

PACIFIC NORTHWEST
ASSOCIATION OF
MASTERS SWIMMERS

U.S. MASTERS
SWIMMING IN
WESTERN
WASHINGTON

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The WetSet

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President's Message

By Linda Chapman, PNA President

I'd like to start off this issue by thanking two PNA teams for hosting meets in March and April.

The enthusiastic group up at Western Washington University hosted the 2nd installment of the Viking Invitational on March 13, pulling together the meet in record time. In April, Blue Wave Aquatics ably hosted a one-day "Champs-ish" version of PNA Champs. Thank you to all the members of these teams who gave their time and effort to make a meet happen for others in PNA!



PNA members love meets, but they don't just magically happen. If your group would like to put on a meet, reach out to Pool Meets Sanction Chair Lorraine Masse at sanctions@swimpna.org.

Hosting meets isn't the only way to make a difference in PNA. There is an opening on the PNA Board for Coaches Chair.

Coaches Chair is probably better referred to as Coach Support and Education Coordinator. The idea is to serve as a focal point regarding USMS and PNA education, support, and opportunities for coaches. The Coaches Chair doesn't have to be currently coaching. The most important facet of the position is supporting PNA coaches largely with information. You can do even more, but that is up to you.

If you think you might be interested, reach out to me at pnchair@usms.org.

Happy Swimming!

*Follow PNA
online!*



Dawn Musselman Award

It's PNA's pleasure to announce Jim Lasersohn of the Orca Swim Team as the 37th honoree for the Dawn Musselman Inspirational Swimmer Award. Since Lasersohn and 14 Orca teammates were at the IGLA 2022 Championships in Palm Springs, team member Eric Ryden accepted the award on his behalf on Sunday morning of Champs.

Lasersohn has been an Orca since the mid-1990s and has served on their board for many years. He's conducted clinics, competed locally, nationally, and internationally, and participated in Swim Across America cancer fundraising. But most importantly, at least to open water enthusiasts, he stepped up wholeheartedly in 2017 as Race Director to keep *Fat Salmon* alive.

Despite the COVID-19-plagued past two years, Lasersohn has kept this event going, whether actual or virtual. Now in 2022 he is working with his volunteers to make the 22nd *Fat Salmon* a safe celebration at the hopeful end of the pandemic.

Additionally, Lasersohn was lauded for willingly sharing information, training, or coaching tips; offering encouragement to other swimmers; exhibiting good sportsmanship always; and being an inspiration to all PNA swimmers.

"I have always felt inspired by past year award winners who have done so much for our Masters swim community," commented Lasersohn in a Facebook post after winning the award. "My 'give back' has been directing swim meet competitions small and large and in most recent years, service as race director of the Fat Salmon Open Water Swim. A big thanks to my swimming community friends who nominated me."



Dawn Musselman

PNA has presented the Dawn Musselman Inspirational Swimmer Award annually since 1986, in memory of our "ultimate Masters swimmer," Dawn Musselman (1913-1986). At 19, holding five American records and sharing a World Record, she was training for the 1932 Olympics in Los Angeles. At Trials in New York, however, she sprained an ankle and returned home to Seattle. Want to know more? Read the [July 1976 issue of *The WetSet*](#) and also Dan Levin's [1978 *Sports Illustrated* article](#) to discover the ironic twist to her Olympics story.

Forty-one years later, in January of 1976 at age 62, Dawn entered her first PNA meet and the rest is records history. But we celebrate her not so much for her athletics as for her genuine encouragement of others and inspiration to us all. It's in this context that we created the Dawn Musselman Inspirational Swimmer award, given first to her in 1986.

PNA Coach of the Year

A long-time coach for all triathlon sports, Wade Praeger began coaching for Lake Washington Masters (LWM) in 2017. To accommodate lane occupancy limitations during the early months of COVID-19, he coached 17 workouts a week – three 75-minute workouts per day Monday through Friday, and two 60-minute workouts on Saturdays. Also during the pandemic, Wade posted videos with strength training and cardio work for LWM swimmers. This extra effort really helped his swimmers stay fit. With restrictions now lifted, he currently runs 11 workouts per week for all levels of Masters swimmers.

Praeger has taught and encouraged novice swimmers who have excelled and moved to faster lanes as they gained skills and speed. He encourages beginners to give swimming and/or triathlons a try and focuses on improving technique for all – even the already very fast swimmers! He finds the right drills for different strokes and makes them a daily emphasis. He's able to balance distance, sprint, and stroke while managing different swimmers and their goals. The entire atmosphere is that everyone is welcome, everyone is supported, everyone can improve, and everyone can have fun. Wade has provided the structure and culture for LWM swimmers to maintain and grow in both fitness and friendships.

Watching LWM swimmers at practice is the best evidence of the quality coaching they receive. Praeger emphasizes all phases of racing – starts (even using the backstroke wedge), turns, finishes, bursts, pacing, builds, and negative splits. Skills are practiced during workout that transfer to racing. If you ask a question during practice on training or technique, you get an accurate and relevant answer. Praeger is known to be even-tempered and always prepared at practice. He strikes a good balance between pushing, supporting, and letting go (when we are tired).



*Praeger with PNA Board members
Sally Dillon and Linda Chapman*

In addition to being the head coach of Lake Washington Masters, Praeger also serves as PNA's Fitness Coordinator. He has shared his expertise with PNA swimmers who do not swim with his team by frequently contributing articles to *The WetSet*. Read Wade's excellent and entertaining article titled "The Truth About Swim Toys" in the [March 2022](#) issue!

*Praeger with Lake Washington
Masters swimmers.*

Viking Invitational Meet

By Steve Peterson

The Western Washington University Viking Masters team stepped up at virtually the last minute to fill a void left by a cancellation. Thunderbird Aquatic Club Masters originally planned to resume their usually annual Anacortes meet on January 6, then moved it to March 27, then canceled it for several reasons, not the least of which was their meet director recently giving birth.

With just some nine days open for registration, the second Viking Invitational Meet drew 52 entrants for competition at Bellingham's Arne Hanna Aquatics Center on Sunday, March 13. The Vikings' inaugural meet was in February 2020 just before the pandemic shut everything down. Prior to that, the Arne Hanna pool hadn't seen a Masters meet since February 2002.



Meet Director Marysia Smith

The meet started off with WWU's Emily Jones and Madi McDonald singing the National Anthem. Meet Referee Steve Ciatti kept the meet proceeding right along, lengthening the three breaks by a few minutes to maintain its estimated timeline. The 200 Fly started at 10:06 and the Mixed 200 Free Relays were done by 11:45! Many swimmers took advantage of the hot tub between events and afterwards.

Swimmers winning all four of their individual events included Matthew Cole (BERN, 18-24), Maddie Weiland (CM, 18-24), Sivan Mehta (LVM, 25-29), Sandi York (TACM, 45-49), Wendy Hoffman (PSM, 55-59), Phillip King (GLAD, 55-59), and Dick Green (UC36, 65-69).

Many thanks to Meet Ref Steve Ciatti, Starter Laurie Bergvall, Stroke and Turn judges Miguel Boriss and Heather Brennan and administrative aide Beth Janis. Also to Morgan Woodruff, who handled hospitality. And to the volunteer timers and helpers. And especially to Meet Director Marysia ('ma-ree-sha') Smith, who spearheaded this effort to put on a great meet. Said she, "We're so grateful to be back in the pool, thanks for coming!"

Marysia, recently completing a software engineer internship, graduates this summer in environmental science and GIS (geographical information systems). Morgan is studying psychology and the classics. They are two of the Vikings' *four* co-captains this year with Kait Schultz and Nate Jo, who were swimming. The WWU team has upwards of 30 members, 11 of whom were at the meet, "now back in full force" since fall of 2021.



Bellingham's Arne Hanna Aquatic Center, first opened in 1995



Morgan Woodruff managed Hospitality

PNA Champs-ish!



This year saw the much-anticipated return of PNA Champs. A big thanks goes to Blue Wave Aquatics for hosting a one-day version of the event on Sunday, April 10, at King County Aquatic Center in Federal Way.

The event featured 183 swimmers representing 26 clubs and registered for 648 individual events. Lake Washington Masters, with 20 swimmers, earned the top team score of 666 points, followed by Cascade Masters (18 swimmers) with 559 points and host Blue Wave Aquatics (15 swimmers) with 534. Blue Wave Aquatics was the top team in the women's events with Cascade Masters second and Oregon Masters third. Lake Washington Masters led the final standings for the men followed by Team Walker International Masters (2nd) and Oregon Masters (3rd).



The Western Washington University team at PNA Champs

Joanna Wu (BWAQ, 25-29) was the top individual scorer, winning all six of her events for 54 points. Wu competed in the 50 fly, 50 and 100 back, 50 and 100 free, and 100 IM. Other top individual finishers included Jin Yamamoto (LWM, 45-49, 49 points); Dan Underbrink (TWIM, 65-69, 48 points); Erin Yang (LWM, 25-29, 48 points), and Wendy Hoffman (PSM, 55-59, 45 points).

**Have fun with supported, insured open water swims!
Space is limited to twenty per event.**



Events include:
Touch the Wall! 6/19
 (one mile)
Tubby Trout 6/25
 (5K)

USMS Spring Nationals

The 2022 USMS Spring National Championship meet was held April 28 to May 1 at NISD Natatorium and Northside Swim Center in San Antonio, TX. The event featured 1816 swimmers from 268 clubs registered for 8566 individual events.

PNA was well represented by 48 registered swimmers, with 44 from Puget Sound Masters (PSM), including 19 WWU Vikings in the 18-24 age group! Blue Wave Aquatics (BWAQ) had one swimmer and three were independent (UC36).

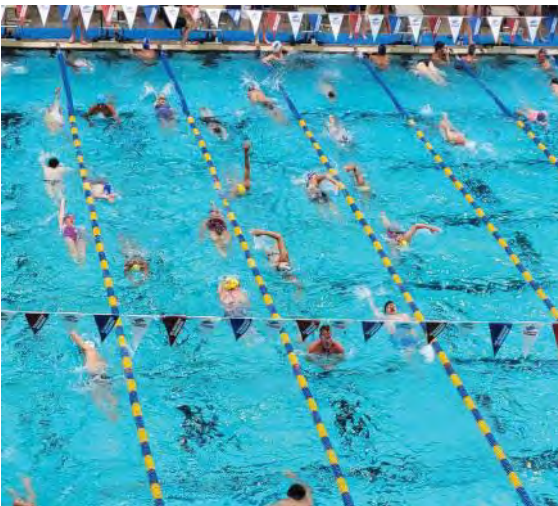
Lone Star Masters, competing in their home state, had the largest team with 97 swimmers and led the team scoring with 1944 points. Rounding out the top five were Colorado Masters Swimming (1728 points), New York Athletic Club (1281), Swim Fort Lauderdale (1231), and The Olympic Club (1032).

PSM took 19th place overall with 436.5 points, which included a 10th place finish by the PSM men. Rick Colella was the top individual scorer for the team, setting USMS records in all six of his events for 66 points. Sarah Welch (75-79) won two of her six events and finished in the top six of the others for 50 points. Steve Peterson (75-79) had four second place finishes and a third to score 43.5 points while Alan Bell (70-74) had six top-six finishes for 41 points.

Rounding out the top 10 PSM individual point scorers were Dick Green, Ted Wallach, Scott Campea, Stephen Fogg, Lianna Badran, and Andrea Hunt.

PSM had 18 registered relays. The men's 200 free relay team of Dick Green, Dan Underbrink, Alan Bell, and Rick Colella placed sixth in the 65 age division while the women's 200 free relay team of Abi Loihl, Kait Schultz, Rae Osborne, and Samantha Farmer took 10th in the 18 age division.

For more Spring Nationals results, [click here](#).



Warmups!



For recorded videos of some 2022 USMS Spring Nationals events, go to the USMS Events Live Streaming YouTube channel [at this link](#).

Spring Nationals (cont)



Rick Colella with daughter Mariel, who was competing for Rose Bowl Masters



Colella set USMS records in all six of his events.

"USMS Spring Nationals is now in the record books. The pool venue was very large and accommodating. I had the chance to meet old acquaintances and make new friends. As many on our Puget Sound Masters team are scattered throughout Western Washington, this was a chance for us to get to know each other.

"My age group had 65 men registered, many of them have some serious talent and skills. At least six new National Records were set. I swam six individual events over the four days and helped count laps for swimmers in the distance events. I was fortunate to finish in the top ten of my events (400 IM, 100 Backstroke, 200 Backstroke, 200 Butterfly, 500 Freestyle, and 50 Backstroke).

"A special thank you to the Officials who spent long hot days on the pool deck, the many volunteers, and meet organizers!"

Steve Fogg (via Facebook)

Spring Nationals (cont)



Proudly displaying the TWIM banner!



Mary and Dan Underbrink in PSM green!



Dave Scott in the 200 breaststroke.



Dan Underbrink at the venue.

PNA Registered Competitors:

Maddie Amans
 Alison Aylesworth
 Lianna Badran
 Andrew Baesler
 Brent Begalli
 Alan Bell
 Erin Borden
 Scott Campea
 Rick Colella
 Jacob Deines
 Samantha Farmer
 Stephen Fogg

Emma Fredlund
 Dick Green
 Avery Harber
 Andrea Hunt
 Nate Jo
 Brad Jones
 Emily Jones
 Nora Joslin
 David Kays
 Sam Klem
 Jonas Loeser
 Abi Loihl

David McCarty
 Kimberly Mellick
 Robert Moore
 Lyle Nalli
 Michael Nordby
 Rae Osborne
 Steve Peterson
 Bill Reeder
 Luci Riddle
 Andrew Sargent
 Kait Schultz
 David Scott

Marysia Smith
 Kate Sutherland
 Dominique Truong
 Dan Underbrink
 Mary Underbrink
 Jessa VanWormer
 Ted Wallach
 Greg Walsh
 Frank Warner
 Sarah Welch
 Morgan Woodruff
 Evan Yamane

First-timer at Nationals!

By *Lianna Badran*

Two years ago, I was at the top of my swimming game. I had just turned 46 and was training like my days as an age-grouper were numbered for what would be my first ever US Masters Nationals. It seemed like the perfect swim meet for me to give it my all to – the 50th anniversary of the event combined with my being at the bottom of my age group. Then, just over a month out from the big competition, Covid hit.

Two years and a few (or more) added pounds later, I learned that San Antonio would be able to go ahead and host the championships. I had a decision to make - should I try again?

Being my uber-competitive self, I wondered if I should wait until I aged up (and maybe lost all my Covid weight) to put all the effort in to compete at my best. But if there's one thing that Covid has cemented in my brain, it's that if one has a chance to do something, one should take it.

As life has many twists and turns, a week out from this year's competition, a family health emergency occurred. My sister's pancreatic cancer treatments had been buying her time for many months, but it appeared as though that time was up.

Perhaps this Nationals wasn't meant to be either.

Frantically, I looked for flights to get to Toronto to say goodbye to my sister. At the last hour, we learned she was stable and would be released from the hospital to go home to hospice. I would go to Nationals and swim in her honor.

There are many reasons I am thankful I attended Masters Nationals this year, in addition to my sister being alive as I write this. The massive facility (I counted five 10-lane pools) was a swimmer's dream. The Texan hosts were friendly and well organized. The meet's live stream made it possible for my family in Canada to watch and cheer me on. My fellow competitors were kind and supportive - a woman racing with me in the 200 fly helped me un-question why I chose to race this grueling event, likening it to the Ironman of swimming. (Incidentally, my sister was an Ironman athlete so how could I question eight measly lengths of butterfly?)

My biggest takeaway from the event may sound simple, but it is this: DON'T WAIT! Start planning and training if you have ever been inclined to swim at your local meet or at Nationals.

Do the things you can while you can.

There is so much to love about the sport of swimming, and God willing, I'll be racing up and down the lanes until I'm 99.



Lianna Badran with her 200 fly medal

Training for Mental Endurance

By Karen Chapman

The first time I made it out to the orange buoys north of O.O. Denny Park was exhilarating – until I turned around and realized that the half mile back seemed much farther! For just a moment I panicked and a whole plethora of doubts filled my mind. “How could I possibly swim all that way? And did I suddenly feel a little chilled?” I wasn’t even a very strong swimmer – what was I thinking?

Thankfully, common sense quickly kicked in. I was with a swim buddy, I was more than capable of swimming a mile in calm water, it really wasn’t cold at all – in fact, it was a beautiful sunny day and I was in head-to-toe neoprene, and far from being out in some vast watery expanse, I was simply swimming along the perimeter of Lake Washington. So rather than look to my ultimate destination I focused dock to dock, enjoying the gardens and homes as I swam. That series of short-term goals was much easier than sighting on or thinking about the ultimate distant destination.



Coach Amy and Mary Sue training (& playing)

That was in the early spring of 2021. Today I’m stronger, wiser, and have gained confidence both in my endurance and my technique. I’m training for some longer events and like many swimmers now, I understand that the mental discipline for these swims is often more challenging than the physical one. That means it is as essential to *train* for mental endurance as it is for physical stamina, so I sought advice from four local, highly experienced, long distance open water swimmers. They have graciously agreed to let me share their valuable tips with you, which are applicable whether you are training for longer events in the pool or in open water.

Mary Sue (@aqua.moose.pnw)

Think Tigger (of Winnie-the-Pooh fame) in a bikini – that’s Mary Sue. She is all bounce, energy, smiles, and fun. You’ll see her training hard at the Snohomish Aquatic Center, helping newbies at Edgewater, and swimming with seals as she looks for sea creatures at Brackett’s Landing – always with a mile-wide, infectious smile.

She started “wild swimming” in Puget Sound in 2018 and that changed everything for her. Initially terrified, she quickly learned to relax and enjoy this new world. Mary Sue has gone from local adventure swims to completing a tandem swim with Heidi Skrzypek around Coronado Island in 2021. At 11 miles this was her first marathon swim – and she knew it was time to hire Coach Amy to help her train. Her future plans include an English Channel relay, Anacapa (12 miles), length of Tahoe (21.3 miles), and Catalina Island (21 miles). Completing the latter three swims will earn Mary Sue the California Triple Crown title.

Preparing for these longer swims has meant 6- and 7-hour training swims at the pool. With a buffet of energy drinks and snacks to sustain her at the poolside I asked her how she prepared mentally for such sessions. She admits the last 2 hours of her recent 7-hour swim were tough. “The pool was nearly empty, I felt very alone, I

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Training for Mental Endurance (cont)

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thought about quitting. The doubt crept in... Can I do this? Am I ready? Am I strong enough? Am I fast enough? I started thinking about the encouraging messages people sent to me before the Coronado swim when I was doubting myself. I can't even begin to express how much that support helps. I thought about a dear friend battling cancer, and realized this swim was nothing in comparison. I looked up with an hour and fifteen minutes to go and saw my husband (aka "the Hubs"). I thought about quitting and knew he would have consoled me and told me I'd done a good job, but I saw his eyes. He knew I was struggling, but he knew I could do it. I kept going.

"Coach Amy has worked with me on the mental battle. I was ready for the doubt and struggles and I worked through it. What I realized later was how my pace dropped during that mental struggle. This is why we train. I'll be ready next time to deal with those struggles differently so I can either get through it faster or find a way to pick up my pace a little while I struggle."



Mary Sue's Tips

- I try to look at the swim in segments rather than one big chunk. The 6-hour swim was twelve 30-minute segments. 30 minutes feels a lot more reasonable than 6 hours.
- I watch the scuba divers and get to know the bottom of my lane and the ones beside me very well...
- I play games with other swimmers (they don't know this, the rules change frequently, and I always win)
- I play math games with the clock
- I have a go-to song that takes about 30 minutes but I can adjust it for whatever time.... "99 bottles of _____ on the wall!" I don't drink beer so I pick something that I want such as PBJ, peanut butter parfaits, tacos, or whatever sounds good! Sometimes I "pass it around" sometimes I just "munch it down." It's silly but it works for me!

Heidi Skrzypek

When I think of Heidi, the word "fierce" comes to mind. This is one determined lady. Now 53, she learned to swim at 40 and started open water in 2010 when she completed her first event: the La Jolla Rough Water Swim (1 mile). Since then, she has completed Alcatraz seven times, swum the English Channel in a 4-person relay (2018), the Bridge-to-Bridge 10k twice (2020 and 2021), is scheduled to swim Jersey-France-Jersey in an all-ladies relay this summer and try ice swimming in Vermont in 2023. "Our 4-person relay across the English Channel was a mental challenge because you never get the opportunity to swim it until you actually have the pilot boat and it's "Go time!" Normally on long open water swims I like to pick a landmark goal, but in the Channel's case, you just swim alongside the boat until you hit land, because there are swells and there's not a thing to see anyhow. The mantra "trust your training" always goes through my head."

You'd be forgiven for assuming Heidi was some super-fit athlete who finds all this relatively easy. In fact, she has a form of multiple sclerosis and from that a neurological deficit called dystonia which can result in brutal cramps through her feet and legs. On a recent Whidbey Adventure Swim, she managed the full 2.4-mile distance while in excruciating pain with double leg cramps but put "mind over matter" and made it to the end when she was literally carried from the

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Training for Mental Endurance (cont)

(Continued from page 11)

water. It took two days before she could walk easily again but laughs that she actually had a better finish time than previously!

Heidi says her biggest “kryptonite” is Lion’s Mane jellyfish. “When they bloom, I don’t mind the pool or lakes! I scream a lot and have been stung a lot.”

Heidi’s Tips

- Do the training and don’t self-negotiate. Dryland training, pool training, cross-fit workouts – all of it.
- “Trust your training” is my mantra
- Practice and Prep. When there’s a wicked current, start by going against it knowing you’ll have a magic carpet ride going back. Get into rough water and crappy conditions--I learned I’m actually a beast in rough water!
- Remember there’s always going to be someone faster. I have learned to compete with myself first.
- Take the stings and just keep going!

Amy Marie Heape (aka Coach Amy)

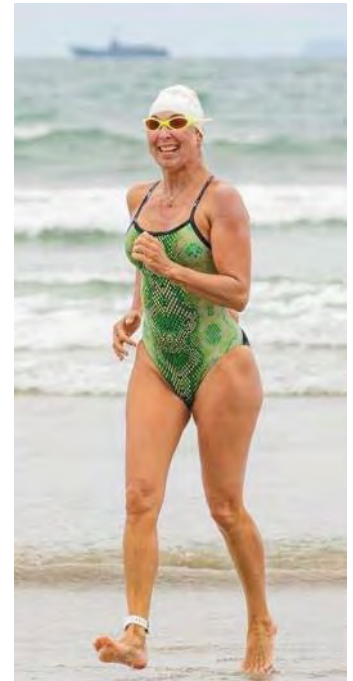
Amy exudes passion – for her family, her faith, and for the sheer joy and exhilaration of open water swimming. A lifelong swimmer, Amy entered her first open water event when she was just 12 years old and has never looked back. Her impressive swim resume includes 5 Catalina Channel relays before her 20+ miles solo crossing at age 17. Closer to home she was the first person to swim the perimeter of Lake Stevens and won 1st place in the 2021 Whidbey Adventure Swim as a skins swimmer.

Still building back up after her 4th baby, while continuing her personal swim training at least three times a week, her main focus is on the clients she coaches through her [open water coaching business](#) – something both Mary Sue and I are extremely grateful for and have taken advantage of.

Looking back to her training for the Catalina Channel swim and other marathon swims and triathlons, she realizes that all those long training sessions, whether running, cycling, or swimming are mostly about mental endurance. “You sign up for this thing and then YOU and only YOU can put in the work. If you take the time to dig deep and really ask yourself the *why* and the *what* of what you’re doing, you grow. It’s easy to get frustrated with aches or injuries that occur but oftentimes that is the point when you need to step back and remember *why* you are doing this. If you get to an event not having done the mental work, perhaps relying on training buddies or just going through the motions, it’s extremely difficult to work through the pain and discomfort you will most likely feel while doing your event.”

Amy’s Tips

- “It’s different for each person. These are some of the things I do



*Heidi finishing the 18.6K Coronado marathon swim.
(Kris Reynolds photo)*

(Continued on page 13)

Training for Mental Endurance (cont)

(Continued from page 12)

- Sing a song
- Lay out things for my week ahead
- Sometimes its processing some hard things you have ignored for a long time!
- A lot of the time I pray
- Focus on my breath which is meditative and calming

"I'm not saying that sometimes you're not screaming inside wanting it to be over. But you take one more stroke, one more lap, one more turn. You remember your goal and remember that you chose it and you don't have anything to prove except to yourself. And you just keep going."

Guila Muir

If you're an open water swimmer in the Seattle area, you're bound to know Guila's name as she organizes popular, non-competitive swim adventures through her company [Say Yes to Life Swims](#) – which is how I first met her in 2021. As a USMS and ASCA certified swim coach, Guila also offers open water swim lessons and is renowned for being an empathetic, empowering coach for those seeking to conquer their fears, whether of the water itself or their next goal.



An intrepid year-round "skins" swimmer who first dipped her toes into open water in 2003, Guila has since completed multiple long-distance swims including the 10K Bridge to Bridge (2013) and the 11-mile Portland Bridges swim in 2015, the latter being one that she is especially proud of. More recently, in 2021 she organized a group (Silver Seals of the Salish Sea, Swimmers Over 60) to swim the Bremerton-Alki route in a 6-person relay.

When asked how she trained mentally for her Portland swim, Guila laughed. "[The primary mental anxiety] was the horror of having to join a gym! Then, when I plotted out how many yards I would have to swim on various days in order to achieve 80% of my event distance I thought "What the *#!" Can I do this? I'm math-phobic so instead of counting yards I used A-B-C-D where each of those letters was 50-yard lap. That made it a little easier."

Guila's Tips

- Plan ahead: on some training swims Guila might take a student away from the shoreline and have them stop and tread water and then tell her what they would want to do if they suddenly felt tired or afraid. Would they float on their back? Tread water? Would they want to grab onto the end of her kayak for support? By talking it through ahead of time, it helps the student execute their plan should it ever be necessary.
- Flip over onto your back and move your arms slowly from starfish to soldier. Enjoy the feel of the water and realize that the water is holding you. This realization together with the gentle rocking movement of the water is often enough to calm an anxious swimmer.
- Talk yourself through it calmly and "just keep on keeping on."

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



The 22th Annual

FAT SALMON OPEN WATER SWIM

SATURDAY, July 16th, 2022

Madison Park Beach, Seattle

A 3.2-mile point-to-point swim

Wetsuit and non-wetsuit divisions

www.fatsalmonswim.com

Proudly hosted by Orca Swim Team



2022 PNA Open Water Series

Start planning for this year's season!

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/



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>

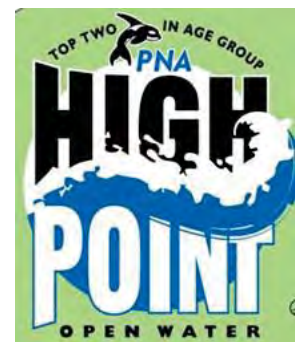


These events are open to USMS members only. For non-USMS swimmers, a One-Event USMS membership can be purchased for \$27. (The fee can be applied to a full USMS membership.)

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.



Swimmer Spotlight

Swimmer Spotlight

To Share What Gives You Joy

An Interview with Wade Praeger, Head Coach at Lake Washington Masters Swimming

With Tom Walker of TWIM

There is a moment in life for all of us when a decision is made, a taking of ownership transpires, when it becomes all in with all you have. This is part of the fundamental responsibility of being an authentic human being. There is a call that summons from us a desire to Live and to Lead. A determination, however quiet, to connect with that inner fire and leave no song left unsung as long as the sun is still shining.

I met a guy who does all that recently, but of this more in a moment...

If you listened carefully this morning you would have heard the multitudinous yet ever so graceful splashing of thousands of arms in hundreds and hundreds of pools all across this great land of ours.

That joyous sound would be coming from us. United States Masters Swimming. We are a people driven by an irrepressible desire, by an unquenchable and indomitable surge of spirit that overcomes the hour, early or late, that usurps the normal order of things, that infuses all we do with vitalizing energy, summons us to the water, to the workout, to that delicious and exalted state of serenity that we feel when we leave that pool, large or small, in just a village somewhere or maybe even a metropolis.

Some might even call it insanity, but that's all right because they don't know what they're missing!

And at the core of this all, deep within the heart of every club, every team, there is an individual who steps up, who becomes a Leader, who becomes a mentor, and who becomes the hundred other things that we, as Masters Swimmers, require. Someone who pushes programs relentlessly forward in facilities grand and not so grand, someone who embraces this mission that is so critical to us all, and gets it done.

Which one of us does not owe these individuals such an enormous debt of gratitude? Which one of us has not been inspired along the way by people like this, in our swimming and in the values that give our life a center and are the very values of those who acquit themselves with honor?

Wade Praeger, the Head Coach of Lake Washington Masters and PNA Coach of the Year for 2021, is, thankfully, such a person. Wade is a pretty laid-back dude, pretty quiet, and doesn't seem to need to go looking for things. Rather, people keep coming to him because they recognize a Leader in their midst. You'll never hear him say that, of course. Ever notice how the Real Doers never need to say a lot?

But I do remember him saying one time that "No one gets to the top alone."

And we did get him to graciously consent to this interview though, so let's have a listen.

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Swimmer Spotlight (cont)

TW: So, Wade, how, when, where and why did you become a Masters Coach?

WP: I started coaching runners at my old High School while I was in college (UW), training for triathlons, and selling running shoes at Super Jock 'n Jill. Coaching wasn't really a career I sought out. Rather, I took jobs that friends would offer when they were looking for someone with experience and interest. That's how I got my first swim coaching gig at the Seattle Athletic Club near Northgate, and then a 20-year part-time stint with Team in Training, among other places. I used to swim with the evening Masters group at Evans pool in Seattle. After the coach left and the lifeguards started writing workouts I stepped in mainly because I liked my workouts better than the ones they came up with. I guess the other swimmers liked them too because no one ever asked me to stop! I was a member of LWM for seven years before the coaching position suddenly opened up in 2017. I stepped in as interim coach for two months before my friends on the team relented and made me official!

TW: What is your core coaching philosophy?

WP: I wouldn't say I have a philosophy per se but I think I know what you mean. Something that may characterize my approach to Masters training is that I encourage everyone to be a well-rounded swimmer who is proficient at all distances and all strokes. When swimmers tell me "I only have one speed [slow]" I go all in to change that. And I believe even if you are racing only 100 yards, you need a strong aerobic base. For Masters Swimmers, the traditional individualized and periodized training is problematic. Masters are training for different events, different distances, etc. They often go on long vacations or their work gets hectic and they miss practice for a month. It seems silly then to build some beautifully structured program that no one will be able to stick to. Also,

I think older bodies respond better to a steady diet of distance, speed, intensity, rest, all mixed together. When you start pounding older bodies with huge volumes, or too much high intensity, they break down and training becomes inconsistent. I think it's better to avoid the big peaks and valleys of traditional age group and college training and stick to a diet of casserole and cobb salad workouts! It's not fancy, scientific, or sexy – but it works and keeps people healthy.

And one other thing: I see my role not as the COACH, but rather the assistant coach, there to help each swimmer make their own decisions, and take control of their athletic fate. I do the grunt work of writing workouts, collecting money, welcoming new members, organizing parties, helping with relays, stuff like that. But I'm not some oracle handing out the TRUTH. I just remind people what they already know: you get out what you put in.

TW: What, do you think, is your central mission as a coach?



Praeger with Lake Washington Masters swimmers.

Swimmer Spotlight (cont)

(Continued from page 17)

WP: My number one goal is to maintain a friendly, safe, and challenging setting for people to work out. Of course, I don't do that alone. LWM is lucky to have a bunch of core members who live that mission every day. I just make sure those values and traits are recognized and celebrated whenever I can. During the pandemic it became really clear how important swim practice is to everyone. When the world was locked down but our pool was able to open in July of 2020, it was AMAZING to see the lengths the swimmers would go just to be able to splash around for an hour. They were signing up online for limited lane space, waiting outside in the cold for the pool to clear, marching in like grade schoolers to their designated spot on the wet deck, starting from opposite ends, leaving fifteen seconds apart, no showers, changing on deck, going home or to work in a wet suit. The list was endless! And EVERYONE did it all and NEVER complained. All that just brought home the fact that for most of us, this time we get to swim and see our friends might often be the best part of our day. So I feel kind of protective of this time and space and I won't let any bad mojo creep in and spoil it.



TW: How do you manage your diverse group of swimmers? You coach a legacy program with several world class athletes but also other ability and experience levels. How do you make that all work?

WP: It's not that hard really. People may have some preconceived ideas about "world class athletes" as maybe being divas or selfish go-getters. But I have met lots of great athletes in my life and really nothing could be further from the truth. A talented athlete achieves great things because they immerse themselves in a generous and caring community. No one gets to the top alone. Everyone supports everyone on LWM. I get as excited when a member breaks five world records at a meet as when a new member finishes a set of 4x100 on 2:00 for the first time. From my perspective on deck, it's obvious that those feats are the result of the same passion and effort.

Logistically, it's not that hard keeping everyone together. Some lanes might do 8x100 on 2:00 while other lanes do 10x100 on 1:30. We all finish at about the same time, get in the same quality of work, and we can all start the next set together, which I think is important. Sometimes the faster lanes will get a little extra rest between intervals and I'll ask them to push the pace a bit, while the slower lanes get slightly less rest but I reason they might appreciate more of an aerobic challenge anyway.

TW: What motivates Masters Swimmers, do you think?

WP: I suppose there are as many motivations as there are swimmers! Winning races, 2,400 or 3,400 yards a day, seeing friends, endorphins, controlling weight, learning a new skill, recovery from long runs, stress reduction, mental health – you name it! I do know that whatever motivates people to get up at 5:30am, it's probably not me! I'm a pretty shy and low-key guy. For example, I tried being a personal triathlon coach once and it never worked out. I think because people looked to me for motivation and in my mind, if someone signs up for an Ironman Triathlon (or Masters Workout) and isn't motivated to train, I can't help them. They've got to find some motivation within to make it worthwhile; for them and for me.

TW: What is it about coaching Masters that nourishes your soul? What do you find most rewarding about your

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Swimmer Spotlight (cont)

(Continued from page 18)

coaching?

WP: By some miraculous circumstance I started aerobic training in High School as a runner and through all those miles and all that sweat, plus new challenges on the bike and in the pool, I found a spark that keeps me fairly sane and out of trouble. Once that fire for training, racing, and suffering was lit, I've always enjoyed sharing that fire and joy with anyone else looking for a spark. It's nice to share what gives you joy. At LWM I've found a special place where motivated people walk in the room smiling, ready to train hard, and then (usually) leave with an even bigger smile! How many people have a job like that? Maybe the kid working at the ice cream shop, but that's about it.

TW: What do you think are the greatest challenges?

WP: It's always a challenge adapting my "spiel" to different people and personalities. Sometimes I like to play the drill sergeant and say things like, "you can rest when you're dead!" But obviously some people won't think that's funny and be turned off. Some new members of the team are clearly scared out of their suits so just reminding them of their little triumphs goes a long way. Some swimmers live for some social interaction, while others have tunnel vision as they slog through workout. It would be so boring if everyone was the same. I remind myself of that often and that keeps me on my toes and looking for the right balance.

TW: What is your vision for your team, both now and in the future?

WP: As the leader of LWM, an employee of Wave Aquatics, and a USMS member coach, I am committed to do what I can to make the Masters swim community a diverse and welcoming place. Currently LWM has members from Columbia, Spain, Canada, Israel, France, China, Japan, Korea, Russia, South Africa, Brazil, India, and even Florida! I think this is pretty cool and I'd like to see our team grow even more diverse. As a coach it can be a challenge when there is a language barrier or some cultural fence. But the obstacles are minor compared to the richness of experience we gain from a diverse membership. Leading a team that looks like my community is certainly going to be a challenge. As part of the process in reaching that goal, I am working on starting a program at Wave Aquatics to help swimmers without a competitive background bridge the gap to joining our Masters team. Our "slow" lanes do their 100 repeats in 2:00 or faster. That's really tough for a lap swimmer or someone who has just learned to swim. So, we're developing a program that can help people learn the skills and gain the fitness necessary to make the leap. It won't be easy, but we're going to try.

TW: What do you do when you're not doing this?

WP: I'm still a bit of an aerobic junkie. I still swim every day, I ride my bike as much as I can, and I lift and hike and golf. Sadly, a partially torn Labrum in my hip keeps me from running these days but thankfully it hasn't affected my other activities too much. I also have some property in North-Central Washington and have built a cabin there which I try to visit once a month.

TW: Any parting thoughts?

WP: I guess I'd just like to thank you, Thomas, for the thoughtful questions and opportunity to pontificate. It's fun to get a little introspective once in a while, (not too often though!) Sorry I couldn't keep it under 1,000 words. Since training and coaching have consumed my life for over four decades, I could write or talk about this stuff all day long.

SPLASHForward update

SPLASHForward was one of three Destination Showcase Partners for Visit Bellevue's annual meeting on March 24th held at the Meydenbauer Center. We enjoyed our first introduction to the hotel and hospitality sector and economic development community in and around Bellevue. Visit Bellevue's development plans will support an increase in local and domestic tourism, a pandemic-inspired trend. We authored an article called [Ripple Effects](#) that showcases why an aquatic and wellness center is good for the local economy. The Bellevue Chamber of Commerce recently picked up the article and shared it in their weekly "Five Things You Need to Know This Week" newsletter blast.



Visit Bellevue's annual meeting held at the Meydenbauer Center

On March 28th, a Memorandum of Understanding between SPLASHForward and the City of Bellevue was officially authorized by Bellevue City Council. The MOU formalizes SPLASHForward's role as the private fundraising partner for a new game-changing aquatic facility in Bellevue. We are also leading and coordinating partnership development and will support the city in public funding sources such as grants and public initiatives.

The City of Bellevue's Master Plan Update for Bellevue Airfield Park is expected to begin this summer with community outreach and meetings to explore the impact of an indoor aquatic center at the site. Building community awareness ahead of the summer is our focus.

Aquatic Facilities Grant Recipients

Round one of the King County Aquatic Facility grant program includes 18 projects and \$13 million in grants. The grants required matching funds and it was evident that the grants facilitated municipal budget funding, putting many projects on the 'go' list. Eight of the projects are construction related with the majority being enhancements, several expansions and one new facility (Si View Aquatic Center). 10 of the grants are awarded to feasibility studies that will lay the foundation for new or expanded facilities in King County. Round two of the grant cycle will commence near the end of this year.



SPLASHForward board members and aquatics consultant Stu Isaac of Isaac Sports Group.

Water Safety

May is Water Safety Month and our HS Lifeguard Training Program is exceeding expectations. Year two of our program has seen over 35 high school students sign up to become a lifeguard.

Staffing shortages at our local pools and beaches is impacting programming especially at our city pools, many of which have yet to offer full learn to swim programs. Cities like Seattle and Bellevue are putting the priority on staffing beaches for drowning prevention. KCAC still struggles to staff so they can fully open the deep-water tank

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SPLASHForward update (cont)

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for meet usage. Our long-term vision is to develop a robust lifeguarding culture within our schools so that when a new public facility opens, junior lifeguarding and lifeguard programs will be successful in creating an ongoing pipeline of lifeguards. We are looking for additional funding partners so we can support more students.

Interview with Mary Wayte Bradburne

For Women's History Month, we were fortunate to sit down with Mary Wayte Bradburne for a conversation. [Listen in here!](#)

Thank you for sharing our efforts with a friend! To learn more, check out [our website](#).



Finding fellow Masters swimmers in the crowd of attendees!

Welcome New Swimmers!

Abramo, Allegra
 Alexander, Nick
 Bartolo, Darren
 Begalli, Brent
 Bell, Richard
 Brunjes, Molly
 Chen, Luna
 Clark, Josaiah
 Colella, Lynn
 Congleton, Timothy
 Cox, Darrick
 Deatherage, Brooklyn
 Dennehy, Johanna
 Dorrian, Theresa
 Easter, Patrick
 Eggenberger, Thomas
 Evergreen, Ashley
 Forbis, Kara

Forde, Jeffrey
 Fredlund, Emma
 Frisbie, Lauren
 Gerberdolan, Corey
 Gibson, Kevin
 Granahan, Julie
 Green, Dianna
 Green, Jeff
 Griffith, Grace
 Hamman, Lauren
 Harber, Avery
 Hicks, A Shawn
 Hill, Jonathan
 Jain, Shourya
 Jaynes, Julia
 Jones, Carley
 Jones, Emily
 Kelly, Steven

Kiffney, Brita
 King, Rachel
 Klem, Sam
 Kulp, Rebecca
 Lesin, Slava
 Lin, Alex
 Loeser, Jonas
 Loihl, Abi
 McKinnon, Courtney
 McLachlan, Alastair
 Meilandt, Sara
 Motley, Abigail
 Ness, Erik
 Nichols, Matthew
 Panian, Jaymee
 Pound, Hallie
 Ramos, Gabbie
 Raubacher, Hayes

Riddle, Luci
 Ritter, Jodi
 Sargent, Andrew
 Sipe, Cassandra
 Smith, Briana
 Thicke, Alysson
 Tian, Shuxu
 Valente, Richard
 Vilches, Jorge
 Vogelsberg, Sean
 Weiland, Maddie
 Woodruff, Morgan
 Wright, Brian
 Xu, Yishu
 Yamane, Evan
 Yang, Sylvia
 Zhu, Jerry
 Zhuang, Cynthia

Board Meeting Highlights

March 14, 2022 (via Zoom)

- Only Linda Chapman and Dan Underbrink attended the Volunteer Relay 2022 Leadership Summit so PNA will come in under budget on this item.
- Financials: Bank account balances as of 2/28/22: checking \$31,426, savings \$58,312. Net revenue Jan-Feb \$11,103.
- Membership: 1341 registered to date (627 men, 714 women).
- Snohomish Aquatic Masters requested a meet date of 11/6/22.
- There was general discussion around the progress of planning for PNA Champs. Previous to the board meeting, there was a between-meetings action approving a revision of the Order of Events for PNA Champs.
- Open water swims Whidbey Adventure Swim and Fat Salmon are sanctioned. Swim Defiance is in preparation. There will be a High Point OW competition for 2022.
- There was discussion around the planned move to Microsoft 365 for Board applications.
- New check signers were approved (President Linda Chapman, Treasurer Lucianne Pugh, and Immediate Past President Sally Dillon).
- No 2022 summer dates are available at KCAC for a PNA long course meet. The next and only open date is July 1-2, 2023. Earlier dates may become available if there are cancellations.

Next meeting is Monday, May 9, at 6:45 pm.

PNA Voting Board Members

President – Linda Chapman
 Past President – Sally Dillon
 Vice President – Kathy Casey
 Secretary – Steve Peterson
 Treasurer – Lucianne Pugh
 At-Large Director – Todd Doherty
 At-Large Director – Dick Green
 Bylaws – Hugh Moore
 Meets – Lorraine Masse
 Membership – Stephanie Hiebert
 Open Water – Jim Davidson
 Appointed Director – Bob DeWard
 Appointed Director – Dan Underbrink
 Club Director – Kim Boggs
 Club Director – Doug Jelen
 Club & Team Development
 Coordinator – Sally Dillon

Coordinators/Standing Committees

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

PNA Calendar

[Search USMS
Calendar of Events](#)

5/15 to 9/15—[5K/10K Virtual Champs](#)
 6/11 to 6/12—[Cannonball Classic](#) (Federal Way, WA)
 6/11—[Whidbey Adventure Swim](#) (Langley, WA)
 7/16—[Fat Salmon](#) (Seattle, WA)
 7/21 to 7/28—[Pan American Masters Championships](#) (Medellin, Colombia)
 8/3 to 8/7—[Summer Nationals](#) (Richmond, VA)
 8/20—[Swim Defiance](#) (Tacoma, WA)
 9/17—[Last Splash of Summer](#) (Seatac, WA)
 11/6—Snohomish Invitational (Snohomish, WA)
 11/9 to 11/12—[Pan Pacific Masters Games](#) (Queensland, Australia)