- 18—1-Hour Virtual Champs
- 19—2022 Open Water Series
- 20—PNA 2022 Budget
- 21—New Swimmers
- 22—Board Meeting Highlights
- 22—PNA Calendar



## President's Message

*By Linda Chapman, PNA President*

Happy almost-Spring and almost-daylight saving time to everyone! Things are kinda, sorta, getting back to normal-ish and the PNA calendar reflects that.

Pool Meets: WWU in Bellingham will be hosting the [Viking Invitational](#) on March 13 while Blue Wave is hosting a one-day version of PNA Champs on April 10. The Champs info link will be added to [the PNA website](#) when it becomes available.

Freestyle Clinic: Also coming up in April is a freestyle clinic by the good folks at Team Walker International Masters. The clinic will be led by Tatiana Lemos de Lima, a two-time Olympic freestyler in her native Brazil, and Brad Hering, the 2019 PNA Coach of the Year. [Click here](#) for more info on the clinic and see the Swimmer Spotlight feature in this issue for more info on Tatiana.

PNA Board: In PNA Board news, we need someone to serve as Coaches Chair. The focus of the position is to coordinate and/or communicate information sharing and activities that would benefit all coaches in PNA. A detailed job description can be found [here](#). **You don't have to be** currently coaching to fulfill this role. In fact, a retired coach might find this to be the perfect way to serve without taking on the time commitment of coaching. The quality of programs offered by PNA teams is a direct result of great coaches and PNA is ready to help all PNA coaches. If you are interested in the position, please contact me at [pnchair@usms.org](mailto:pnchair@usms.org).

Team affiliation reminder: As we head into PNA Champs there is usually an uptick in people wanting to change either their Club or Workout Group. See page 12 of [the Nov-Dec 2021 issue](#) of *The WetSet* for an explanation of Clubs and Workout groups. If you need to change your Club or Workout Group you must go through PNA Membership Coordinator Stephanie Hiebert or the USMS National Office. Email Stephanie at [pnregistrar@usms.org](mailto:pnregistrar@usms.org) with your FULL NAME (as registered), BIRTHDATE, USMS NUMBER, and describe the change you need to make – from Club/WG to Club/WG. This will make registering for meets a bit easier as the pre-populated Club and WG fields will reflect your current affiliation.

Happy swimming!



# From Shrieking to Smiling - Safely!

Cold Open Water Swimming

By Karen Chapman via the TWIM blog

**“Comparing summer swims to winter swims is like comparing Mondays to apples,”** quipped my friend Kevin recently. He has a point: As much as I love the warm, languid swims of summer without being limited by time, temperature, or excess clothing, there is something transcendent about the low angle of winter light on the water and both the sheer exhilaration and sense of achievement are greater in winter somehow. After just over one year of open water adventures, I now understand why it is said that for 99.99% of us, cold open water swimming (OWS) is all about the experience rather than an environment for competitive swimming. Yet my first experience was less than sublime.

It was mid-November 2020, raining hard (again), oppressive grey skies overhead and the murky water in a local lake was just 50° F. Even in head-to-toe neoprene I shrieked like a banshee as the biting cold water found its way into my **wetsuit. Forget “swimming”** – I barely completed 10 strokes at a time on that inaugural dip between trying to manage the brain freeze and my shocked lungs. I lasted only ten minutes in the water, yet the smile on my face and the sense of euphoria were still there many hours later.



That was the beginning of my OWS adventures and finding my younger, water-loving self again. I kept a log throughout that first year, recording water temperature and distance as well as the location and other key notes **such as how I felt during and after each swim. Looking back, I can't help but smile as I notice my sheer** determination to figure out the right combination of gear that would allow me to be comfortable (mask-type goggles were a game changer), tried to learn how to sight without hurting my neck or losing my breath, overcame nausea (thanks to ear plugs and anti-nausea patches), and faced off with the waves (still working on this one – **it's an ongoing challenge**). **Even on the coldest, grayest days, my joy is evident in those brief written notes.** Sunsets, sea cucumbers, sea planes, bald eagles, and seals are frequently mentioned as highlights.

Yet, cold OWS is an extreme sport and understanding **how to stay safe is paramount.** (Simply parroting “I’ll stay safe!” doesn’t count.) I’ve been incredibly fortunate to have been mentored throughout my journey by Kevin Franks, a friend of 40+ years, retired Royal Navy officer, and an experienced marathon OWS and coach. He has kindly allowed me to share the practical tips he wrote for

*(Continued on page 3)*



## From Shrieking to Smiling - Safely!

(Continued from page 2)

me and the detailed safety notes he wrote for my local swim posse as it evolved, realizing that many of them were also very new to this. While I have rendered some of his British-English phrases into American, I did leave in a fair few of his English-isms. If anyone still needs a translation let me know!

I've broken this information down into two documents (hosted on my website for easy access) which you can download, share, and print: 1) [Important, practical tips](#) which I found incredibly helpful when I was starting out and have since used to teach others; and 2) [Critical safety information](#) related to cold open water swimming, complete with citations, that every OWS should be aware of.



Sign up for our  
newsletter

for news of pop-up events.

Registration opens March 15 for  
Say Yes to Life Swims events.

Space is limited, so register early.  
All events are insured and supported.

Events include:

- [Thursday Evening Stress Relief Series](#) 5/23 & 6/9
- [Touch The Wall](#) 6/19
- [Tubby Trout](#) 6/25
- [Wilderness Swim Excursion](#) 7/16

SAVE THE DATE!

## Fat Salmon Annual Open Water Swim Race

Proudly Hosted by the Orca Swim Team

SATURDAY, JULY 16TH - REGISTRATION TO OPEN IN BY MAY 1ST OR EARLIER

# Bellevue Club Masters Mile

By Sally Dillon

The 4<sup>th</sup> “not quite annual” Bellevue Club Masters Mile registration sold out in a couple of days, catching many potential entrants and yours truly by surprise! It was great seeing such enthusiasm, and remarkably we had swimmers enter not only from Oregon but also Virginia and Wisconsin. Granted, they apparently have winter homes in the greater Seattle area, but it was fun for me because we had mutual friends. There were also two participants with international registrations.

Numerous world records were set at the annual “Masters Mile” which took place at The Bellevue Club on January 30. The club’s 25-meter competition pool features 9 lanes that are 9’ deep. World records have been set at all previous editions of this meet, so we expected nothing less! Competitors, officials, volunteers, and spectators delighted in watching Rick Colella (LWM) shatter the 70-74 1500-meter record in heat #1. Rick also broke the 400 and 800 distance records on his way to the finish. The previous records were set at the BC meet by Dan Kirkland a few years ago with a time of 19:46.94. Rick’s new record was 18:29.71.

Three+ hours later there were still plenty of fans around to witness Willard Lamb (Oregon Masters) swim in heat #8 and set world records in the 100-104 age group. I think he might have been the only swimmer in that heat to start from the blocks! Looking more like a youthful 80-something, Willard set records in the 200, 400, 800, and 1500 meter distances. No 100+ male swimmer had ever competed in events longer than the 100-meter free (in a 25-meter pool). Willard’s time of 38:32.90 is quite impressive and he negative split the 2<sup>nd</sup> half! Adding a bit of trivia to this story, Rick and Willard were inducted into the 2019 Class of the Masters International Swimming Hall of Fame. This event took place in conjunction with the USMS Annual Meeting in St. Louis, MO. I was one of several PNA members able to attend and enjoy their great speeches!



*Dave Baer instructing timers*

*Meet Director Sally Dillon*

## Bellevue Club Masters Mile (cont)

### World Records

Rick Colella (PSM): M70-74 400—4:46.78; 800—9:36.64; 1500—18:29.71  
 Willard J Lamb (OREG): M100-104 200—5:01.11; 400—10:05.73, 800—20:23.87, 1500—38:32.90

### USMS Records

Rick Colella: 400, 800, 1500 SCM Free as above  
 Willard J Lamb: 50—1:12.71; 100—2:29.12 and 200, 400, 800, 1500 as above

### Northwest Zone Records

Eddie Switaj (PSM): M35-39 1500—17:42.82  
 Rick Colella: same as USMS records  
 Willard J Lamb: same as USMS records

### PNA Records

Thomas A Hutchison (PSM): M25-29 1500—17:50.43  
 Eddie Switaj: 800 - 9:25.81, 1500 as above  
 Rick Colella: 400, 800, 1500 as above  
 Steve Peterson (PSM): M75-79 400—6:14.93; 800—12:39.52, 1500—23:47.80



*Rick Colella set World Records in the 70-74 age group*



*Steve Peterson set PNA records in the 75-79 age group*



*100-104 age group swimmer Willard Lamb with Susan Pappalardo and ascending the starting block for his record setting swim*



# The Truth About Swim Toys

Wade Prager (LWM) answers swimmer questions!

I'm opening up the mail bag this month and answering a few questions about all that junk you see littering the deck of every busy swim pool in the world.

***"The kickboards at my pool are all moldy and have chunks bitten out of them! It grosses me out. Do I really need to use a kickboard for my workouts?"*** -Fluttering in Ferndale

Most any kick set can be done without a kickboard. In fact, the body rotation of freestyle and backstroke can't be simulated while using a board so it's fine to leave it stacked in the corner with the other floaty detritus.



Kickboards are useful on long aerobic kick sets when you just want to rest your arms, or when the objective is to raise your head and chest to get extra resistance on your legs. Don't use a kickboard with fins on. You'll just hurt your back.

Most of the kick sets I write don't require a kickboard. They involve head-lead kicking (arms at your side), and over-kick 25's and 50's where you get to use your arms, but the driving force comes from the legs. These sets can be done with or without fins.

***"I do triathlons and my online coach has me doing pull sets with paddles almost every time I swim. My shoulders are getting so sore that some days I can hardly raise my arms over my head. What am I doing wrong?"*** -Flailing in Fremont

Hand paddles are like loaded guns aimed directly at your bicep' tendons and rotator cuffs. They should be avoided or treated with care like the lethal weapons that they are. The best swimmer I know doesn't use paddles. So there's that.

Here are my rules for people who feel the need for paddles:

- If you are experiencing shoulder stiffness or soreness, don't use paddles.
- NEVER use paddles during warm up.
- Use paddles for only a quarter or less of your total workout.
- Choose a paddle size appropriate for your strength and experience, or in other words, a little smaller than you think you need.

A great way to use any paddle is to ignore the straps and hold the end of the paddle with your fingers curled over the top. This puts the pulling surface down at your wrist and forearm. Swimming with "fist paddles" is a better version of the old fist drill. You won't go very fast, but it's great for practicing a good high elbow catch.

***"I have been swimming with the same group of masters at the "Y" for almost a decade. Lately I've found that I can't keep up with my lane mates unless I use a pull buoy. Am I just getting old, or what?"*** -Frustrated in Fife.

(Continued on page 7)

## The Truth About Swim Toys (cont)

(Continued from page 6)

I'm sure you know the importance of a good horizontal body-line while swimming and that putting a pull buoy between your thighs raises your hips and improves that body-line *with no extra effort*. But what you may not realize is that the more you swim with a buoy the WEAKER you become in your core and other muscle groups responsible for holding good posture – and the more your legs will sink when you remove that buoy. If you struggle with keeping your legs and hips up, then you should NEVER use a pull buoy. When used as a crutch or a long-set life preserver, a pull buoy just signals defeat by complacency.

P.S. Triathletes; meet me over in lane one. – I am fully aware that a buoy helps you simulate your body-line while wearing a wetsuit and that you choose not to kick during a triathlon so you can save your legs for the bike and run. May I suggest however that swimming without some kicking is exactly like riding a bike without holding onto the handlebars. There is little power in your legs while riding hands free, and there is little power in your pull when you swim “legs free”, and for exactly the same reason. Learn to engage your feet with the water and stabilize your core so you can get the most from each and every pull.

**“Using fins in a swim workout seems like cheating. Do you agree?”** -Flipperless in Federal Way

When used correctly and in moderation, short blade fins offer some great benefits, (except for breaststrokers!).

- Fins can help you learn good technique. Without them, many new swimmers “ride a bike” or “run” with their legs which literally makes them go backwards.
- For younger swimmers fins may help stretch the ankles a bit and give them the flexibility needed for a propulsive kick. The jury is still out on whether fins can help the calcified ankles of old masters swimmers like you and me.
- Like hand paddles, fins can help build motion specific strength, but at the risk of injury to knees and hips, so don't go crazy!
- Unlike paddles, swimming with fins during warm-up is great! Your legs warm up quickly while you give your arms a few minutes to spin around with light resistance. Sometimes injured swimmers find they can swim pain free with fins while they rehab some shoulder troubles.
- I am told that water resistance on your body is proportional to your speed squared (or cubed?). So by going super fast you can learn a lot about where you might be creating extra drag. Doing 25y sprints with fins, and maybe paddles too, exposes errors in your head position, the path of your pull, hip alignment, and much more. Plus, it's a lot of fun!
- Using your fins just to keep up is defeating the purpose of training.



Sadly, swim “gear” is not for making training easier. It's for making it harder! So if swimming seems hard enough on its own, leave the gear at home. Those paddles are for overloading your arms, shoulders, and lats. Fins force you to engage your core with twice the intensity. And those silly buoys ... they are best used between your ankles, forcing you to address that persistent case of the hip-wiggles.

Keep those letters coming!

# Swimmer Spotlight

## The Water Completes Me

A conversation with the legendary Brazilian freestyler and two-time Olympian, Tatiana Lemos de Lima  
*With Tom Walker of TWIM*

There can be an exact moment in life when we can see everything before us all at once with total clarity, a vision of all that will be, when time seems to stand still and a window opens out to our destiny. From this very moment a decision is made that will shape what is to come. It becomes an irrevocable determination, a force that cannot be turned aside, a goal that is dreamed of and worked for over thousands and thousands of relentless hours of toil and which is placed above all else. It requires sacrifice; it requires a belief that never loses sight of the vision that has summoned us and the purpose that exalts us.

One day in 1992, when she was 13, Tatiana Lemos de Lima sat at home on her sofa with her father and watched fellow countryman and idol Gustavo Borges, a giant in Brazilian swimming, take the silver medal in the 100 Free in Barcelona. That was the transformational moment in her life, that moment when purpose defines itself and there is no looking back.



**“When I saw that, something clicked,” she noted. “I wanted to be an Olympian. From that day on I wanted to be a professional swimmer, to make swimming my way of life.”**

It all started in Rio de Janeiro when she was 5. The beach was nearby, and she would go there her to swim with her older sister Isabela, simply because she loved to be in the water and wanted to have fun at the beach.

That was the beginning of an all-consuming passion and lifelong love for the water. She is still filled with that passion today and it is the source that still feeds her soul.

**“Water completes me. It is my natural place. It is a connection that feeds the soul, it moves the wheel; physically, mentally and spiritually.”**

**Their father decided he'd better get the sisters lessons so that they would be safe. There were lessons at a swim club in Rio, followed soon by their first meets. Isabela was invited to swim in a meet at the behest of a local soccer club which was sponsoring the event and beat everyone. Their Dad said that if Isabela was going to swim in meets for the soccer club team, then Tatiana would as well.**

**It was Tatiana's first day at the club's "Pre" team age group. The Coach took one look at her and told her she was joining the team. She was nine.**

*(Continued on page 9)*

## Swimmer Spotlight (cont)

(Continued from page 8)

From there her path charted its upward course. She became a member of the Brazilian National Federation and began her ascent through the state and regional nationals. Her father was in the military, so they would move from place to place every two or three years. Finally she found herself back in Brasilia, her hometown, at the age of 12. She became even more serious and began to train, train, train! Swimming continued to be more important than anything else. Isabela had quit swimming by then, but **Tatiana's life now was all about swimming and her passion just continued to intensify.**

Now it was time to make that arduous journey through elementary school **and high school and to endeavor to avoid all that "teenage drama."**

Tatiana was fixated on her mission and her goal, which required having no social life and training, training, training. She learned that sacrifice is supremely necessary.

**"But swimming has been more important to me than anything, and I was all in with all I had!" she said. "It was making me happy."**

Tatiana describes herself as a "late bloomer" and as a young teen, as competition became ever tougher, she found that all the girls around her were faster than she was. She struggled mightily and took to thinking that **she didn't have the talent! Her response, however, was to work even harder, doing her best every day and training to catch her counterparts.**

Just after that at the age of 15, the Biological Light finally turned on, the hormone machine started cranking, and her speed shot rapidly upward. It was a lesson in perseverance because it seemed like it took forever to get fast! Now fully developed physically, she took a quantum leap and shot into the stratosphere, leaving the others far behind! She flew on the Gift of Speed!

At 16 she won her first Junior National medal and at 18 she won Gold at Senior Nationals. Three years later she broke Brazilian and South American records in the 100 Freestyle, which she went on to do seven more times during her career. Truly, the rocket had launched!

**At the age of 19, Tatiana stepped on to the international stage and began to compete globally. "People were incredibly fast," she noted. She was downright scared, swimming terribly and crying as she watched her times get slower. She spent the next years swimming for her National Team in this unforgiving spotlight, and it took her a bit of time, really a few years, to feel comfortable and to realize that she belonged there! She found that she did indeed belong and learned to believe in her own greatness!**

### From Wikipedia:

Long course (50 meters):

- Former South American record holder of the 100m freestyle: 54.72, time obtained on December 18, 2009
- Former South American record holder of the 4x100 freestyle: 3:41.49, time obtained on September 6, 2009
- South American record holder of the 4 × 100 m medley: 3:58.49, time obtained on August 1, 2009

Short course (25 meters):

- Former South American record holder of the 100m freestyle: 53.19, time obtained on November 11, 2009
- South American record holder of the 200m freestyle: 1:56.43, time obtained on November 14, 2009
- Former South American record holder of the 4x100 freestyle: 3:35.95, time obtained on December 18, 2010
- Former South American record holder of the 4 × 200 m freestyle: 8:01.78, time obtained on September 9, 2005

(Continued on page 10)

## Swimmer Spotlight (cont)

*(Continued from page 9)*

At last, her journey brought her to the Olympics, which is, of course, the dream of every swimmer and every athlete. Her path took her to Athens in 2004 and Beijing in 2008. Two very different journeys!

The road to Athens was a difficult one for one Tatiana. She had not dropped time for four years in her showcase event, the 100 Free, and had been out for a month with an injury. Yet when Olympics trials came around, she did indeed drop time again and qualified for the national team in the 400 Free relay. She was in **heaven and couldn't believe she was there in that legendary city of the gods to compete in her first Olympics!**

**Yes, it was heaven indeed, and she was mesmerized by the magical atmosphere "... The Olympics is the Disneyland of Sports!" It was an amazing personal experience for her. She was delighted to have made it there!**

The climb to Beijing was easier. 2007 had been a very good year and her times were dropping once more. She qualified for the 100 free, as well as the 400 free and 400 Medley relays.

Her swims were all sensational and she broke more Brazilian and South American records. And perhaps most important for her, as it is for all of us, she bettered all her previous times. Sometimes when we watch Olympic swimming from the comfort of our couch, we fixate on medals, but we as swimmers all know the deeper story. The athlete, spent after the race, holds onto to the wall and thinks about times. If they are lower, that is exhilaration beyond belief!

**"At the end of the day, it's all about competing with yourself," she remarked.**

As a world class athlete, Tatiana has always been realistic about her goals, and was very grateful for this **experience, which she feels is the best she's ever had. A very, very special bonus for her was that she was there to witness a guy named Michael Phelps win eight gold medals!**

She came away from Beijing super motivated for more! She planned to begin training for another Olympics **cycle that would lead her to London in 2012. The year following, 2009, was an "amazing" one for her. In 2010,** she continued to break records and drop her times.

In 2011, however, she was derailed by a personal issue which interfered with her training, and in the trials of **April 2012 she missed the cut by just 0.39 seconds in the 100 Free and was off the team. That was "super hard" for her.**

But then came a providential moment to lift her out of disappointment. A Brazilian TV network based in San Paulo invited her to be a Commentator for the 2012 games! It connected her to London and she loved it! It was **"super fun," and she covered the preliminaries and finals. She knew all about the Brazilian swimmers but had**

*(Continued on page 11)*

## Swimmer Spotlight (cont)

*(Continued from page 10)*

to scramble when an unexpected star would emerge shortly before broadcast time.

She continued to swim in 2012 but by then she knew that her competitive career was nearing its end. In the middle of the 2013 season, she decided to retire, but she continued to swim until the end of that year. The SC World Championships in Istanbul was her last international meet and Winter Nationals was her very last meet.

It was a hard decision, but she made a deal with herself—that she would “Quit swimming in peace.” **The enormous sacrifice just wasn’t paying off anymore. “I loved swimming too much to any other way.”** She was happy those last six months of her competitive career though, because she was having fun!

And now it was time for the next chapter in her life. She became a teacher, a mentor, and a coach. It all happened somewhat accidentally, as many great things do. After travelling the world to compete internationally, she decided to live abroad and ended up in Myrtle Beach, SC, of all places, and it was there that she volunteered as a swim coach for the Coastal Aquatic Club, a USA Club Swim Team. She never intended to be a coach but started to enjoy it!

Fast forward to her arrival in Seattle in 2017, where her new role in swimming fully blossomed. She started teaching and coaching here and is currently the Head Senior Group Coach at Wave Aquatics.



Tatiana loves working with kids and sharing her own experience to guide these young swimmers and help them navigate their own journeys, not only as athletes, but as people. She feels the most important things are how they see themselves and their own mental health. She helps them deal with the myriad of sensations, emotions, and experiences that are part of this—the competitive stress, the pressure, and the hurdles that they face. She looks back on her own climb to the top and wishes that she had this sort of career guidance. So, it is truly a labor of love, and she wakes up every day happy and energized by her calling. She really loves mentoring!

And this calling is to impact other lives with her own experience and to help transform them through swimming. Last year she joined Rise Athletes as a Mind Power Coach. It is a team of world class athletes founded by Rebecca Soni and Caroline Burckle in 2015 and its primary goal is to build foundations for the mental health of teen athletes.

*(Continued on page 12)*

## Swimmer Spotlight (cont)

(Continued from page 11)

**This is at the core of Tatiana's mission today. Her key mantra:** *Your value is not measured by your time! Your value is not how fast you swim, and you are not your time!* For her, this concept has been a game changer for her young athletes. She sees herself in her swimmers and knows how they feel and what they are going through. That is how she felt coming up. So, this is an act of caring, of compassion, of teaching a better way.

Since the very beginning, as she first discovered her natural connection with the water on that beach outside Rio de Janeiro, through her extraordinary and single minded determination as she rose ever higher in the ranks of swimming, always believing in her power, pushing through obstacles, and endless meters of work, to her **place as one of the world's great swimmers, a record breaker and an Olympian, to her present role as a teacher mentor and coach of our young swimmers**, Tatiana Lemos de Lima exemplifies an unwavering dedication to our sport, a passion and a purpose that inspires us all.

"I felt like could have dreamed a bit more," she remarked. But rest assured, Tatiana, you are teaching our young people not only how to dream bigger, but how to flourish in every area of their lives.



### A Better Freestyle

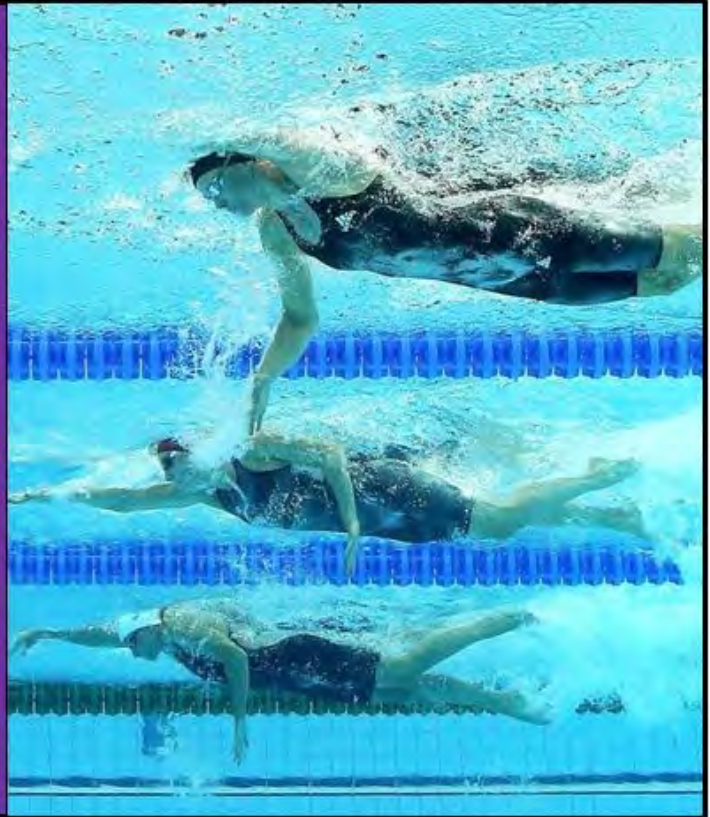
Saturday, April 16, 2022

with Expert Coaches

Tatiana Lemos de Lima and Brad Hering

This clinic will improve your stroke efficiency. You will leave the water with new tools to conquer your next big swim, be it in lake, ocean, pond or pool!

Cost: \$75  
 When: 10 am – 1 pm, April 16  
 Where: Snohomish Aquatic Center  
 Register: [HERE](#)



## Award nominations due

The deadline for nominations for the Dawn Musselman Inspirational Swimmer and Coach of the Year awards is fast approaching.

PNA has presented the Dawn Musselman Inspirational Swimmer Award annually since 1986 in memory of our “ultimate Masters swimmer,” Dawn Musselman (1913-1986). Each year PNA also honors a local coach with the PNA Coach of the Year Award for his/her service, dedication, and inspiration.

Submit your nominations by Saturday, March 19 to:

PNA Secretary Steve Peterson, [speterson@bandwagon.net](mailto:speterson@bandwagon.net) (for Musselman Award)

PNA Board Member Sally Dillon at [salswmr@comcast.net](mailto:salswmr@comcast.net) (for Coach award)

See the [January 2022 issue of The WetSet](#) for more complete info on criteria for these awards. Click [here](#) and [here](#) to check out past award recipients on PNA’s website.



The poster features a blue background with a red and white checkered border. At the top, the text "pacific northwest association of masters swimmers" is written in white. Below this, a yellow banner contains the text "ONE DAY BLAST • APRIL 10 2022" in blue. The main title "champs-ish" is in large white letters, with "champs" in a serif font and "ish" in a script font. Below the title, it says "hosted by blue wave aquatics" in small white text. On the left, a yellow starburst contains the text "CLICK HERE TO REGISTER" in red. To the right of the starburst, a red box contains the text "REGISTRATION OPENS MAR 6 CLOSSES APR 3" in white. On the right side of the poster, there is a large blue splash graphic.

pacific northwest association of masters swimmers

ONE DAY BLAST • APRIL 10 2022

champs-ish

hosted by blue wave aquatics

CLICK HERE TO REGISTER

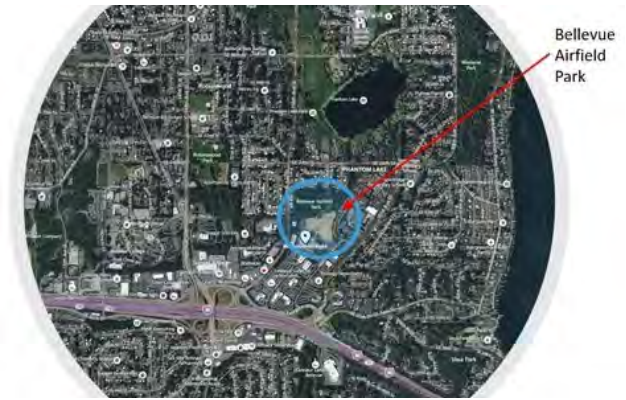
REGISTRATION OPENS MAR 6 CLOSSES APR 3

# SPLASHForward update

By Susan Pappalardo

## Community Connection

What keeps you motivated to make your pilgrimage to the pool each week? And what do you miss most if you **have temporarily lost your way due to closed pools, schedules that don't align or other reasons?** Is it the community that you inevitably build with shared water time, lane conversation, competing to touch the wall first, and a common love of the water? Probably the most frequently voiced phrase amongst Masters swimmers is **'See you on <insert day of next Masters workout>!'.** It's not a question mind you. It is an invitation to keep with your practice of showing up and to be the reason others **show up. If you hold me accountable, I'll hold you accountable.** Right? Case in point, one of my lane buddies said to me after a recent early morning Masters workout, **'You will be here Thursday morning and Saturday morning because I need someone to swim with.'** My response was **"Yes, of course!"**



The next few months our focus is to invite the community around Bellevue Airfield Park to learn about our efforts, to listen, and build community around a new public aquatic center that will literally change lives. We are reaching out to school families, neighbors, private swim clubs, and community groups. We invite you to help us make connections. We expect the first city-led community meeting that will kick off Airfield Park's master plan update process to be late spring or early summer. We will be a part of this process in coordination with the city.

## Environmental Sustainability

What does it mean to think about environmental sustainability and stewardship when envisioning a new state of the art **aquatic center?** It's not too early to begin to think about this question and set goals. We are beginning to set goals around typical facility operation, primary usage scenarios, and resiliency (e.g., how the facility handles extreme situations such as repeated high heat days or loss of systems). We look forward to inviting you to the conversation as we get farther down the path.



*Shawnee Mission Aquatic Center Concept*

## Strategic Planning & PNW Aquatics Regional Coalition

We held our first Board retreat in late January hybrid style. Our session focused on forming our community awareness plan, strategy to form our fundraising plan including growing our skills and people power, and

*(Continued on page 15)*

## SPLASHForward update (cont)

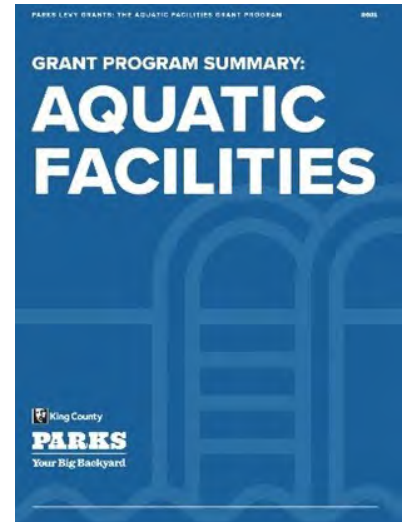
(Continued from page 14)

developing our five-year strategic plan. If you have an interest in getting more involved or have skills you think we can tap into, reach out [info@splashforward.org](mailto:info@splashforward.org).

In early February, we held the inaugural meeting for the newly formed PNW Aquatics Regional Coalition (PARC) with representatives from Edmonds to Olympia. PARC's mission is to provide support, resources, expertise, and advisory to those who are actively involved in enhancing existing and bringing new public aquatic facilities to life in the Pacific Northwest. We will share more as the coalition takes shape. Please reach out if you'd like more information.

King County Aquatic Facility grant awards should be announced by the time you receive your WetSet! In the next year, expect to see a wave of city-led aquatic feasibility studies and a boost to those ready for capital funding. More in the next update!

Please share our efforts with a friend and connect us with someone who you think needs to hear more about our story. To learn more, check out [our website](#).



# SATURDAY, JUNE 11 @ 1:30PM

SPONSORED BY SOUTH WHIDBEY PARKS & AQUATICS FOUNDATION



## 1.2 AND 2.4 MILE DISTANCES

WATCH OUR WEBSITE FOR UPDATES:  
[WHIDBEYADVENTURESWIM.ORG](http://WHIDBEYADVENTURESWIM.ORG)

# Synchronized Swimming!

**Bernardo's All-Stars** add exhibition skills!

*By Chad Hagedorn*

Winter days are short and nights are long and cold in the Pacific Northwest. **Luckily for the Bernardo's All Stars, pools are open again, and thick skins have** been achieved from all the cold open water acclimation swims they have been enduring. Things have not returned to normal, however. COVID-19 continues to keep regular life activities at bay as everyone waits for the pandemic to run its course. So, what do the Tacoma-based **Bernardo's All Stars** do to stay motivated while things are on hold?

**Simple: Create the world's first (as far as we know) mixed gender, middle-aged, open water exhibition synchronized swimming team!** Synchronized swimming is a demanding sport requiring hard work and self-discipline. It is **also one of the most intense, strenuous, and difficult sports to perfect.** Don't expect perfection from the All Stars – far from it! But, it will surely be worth being in the audience when the team is ready for its debut performance.

**Bernardo's All Star and synchronized swimming coach Porché Evans has stepped up to lead the charge.** Porché's aquatics background includes swimming, water polo, synchronized swimming, and more. Her training plans, choreography, and costume designs featuring pink suits and the cartoon

mascot known as Bernardo are already in the works and quickly being realized. Cardio training has begun in the pool with plans to start training in May at Lake Louise in Lakewood, WA. By the end of summer, this synchronized swimming team will be ready to execute (hopefully better than the team in Caddy Shack). In the meantime, Porché says focus on stretching, sculling, treading, breath control, counting to eight, and smiling!



*Coach Porché Evans demonstrates a synchro skill*



*Bernardo's All Stars Coach Chad Hagedorn with Synchronized Swimming coach Porché Evans*



*Bernardo's All Stars*

# By the Numbers

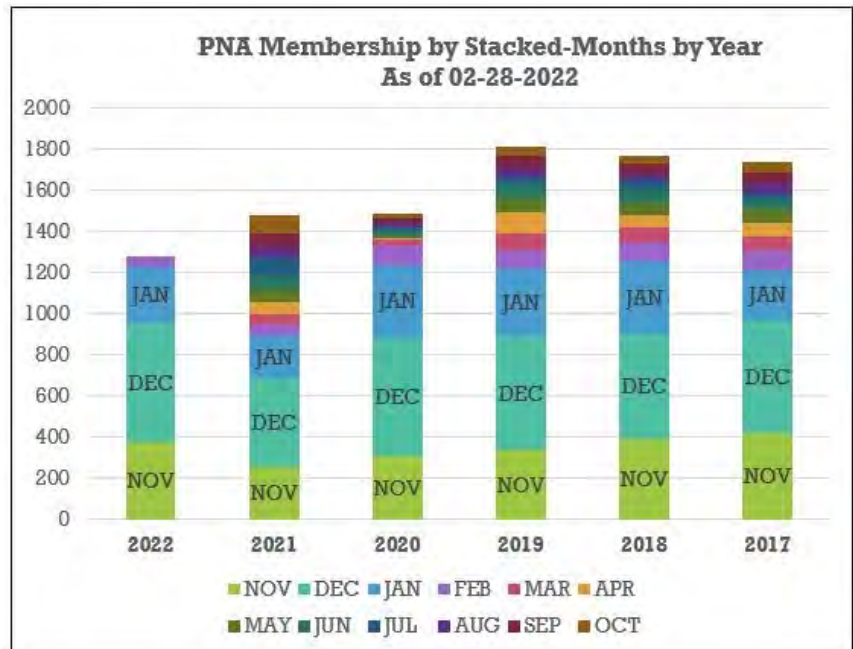
An Occasional Dive into the Numbers of PNA  
By Linda Chapman

It's been eight months since I last shared PNA membership data, so it's time for an update! Woohoo! Time to get your numbers fix!

PNA membership levels are starting to return to pre-pandemic levels. That is great news and a testament to the hard work of coaches and teams to adapt and innovate to keep or restart programs. Thank you to **all for your focus and flexibility. It's had a great positive impact!**

Through about mid-February, PNA membership is more than 35% AHEAD of 2021 membership levels. Comparing to pre-pandemic years, PNA membership is within 3% to 6% of those targets on a year-to-date basis.

The numbers should continue to improve vs previous years as people register with USMS to develop their fitness, compete in meets, and swim in open water competitions.



PNA MEMBERSHIP BY MONTH AND YEAR																
2017-2021, 2022 Reg Year YTD 02-28-2022																
YEAR	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	Total Year	Feb YTD	Diff	Diff %
2022	371	577	280	48									1276	1276		
2021	254	432	207	52	53	54	64	64	87	56	67	84	1474	945	331	35%
2020	305	574	357	93	29	5	7	30	17	23	19	28	1487	1329	-53	-4%
2019	335	554	331	83	86	100	66	68	36	45	61	42	1807	1303	-27	-2%
2018	390	507	358	88	74	63	59	55	50	33	48	42	1767	1343	-67	-5%
2017	418	550	246	95	65	68	68	44	29	52	50	53	1738	1309	-33	-3%

# 1-Hour Virtual Champs

By Sally Dillon

Sixteen Puget Sound Masters swimmers took on the annual 1-Hour Virtual Champs swim challenge in January (formerly known as the 1-Hour ePostal National Championship). New this year was the requirement that a participant had to register and pay the fee *before* they could compete.

Competition was deep this year. Congratulations to the following swimmers for their top-10 finishes:

- **Johnny Van Velthuyzen (40-44)** – 3<sup>rd</sup> place, 4700 yds
- **Fran Leskovar (18-24)** – 4<sup>th</sup> place, 2625 yds
- **Lars Durban (65-69)** – 5<sup>th</sup> place, 4635 yds
- **Andrea Hunt (70-74)** – 5<sup>th</sup> place, 3485 yds
- **Amy Heape (35-39)** – 8<sup>th</sup> place, 4275 yds

Also participating were Julie Shryock, 75-79, 13<sup>th</sup> place, 2375 yds), Kristen Curry (55-59, 20<sup>th</sup> place, 4025 yds), Wendy Polidori (50-54, 22<sup>nd</sup> place, 4045 yds), Thad Westhusing (55-59, 22<sup>nd</sup> place, 4125 yds), Alison Dennison (40-44, 26<sup>th</sup> place, 3550 yds), Jessica Aubin (45-49, 30<sup>th</sup> place, 3500 yds), Linda Sohlberg (70-74, 32<sup>nd</sup> place, 2640 yds), Laurence Hile (70-74, 36<sup>th</sup> place, 2575 yds), Mary Tuffley (70-74, 37<sup>th</sup> place, 2455 yds), Eileen McSherry (70-74, 42<sup>nd</sup> place, 2180 yds), and John Green (65-69, 54<sup>th</sup> place, 3125 yds).



Five relays were formed using individual results and all but one finished in the top-10. The best PSM finish was a 4<sup>th</sup> place by the Mixed 35+ relay team of Heape, Van Velthuyzen, Dennison, and Westhusing.

Other relays and their results were:

- **Women 45+** - 7<sup>th</sup> place: Aubin, Polidori, and Curry
- **Mixed 65+** - 8<sup>th</sup> place: Durban, Green, Hunt, and Sohlberg
- **Men 65+** - 9<sup>th</sup> place: Durban, Green, and Hile
- **Women 65+** - 15<sup>th</sup> place: Hunt, Sohlberg, and Tuffley

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

The next USMS Virtual Championship is the 5K/10K. These events must be swum in a 50-meter pool between May 15 and September 15.

## Follow PNA on Facebook!



## 2022 PNA Open Water Series

### Start planning for this year's season!

PAGE 19

June 11 - The series starts with the Whidbey Island Adventure Swim. The race includes 1.2- and 2.4-mile races off the shore of Langley, WA, beginning and ending at Seawall Park. Both distances follow a rectangular course, with the 1.2-milers turning halfway down the course and the 2.4-milers swimming the full rectangle.

<http://www.whidbeyadventureswim.org/>



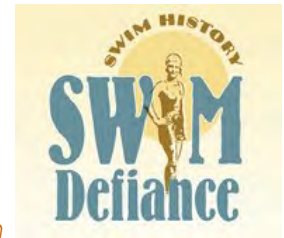
July 16- **The second event is the Fat Salmon Open Water Swim. It's a 3.2-mile** race along the Seattle shoreline of Lake Washington. The course runs south-to-north, generally between the I-90 and 520 floating bridges. The race starts at the Day Street Boat Ramp directly beneath I-90 and finishes at Madison Park.

[www.fatsalmonswim.com/](http://www.fatsalmonswim.com/)



August 20 - Swim Defiance re-enacts the 1926 Dalco Passage crossing. The race location is Owen Beach in Point Defiance Park on Commencement Bay in Tacoma, WA. There is a single 3K race on a linear course swim from Vashon Island (after a 15-minute ferry ride) to Owen Beach with competitive and non-competitive divisions. **Bernardo's All Stars** are hosting the event.

<http://www.swimdefiance.com>



---

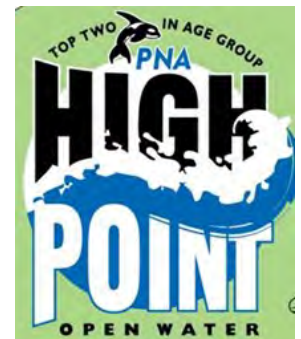
*These events are open to USMS members only. For non-USMS swimmers, a One-Event USMS membership can be purchased for \$27. (The fee can be applied to a full USMS membership.)*

*Enter more than one event and compete for The Open Water Series High Point Awards!*

---

We will be tracking finishes again this year for the Open Water High Point awards. The awards honor the top two male and female swimmers in each age group. To be eligible, each swimmer must swim at least two of the PNA-sanctioned events. The more events you swim, the more points you accumulate.

Points will be awarded to the top 10 PNA registered finishers in each event swum. One event registrants are not eligible. Wetsuit swimmers score points separately from those not wearing wetsuits. At the end of the season, points will be tallied and awards will be sent to the winners. See the [PNA website](#) for rules.



# 2022 PNA Budget

The PNA Board recently adopted a financial budget for the 2022 calendar year. Here are the highlights:

Income: \$24,200

Registration: \$19,900

Meets (net): \$2,350

Donations: \$1,500

Other: \$450

Expenses: \$25,200

Swimmer/Coach/Club support: \$11,000 (includes officials, coach development, & per swimmer charges)

Convention: \$6,000

Admin: \$4,400 (includes annual meeting, awards, supplies, professional services, and zone surcharges)

Leadership Summit: \$2,800

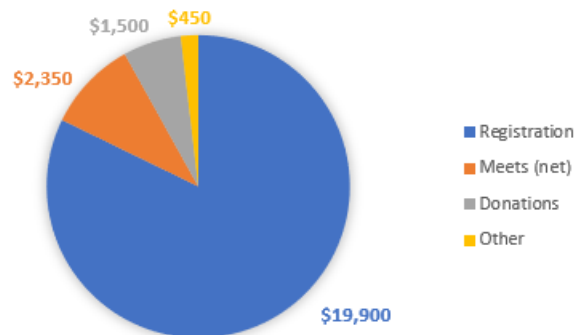
Board Expenses: \$800

Wiggins Fund: \$200

Projected net loss: \$1,000

PNA shows adequate cash reserves and no cash flow issues are anticipated. For a more detailed copy of the 2022 PNA budget with notes, please email Treasurer Lucianne Pugh at <mailto:pntreasurer@usms.org>.

## INCOME



## EXPENSES



## Whidbey Adventure Swim

The 11th Whidbey Adventure Swim will be held Saturday, June 11, 2022, at 1:30pm. Registration opens March 1 at 8am, and will close when the max of 100 swimmers is reached. The race will follow USMS COVID guidelines, as well as state, county, and city mandates.

The race includes 1.2- and 2.4- mile races off the shore of Langley, WA, beginning and ending at Seawall Park. Both distances follow a rectangular course with the 1.2-milers turning halfway down the course and the 2.4-milers swimming the full rectangle. [Click here](#) to go to the registration page or check [the Whidbey Adventure Swim website](#) for updates and other info.



# Team Motivation

*From Coach Wade Praeger – Lake Washington Masters*

At Lake Washington Masters we have taken a page from the USMS fitness challenge campaigns, and we do little challenges of our own. For instance, starting 12 workouts before Christmas we did one more 50y of butterfly at each practice. The first day was a simple 50y fly. Six days later we had built up to a 350y fly set, and on Christmas Eve we did a 600y fly set, (24 x 25y fly on :35 or :40).



**Between the 25th and New Year's, we built up from 200 to a 500y IM!** In January we did a distance block to get ready for the Bellevue Mile. We did a hard 1650y set every other day. In February, backstroke was the emphasis and will be followed by a breaststroke emphasis in March (both getting us ready for PNA's). We find that doing a backstroke set or a fly drill every now and then just isn't enough for people to work through all the details of a skill they may not be comfortable with. So, we do a deep dive (no pun intended) into all the different swimming challenges. There is no end of the possibilities: under-waters, dives, turns, strength drills, bilateral breathing, etc

# Welcome New Swimmers!

Au, Wing Yuna  
Ausherman, Jacob  
Bahl, Amelia  
Bertrand, Michelle  
Borgen, Erik  
Buehler, Elaine  
Collins, Serrell  
Connelly, Meg  
Cowles, Aidan  
Danoff, Nancy  
Deines, Jacob  
Evans, Porché  
Farmer, Samantha  
Fink, Janyce  
Fletcher, Chad  
Fourie, Heather  
Hargiss, Kathy  
Harpster, Caroline

Harrison, Brent  
Henley, Blake  
Joffe, Yael  
Jung, Robert  
Kim, Kyu  
Kolesov, Nick  
Lagerloef, Kara  
Long, Margaret  
Milligan, Meg  
Miszczyszyn, Paul  
Morley, Kathleen  
Morlidge, Josephine  
Murphey, Madilyn  
Nimb, Peggy  
Noelke, Kenyon  
Osborne, Rae  
Ostrander, John  
Perkins, Randy

Piira, Kimberly  
Prado, Aubrey  
Prater, Benjamin  
Pratt, Katherine  
Quam, John  
Ragulsky, Tim  
Relph, Daniella  
Ribera, Meg  
Rickman, Barry  
Roe, Mark  
Ronay, Katia  
Ross, Ian  
Rowland, Trevor  
Rufo-Hill, Brooke  
Russell, James  
Safranek, Sarah  
Schwartz, Michael  
Stallard, Audra

Stemp, Daniel  
Stone, Jacob  
Styles, Alexandra  
Tabari, Kevin  
Tampinco, Emma  
Thomas, Ben  
Tripp, Noelle  
Venneri, Paolo  
Vogel, Chelsea  
Vu, Andrew  
Walsh, Greg  
Warner, Allison  
Weiland, Mackenzie  
Williams, Josette  
Wingert, Else  
Yang, Jay

# January 10 Board meeting highlights

Financial report: Treasurer Lucianne clarified the use of “revenue” and “expenditures” as terms for non-profit income and expense, with our fiscal year being calendar year on a cash basis. The continuing pandemic is the prime reason for PNA’s 2021 net revenue ending up \$12,800 more than budgeted – “We didn’t spend any money.”

Club Assistant has raised its meet processing fees by 20%, requires meet hosts to acquire their own Stripe credit card processing accounts, and made them responsible for any chargebacks.

Total Assets (December 31): \$78,676.61; Nov-Dec Total Income: \$6,348.98; Total Expenses: \$120.36

Membership: Registered to date: 1,135 (529 men, 606 women), versus 1,236 a year ago.

Club and Team Development: Sally solicited specific items of interest to share 2-3 times a year in the newsletter from the 20 or so groups registered to date.

Appointed Director: The board approved (current TWIM president) **Dan Underbrink’s appointment as a Director.**

Bylaws Chair: The board approved Jim Davidson to serve in this position in addition to his current role as OW Chair.

Volunteer Relay 2022: The board approved financial support (transportation, housing, and meals) for four attendees to this March 4-6 event in Denver. Likely attendees are Linda Chapman, Dan Underbrink, Wade Praeger, and Sarah Welch.

2022 Budget – After much discussion and adjustments, the board approved the 2022 budget showing a \$1000 deficit.

Meets: Lifeguard shortages and difficulties finding officials contribute to meet scheduling problems. The TACM meet was approved for reschedule to March 27. The BC Mile (January 30) sold out in 3 days. PNA Champs was approved for April 9 - 10. Pandemic allowing, **PNA’s annual meeting and awards will be on Saturday after the meet. TWIM’s proposal to host an April 16 freestyle clinic at Snohomish was approved.** *(Editor’s note: It’s since been decided not to hold a meeting after the meet, so awards will be given out during the meet.)*

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 – Dan Underbrink  
Club Director – Kim Boggs  
Club Director – Doug Jelen  
Club & Team Development  
Coordinator – Sally Dillon

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

## PNA

## Calendar

3/13—[Viking Invitational](#), Bellingham  
4/10—PNA Champs, Federal Way  
4/16—[TWIM Freestyle Clinic](#), Snohomish  
4/28 to 5/1—[USMS Spring Nationals](#),  
San Antonio, TX  
5/15 to 9/15—[5K/10K Virtual Champs](#)

6/11—[Whidbey Adventure Swim](#), Langley  
7/16—[Fat Salmon](#), Seattle  
8/20—[Swim Defiance](#), Tacoma  
9/17—[Last Splash of Summer](#), Seatac