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President's Message

By Linda Chapman, PNA President

Happy late-summer/early-fall to all! Here's what's up in PNA and USMS in the next several months:

- USMS Annual Meeting (aka Convention)— Sep 16-18 Denver, CO. PNA has 7 delegates attending the meeting either in-person or virtually. There have been more than a dozen national committee meetings and other Annual-Meeting-related meetings held via Zoom in the month leading up to the Annual Meeting. PNA delegates log into as many meetings as their schedules allow. The goal is to stay abreast of all that is happening in USMS so PNA can prepare or respond in the best interest of our members here in western Washington.
- One of the issues at the 2022 Annual Meeting is a proposal from the USMS Board of Directors to increase the USMS membership fee. The proposal is for a membership fee increase to \$70 for 2023. A discounted fee of \$65 would be available for those renewing or joining prior to 1-1-2023. The USMS membership fee has been \$60 for the past two years. **The USMS BOD's short answer to "Why?" is mostly "Inflation". By the way – 20% of your annual membership fee comes back to PNA, and of that \$5 of each individual annual membership is given to the swimmer's Club as a way for PNA to support PNA Clubs.**



(Continued on page 2)

PNA Calendar

[Search USMS
Calendar of Events](#)

5/15 to 9/15—[5K/10K Virtual Champs](#)
9/15 to 11/15—[3000/6000 Virtual Champs](#)
9/17—[Last Splash of Summer](#), SeaTac
9/25—Call of the Vikings, Lake Stevens—POSTPONED
10/7-10/9—[USMS National Coaches Clinic](#), Las Vegas, NV
10/9—[BAMFest](#), Bainbridge Island
10/29-10/30—[USMS Clinics](#), Hood River, OR
11/6—Snohomish Aquatic Masters Invitational, Snohomish

President's message (cont)

(Continued from page 1)

- Open Water – PNA sanctioned two OW events this year, Whidbey Adventure Swim and Fat Salmon. Participation stats:
 - Whidbey Adventure Swim: 100 entrants
 - Fat Salmon: 332 entrants
- Pool Meets – PNA sanctioned one summer meet: Metro Cannonball Classic. This meet was dual-sanctioned by USMS and USA-S – meaning both masters and USA-S swimmers (kids) competed at the same meet. The meet had 41 USMS entrants.
- January – June 2023 Meets – All PNA Clubs and Workout Groups should have received an email from PNA Pool Meets Sanction Chair Lorraine Masse seeking information on meets your Club or Workout Group would like to host in the January – June 2023 time frame. If you need another copy of the email, please contact Lorraine at pnameets@swimpna.org.
- Club and Workout Group registration renewals are coming up in early October. Coaches and Team **Representatives will receive an email in early October to renew their Club's/Workout Group's USMS** registration. Renewing before Nov 1 ensures that your group will appear on the drop-down menus when swimmers start their registration on Nov 1. Maybe set a reminder to look for that email.

Happy Swimming!



Open Water Swim Instruction by an Expert

Do you want to improve your open water swimming? Whatever your skill level, working with Guila will enhance your efficiency, endurance, and enjoyment. Learn more and [register](#).

Guila Muir: Certifications and Experience

An accomplished open water swimmer and adult educator, Guila has provided open water swim lessons to approximately 250 swimmers since 2017. She is certified by USMS and ASCA and holds a certificate in Aquatic Therapy & Rehab. Guila's lessons integrate swim research findings and FUN! Learn more about her [qualifications](#).

Fat Salmon

This year's Fat Salmon open water swimming event, hosted by the Orca Swim team on Saturday, July 16, featured 252 swimmers completing the 3.2 miles from South Day Street Park at the base of I-90 north to Madison Park Beach in Seattle.



The event featured both wetsuit and non-wetsuit divisions. Top finishers included:

- **Women's no-wetsuit:** Adeline Paige (22, 1:16:43.5); Marisa Chang (35, 1:19:53.6); Jacquelyn Bragg (36, 1:19:56.8); Lacey Wright (23, 1:20:31.6); Anna Gilmore (36, 1:21:51.2).
- **Men's no-wetsuit:** Cameron Whiting (29, 1:11:09.9); Dave Whitbeck (40, 1:11:35.7); Marco Stanchi (25, 1:12:09.0); Kirk Nelson (52, 1:12:13.3); Zack Rossman (24, 1:14:19.3).
- **Women's wetsuit:** Casey Calhoun (24, 1:10:45.7); Teresa Webb (45, 1:14:54.1); Caitlin Switaj (33, 1:16:06.2); Maura Carroll (45, 1:17:20.5); Meredith Cote (30, 1:18:55.7).
- **Men's wetsuit:** Eddie Switaj (38, 1:04:36.2); Henry Lucco (22, 1:08:00.0); Brendan Lang (40, 1:08:44.5); David Thomson (63, 1:09:43.7); Mike Shultz (51, 1:09:57.0).



Photos can be found at [this link](#) and complete results can be found at [this link](#).

USMS 3000/6000 Virtual Champs

The USMS 3000/6000 Virtual Champs event will run September 15 to November 15. Swimmers need to register before swimming the event. Swims can be swum in any 25-yard or 25-meter pool. (Meters pool swimmers must swim 3000 or 6000 meters and submit times in meters. The results system will automatically make the conversion to yards.) Each swimmer must have a verifier to count laps and record cumulative splits for every 50 yards or 50 meters.

Individual results should be submitted by November 17. Relay entries will be open November 20-21. Relay events will be contested in three categories: three men, three women, and four mixed (two men, two women). PSM swimmers should send results to the club's relay coordinator, Sally Dillon, at salswmr@comcast.net.

More info is available at [this link](#).



2022 Maccabiah Games

By Carl Haynie

The Maccabiah Games in Israel are one of the largest sporting events on the planet, and our own Maoz Alsberg journeyed back to his homeland to take them all in.

Held every four years, the Games are open to Jewish athletes from around the world and to all Israeli citizens **regardless of their religion. And they're still going on as I write this: 10,000 athletes from 80 countries are competing in 42 sports from July 14 to July 27.**

What's that I hear? You haven't heard of the Maccabiah Games before?

President Biden attended the opening ceremonies. Anthony Ervin competed this year joining many of our Olympians that came before him. Before Mark Spitz earned his first Olympic gold, he won 10 Maccabiah gold medals.

First held in 1932, the Maccabiah Games were named for ancient Jewish warrior **Judah Maccabee from the village of Modi'in who led the Maccabean Revolt** against the Seleucid Empire from 167–160 BCE [okay, you got me, I am reading from Wikipedia...].

To say Maoz did well this week would be a supreme understatement. He competed in several Long Course Meters (50m) Masters events at the amazing Wingate Institute aquatic facility located at the southern edge of Netanya.

In his repertoire were the 50m Free, 4x50m Medley Relay (gold), 4x50m Free Relay (gold), and the 50m Back (gold).

50m Free – On Thursday, Maoz nabbed 4th overall in the 50-54 age group with a time of 27.45 after a start that he admitted did not go as planned. Maybe it was that wedding celebration the night before...

4x50 Medley Relay – The 50 Free was just a warmup. Maoz came roaring back, capturing his first GOLD in the Games for his part in the medley relay – swimming backstroke ahead of his ISR relay mates: Maor Sasson (breast), Roman Titinshnider (fly), and Perkis Zafir (free). Their time in the 200-239 cumulative age group was an enviable 2:04.67.

50m Back – **Maoz's first individual GOLD came in the 50 Back with a dazzling time of 31.92, nearly a half second faster than the second-place finisher!**

Well done, Maoz! You did us all proud!! And your photos make us want to visit your wonderful country in the near future. Cheers, my friend.

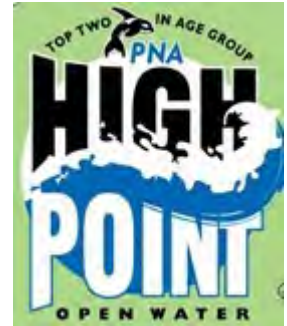
Editor's note: More pictures of Alsberg at the event can be viewed [at this link](#).



PNA's Maoz Alsberg took gold at the 2022 Maccabiah Games in Israel

2022 PNA Open Water High Point Award Winners

The PNA Open Water High Point Awards are back. The awards honor the top two male and female swimmers in each age group in this year's Open Water races. To be eligible, each swimmer had to swim both the Whidbey Adventure swim and the Fat Salmon. Points were awarded to the top 10 PNA registered finishers in each event (22 points for first, 18 for second, 16 for third, 14 for fourth, 12 for fifth, 10 for sixth, eight for seventh, six for eighth, four for ninth and two for tenth). Different distances and wetsuit/no wetsuit divisions were scored separately. One Event registrants were not eligible. (See the PNA website for rules.) Because of the abbreviated season the number of swimmers who were eligible was limited, but we still wanted to recognize their achievements. The winners are:



Age Group	Name	USMS No	WIAS		Fat Salmon		Total Points
			Plc	Points	Plc	Points	
F35-39	Winans, Amanda	362F-07SWV	1	22	4	14	36
F35-39	Zimmerman, Stephanie	362H-0B2H0	2	18	5	12	30
F50-54	Joffe, Yael	362J-6YKBN	4	14	5	12	26
M50-54	D'Alessandro, Gianluca	362B-0AXX5	1	22	4	14	36
M55-59	Yarkin, Joe	3628-H5W01	1	22	6	10	32
M65-69	Freeborn, Stephen	362M-02KVE	2	18	2	18	36
M65-69	Methner, Wayne	362D-006W3	1	22	5	12	34

Winners will receive a swim cap with the High Point logo.

Congratulations to these swimmers and thanks to everyone that participated in our Open Water events. High Point totals for all swimmers in both events are [here](#).

Welcome new swimmers!

Aitken, Kyle
Allen, Mallory
Baez, Gabriela
Baggett, Terrance
Barberis, Adrian
Bell, Patrick
Bennett, John
Byfield, Jason
Carrasco, Victor

Chen, Eric
Cordick, Nate
Daniels, Kevin
Desso, Rebecca
Diethe, Claire
Eccles, Terri
Engh, Lindsey
Garcia, Andrew
Gismervig, Carl

Hardt, Nan
Hessen, James
Hickey, Walt
Johnson Seller, Lucia
Kenway, Erin
Krieder, Scott
Lopez, George
Lopez, Victor
Marshall, Helen

Mathisen, Roen
McCallum, Judi
Middleton, Tyler
Newman, Heather
Omdal, Beau
Ovanesyan, Matthew
Paige, Adeline
Rolfes, Ted
Ryan, Colleen

Seamon, April
Sipprell, James
Stanchi, Michael
Stewart, Melanie
Strohmeyer, Daneil
Sturgul, Jim
Svendsen, Shara
Tal, Sarry
Tolmie, Alexander

SPLASHForward update

By Susan Pappalardo

Building a foundation has been the theme for us this summer as we build private support for new public pools. We have hired three consultants that will help us grow our organization, prepare as the private fundraising partner with the City of Bellevue, and build community engagement. As we head into fall, we are savoring all the shades of summer blues from outdoor lake swims to indoor master's laps.

Bellevue's First Community Meeting for Possible Site

On July 26, Bellevue Parks & Community Services held the first community meeting over Zoom to begin the Master Plan Update process to assess Bellevue Airfield Park as the possible site for a new public aquatic center. This marks the beginning of broader community input which is exciting. With close to seventy-eight in attendance, background on the park's 2012 Master Plan was provided and eight polls and six breakout rooms fostered discussion on what community members liked about the park, how they used it, and what elements they would like to see included in the master plan. Balance for passive and active uses was an overall theme. Support for an aquatic center was heard as well as the desire to preserve open space. You can [check out the city's website](#) for slides, meeting notes, and breakout room outtakes as well as the project's timeline. You can send your input to the city's park staff at any time. The goal is to present a recommended master plan to City Council next fall for adoption and our goal of course is that it includes an aquatic center.

We held our own SPLASHForward community meeting the week following to recap the city's meeting, add our perspective on how this fits in the larger picture, and shared a brief update. You can find our presentation and watch our meeting from our [Latest News webpage](#).

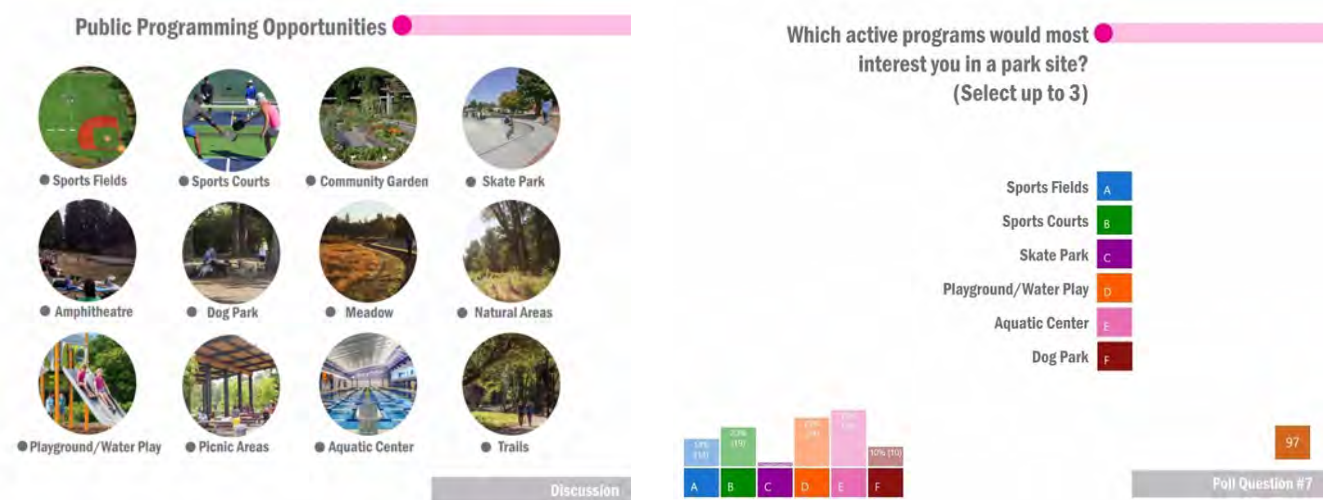
The city's next meeting will be in-person in September and will include master plan concept sketches to further refine park elements. Watch [the city's website](#) for the date. If you live, work, or play in Bellevue, we invite you to attend and add your voice of support for an aquatic center or encourage those you know to do so!



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SPLASHForward update (cont)

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Bellevue & Kirkland Explore Parks Measures

In early August, Bellevue City Council approved an [\\$85 million Parks Levy Ballot Measure](#) for this coming November's ballot. The funding would increase investments in Bellevue's parks and open space system including \$10 million in funding for new recreation and community facilities such as an aquatic center. Allocation of the \$10 million would be used for the aquatic center's design phase which would be after the master plan is adopted for Bellevue Airfield Park hopefully next fall! Get out and vote this fall if you live in Bellevue!

The City of Kirkland has kicked off a Recreation and Aquatic Center feasibility study and is exploring a possible [November 2023 Parks Measure](#) that would include funding for a new public recreation and aquatic center. SPLASHForward has been invited to sit on the city's Parks Funding Exploratory Committee with nearly forty other community organizations and individuals that will be provide input on what to include in the measure and the funding mechanism. We also plan to support and provide input on facility scope and options during the feasibility process.

Masters & Lifeguarding

Would you be interested in becoming a lifeguard? What if you had the option to work shorter shifts and on days that worked with your schedule? It's a great way to stay connected with your community. Masters swimmers can provide younger lifeguards with mentorship and help fill gaps that are created when many summer lifeguards head back to school. We are in the early stages of exploring how we could best support Masters swimmers to become lifeguards. If you are interested or would like to get involved, please let us know (info@splashforward.org).

Introduction to Aquatics & Water Safety Summer Camp

We held our first ever Introduction to Aquatics & Water Safety summer camp in partnership with the Boys and Girls Clubs of Bellevue, Rainier Athletes, and Samena Swim Club in early August. Our goal was to serve middle school students having little to no swimming skills and little to no access to aquatic programming. We created a curriculum

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SPLASHForward update (cont)

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that met our campers where they were and reduced as many barriers as we could to learning an essential life skill and broadening aquatics exposure and accessibility. Targeting middle school students allowed us to provide an opportunity that doesn't readily exist. Most learn-to-swim youth programs are made up of much younger participants and learning at an older age can be awkward.



We provided swimsuits, towels, swim caps, goggles, camp t-shirts, and water safety materials!! We designed a curriculum of water safety discussions, pool time to apply water safety knowledge, swim lessons, introduced lots of ways to have fun in the water, and even included introduction to water polo and a kayaking day out at Lake Sammamish State Park with our partner WA State Boating Program. We look forward to growing this opportunity next year and ultimately bringing these types of programs to new public aquatic facilities!

Thank you for sharing our efforts with a friend!



Fly with Tatiana!

Saturday, October 29, 2022

A Butterfly Clinic with WAVE Head Coach
Tatiana Lemos de Lima

Calling all US Masters Swimmers! Join us for an unforgettable experience with two-time Olympian Tatiana Lemos de Lima. Improve your fundamentals of butterfly with the precision coaching of Tatiana as she guides you through the same techniques used with her elite swimmers bound for US Swimming Nationals.

Cost: \$85
When: 10:30 am – 1 pm, October 29
Where: Snohomish Aquatic Center
Register: [HERE](#)



Upcoming clinics

USMS National Coaches Clinic – October 7-9 in Las Vegas, NV

\$275 registration fee increases on September 2

Complete information can be found here:

<https://www.usms.org/coach-central/national-coaches-clinic>

Fly with Tatiana! - October 29 in Snohomish, WA

<https://www.twimteam.org/FlyWithTatiana/>

USMS Clinics and Courses – October 29-30 in Hood River, OR

- Level 3 Masters Coach Certification 10/29 (levels 1&2 required to participate)
- Clinic Course for Coaches 10/29 & 10/30 (level 1 or higher required)
- Stroke Development Clinic (for swimmers) 10/30
- Adult Learn to Swim Program instructor certification course (for anyone) 10/30

Registration fees vary. Details can be found here:

<https://swimoregon.org/events/> Scroll down to “October”; separate links for each course.

Swimmer Spotlight

Everything is Better in the Water!
An interview with Coach Amy Heape
By Tom Walker of TWIM

We are Masters Swimmers and we are people who celebrate.

We celebrate courage: our own and that of others. We celebrate the summoning of spirit that calls us once again and always to take our place on the blocks, to poise on the edge of ocean or lake, ready for our next flight into time, the next daring and joyous proclamation that we shall give it our all, right here and right now. We celebrate that depthless wellspring from which all great endeavors flow outward, and which lies at the heart of all we are and all we hope to be. First as people, then as swimmers.

We celebrate those who are making and have made a contribution, not only to Masters swimming, but to swimming itself, who speak the language we speak and honor the traditions we honor.

This is really and ultimately about each of us because every time hand meets water to anchor that first stroke, we are yet again embarking upon this journey, we are honoring our calling, those who have gone before and those yet to come, we are honoring the nobility of our sport.

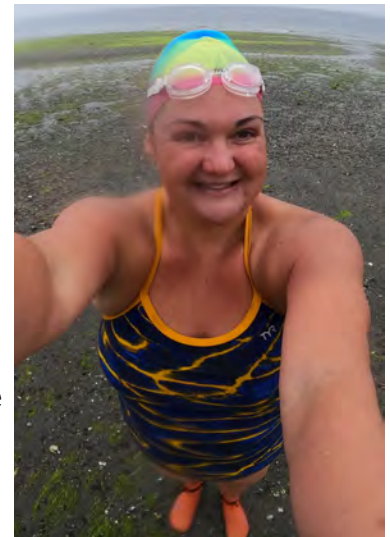
It is in that moment that we proclaim our identity, not only as swimmers, as athletes, but as legitimate human beings who embrace the opportunity to **Live, to Do, and to Be without reserve. In this moment, in this ever unfolding now...**

This is indeed a Belief; A belief in ourselves and each other.

The irrepressible Amy Heape is an ambassador of the supreme state of consciousness that overtakes us when we swim, and the soaring elan it bestows. Not only that, she is an example of an intense determination and intentionality that persuade by inspiration. She stands up and gets it done. She is the Real Deal.

I've seen her in the water with her students. I've seen her put her swimmers through the paces in workout. I've talked with some of the swimmers that she has guided through each step of these insane distance swims, and it is all incredibly uplifting. The emotions range from understandable trepidation to intense ecstasy and all the stops in between. The significance this experience has in the lives of these swimmers is pretty moving to see. It is a process of long, long hours of training and massive preparation. Not to mention the support of families who can often be found on the boats that accompany these intrepid warriors upon the briny sea and who provide the love and support they require to nail their herculean challenge, a different dream and aspiration for each.

It seems indeed to come from this highest form of belief, from what we dare to expect from ourselves and how we support our teammates, who dare to join us as we live out mutual vision together.



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Swimmer Spotlight (cont)

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You might even say I've become a Believer...

TW: Thank you for joining us, Amy!
How, when, and where did it all begin, this passion, this love for swimming?

AH: My folks say, I have always been a water baby! I started Mommy and Me swim lessons with my mom at age two, but my dad would always play with me in the baby pool in the backyard too! At age 10 I had so much energy my folks were looking for something for me to do and **discovered swim team, thanks to my mom's co-worker at the school.** My mom took me to a swim meet and the only **thing I remember thinking was, "Um, why are the boys wearing underwear?"** Ha ha!! I started swim team on North County Aquatics in Paso Robles, California the very next week! Coach Jen Brown was the head coach and Coach Mitch Emerson was my coach!! I was hooked!!



TW: Tell us about your early career as a Mega distance swimmer.

AH: When I was 12 years old, I had moved up in the groups on the swim team and Coach Alan Freeman became my swim coach. He convinced me to sign up for a one-mile rough water swim in Avila beach. He just reminded me that about a year ago I had won that race, but what I remember was the freedom in the water! The fact that I could swim **my little heart out, and I couldn't tell who was ahead or behind me.**

So, I wasn't worried about hurting anyone's feelings if I beat them (I was in the older group and the older girls were not super nice to the 12-year-old who was as fast as, or faster than them). I remember running out of the water thinking, **that was so fun, but I probably wouldn't be doing it again! So, my dad let me watch Jaws that night as a reward, lol!!**

The next Sunday I joined the Avila Dolphins, a group of folks ages 35-65 who swam at Avila Beach every Sunday!! A little bit of time passed, and Coach Alan put a relay together for Catalina and asked me to be a part of it! I think by age 14 I had done four relays, thanks to him! At age 14 or 15 I pace swam for one of my swim coaches Mara Wells, **who completed the Catalina swim herself! After that swim, Coach Alan said that I should train for the swim.... So, I said Ok, sounds good!**

I was about 15 ½ and I decided in August of 2000 this that would be my year! Over the course of that time, I swam a lot of open water races and events! I was in love! Meanwhile, I was swimming for my club team and was the only open **water swimmer on my high school swim team. So, I would train with my team as well as a local boys' varsity team during the week, then on the weekends when I wasn't at swim meets or CIF I was doing long training swims in the pool or in the ocean!!** My favorite swim before I completed Catalina was the six miles between Avila and Pismo! Mind you, Coach Alan and a few friends would volunteer their time to kayak with me along the way! I look back and it almost makes me cry, thinking about how much all my people sacrificed for this little 16-year-old to reach a goal!!

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Swimmer Spotlight (cont)

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TW: So, these were the people who inspired you to become an Open Water Swimmer?

AH: Yes, and Number One is Alan Freeman! He got me started; he made it seem normal! He broke down my training in a way that I do today with my clients! No was never an option, and he was goofy and fun!! He drove me and a friend multiple times to go do all these long, epic swims! He sacrificed his time and sat on a pool deck for my 4- and 6-hour training swims, stayed the whole time! He taught me how to feed while swimming and one of my favorite training sessions was in Santa Barbara where I first got stung by baby jellies! He taught me how to swim and pee at the same time! Ha-ha!!! Alan still inspires me today!! And a lot of my pool coaches as well, in a rather surprising way. I faced opposition from some of these coaches, who were not happy that one of their distance and butterfly swimmers was ditching the pool for the ocean, but this negativity just made me push harder to show them I could do both!

Jennifer Brown has always encouraged me and still does today!! And Pete Kelly was one of those stable **people in your life that you know you're always going to hear something encouraging from**; I got to see him last year. He is still swimming in Avila daily, with a **walker to get down to the water, but that doesn't stop him**! Silvia and her husband, who happened to be officials on my Catalina swim, were always inspiring! She has been doing Alcatraz for over 40 years! She is and will always be an inspiration to me!! I got to watch Mara Welles train for Catalina and kill it so I knew I could do it! I got to train a lot with her too, and she took me under her wing and mentored me! My folks sacrificed a lot of sleep to get me to practice, or the **ocean, or wherever! They weren't even swimmers.**

They just did what my coaches told them to do! At the time of this young swimming career of mine, they had a 5-year-old and a 2-year-old as well to juggle, and my dad was on the boat while my mom was home worrying, up all night with my baby sisters!

But a lot of the swims my dad would drive me to and drop me off or I would go with Alan. The people I babysat for at the time let me use their pool so I could run a swim school out of it to raise money for all my swims!! Man, **I'm sure I'm forgetting so many people, but I was seriously blessed with a lot of folks on my side rooting for me and wanting me to reach my goals, no matter what weird swim thing I was doing next!!**

TW: What is the driving force that brought you to the water and that continues to compel you?

AH: Ahh, just one thing!! Well first of all, God gifted me with this ability, and I want to share it!! And come on, **what can I say...Everything is better in the water! When my kids are grumpy, I make them go play in the pool or take a shower; when I am grumpy, I do the same!** My husband says three days is my max out of water, **because then it's not pretty for anyone** – I accept that! The freedom, discovery, community and joy the water brings are what brings me back!! Swimming is when I process so much! I have prayed so many prayers looking at that black line or sighting for a tree.



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Swimmer Spotlight (cont)

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TW: What, do you think, are the most important things to consider for those who are swimming or aspire to swim these unbelievably challenging events?

AH: **Be realistic with yourself! Are you really willing to put in the work? Are you willing to give up your son's soccer game for a long open water training swim? Are you willing to step outside of yourself and ask for help? Are you willing to be vulnerable? When you train for an event, the mindset changes sometimes outweigh the body changes; be willing to feel that and process it! Have people in your corner! Whether you have a coach you are willing to listen to, or a friend, or a group you're training with, make sure you have people you trust! You are going to need someone, no doubt, to remind you why you are doing this, and on the other side you are going to need people to remind you to rest! Be willing to listen to your body and recover! Skip a workout if you need it! Honestly, this is one of the hardest things for me and my clients! Have someone you trust to tell you to chill if you need to! Also write down your WHY before you start and go back to it!!**

TW: Tell us about why you decided to open your own school and how that all happened.

AH: Oh man, this was such a God thing! So, I had been persuaded to do a coaching mentorship program under a friend who wanted me to become a coach for her business. I was in the middle of that, and we were supposed to write out our goal mission, essentially like if you could have anything what would it be? I had just coached a friend thru her first triathlon, so I had an idea of what I wanted to do, but couldn't form it into an actual thought or sentence, so I felt like... I had nothing...

But I had been coaching on and off for years and loved it! I was postpartum about 10 weeks with my fourth boy, whom I was homeschooling while my husband was working from home. I didn't really feel like it was the time for me to start a business. But I went swimming one day and it came to me!!!

I realized that I wanted to coach open water swimming, I wanted to guide swimmers to improve their stroke, as well as set goals for some epic stuff and get it done! I was at the kitchen table, and I was writing this down pen to paper. I literally had finished writing, had set my pen down, and I got a message from my friend MarySue, asking me to coach her! I looked at my husband and started crying! I had pretty much told her a few months back, when she had asked me before, that she was crazy, and I couldn't do that! Well, as a lot of us know, she is persistent! And God waited for me to see it, and it all fell into place! We met and chatted about her goals, and I started formulating a plan! I looked ahead and worked backwards for her, and we jumped in January 2021. As I started coaching her, I realized how much I had missed coaching and what a joy it was to watch people think they couldn't do something, and then do it! At first, it was just MarySue, and then more and more folks kept reaching out. It is legit the best thing in the world! It's not a job, it's a passion! And I get to do it daily!!

TW: What do you feel is your core mission as a teacher and a leader?

AH: I have a few things which are super important to me! As a coach, communication is so important because I am not just coaching them on a swim, they are a whole person and the whole person is affected when they are going through



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Swimmer Spotlight (cont)

(Continued from page 13)

a stressful time, a joyful time, or a busy time. I feel like it's my mission to see the whole person and guide them on. Not just how to fix their technique, but work through things they may not have, be a sounding board if they have had a bad day, teach them how to fuel pre, post and during the event. Integrity is also super important to me! I need to know what they are thinking; they need to know what I am thinking! I want to be able to know what they are thinking, without them having to talk sometimes! So, I guess to summarize, my focus is all of them! Meeting them where they are and guiding them through technique help, as well as showing them they can do things they never thought they could, whether it be in the pool or out!!

TW: How do you go about teaching and guiding your students?

AH: There are a few ways that I interact with my clients! We do at least two one-on-one sessions a month, we have a call, we do videotape analysis, and I use some Google docs. I use text messages, as well as an app called Marco Polo. Marco Polo has been such a great tool for me because I can see the faces of my swimmers post-swim or pre-swim and I can really see what they are feeling! We may have one thing planned, **but once I see them or have gotten some messages from them, we change it because it's not what they need.** All my coaching is very individualized. No one person gets the same workouts, same conversations, or same tone as the next, because everyone is very different!!

TW: Tell us about some of the memorable swims that you have coached and ones that are happening now.

AH: Oh man!

I have had some clients compete in their first IRONMAN, and it was pretty epic to see them complete their races! I have had someone complete their first sprint triathlon; to see her face as she crossed that finish line! I **have had a few folks complete their first open water swim: shock and awe! And now it's in their blood! I have** had a client trying to make Masters nationals and obtain it, we had an Anacapa swim, a Catalina Swim, we have a long bridge swim coming up, and then I have folks who have been in pain for years, and we adjust their stroke in the hopes that we can ease that! Again, they are all memorable because each person has had a goal, has put in the work, and gotten it done!

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

AH: Keep on going! I would love to be able to travel and meet up with groups of swimmers, train them, be in community with them and watch them accomplish their goals, and then go to the next place. I hope I can do this for a long time! Share the love and passion and keep on loving on people!!

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



(Continued on page 15)

Swimmer Spotlight (cont)

(Continued from page 14)

AH: Well, my awesome hubby and I have four boys plus one more bun in the oven, due Jan.30th, I homeschool, I am **a coach for FitMe Nutrition, I love serving in women's ministry at church, and we as a family love camping and** traveling as often as we can. I was just telling two friends, one a current client and one a past client, just this morning as we were getting out of the Sound, that my job never gets in the way of anything! It lets me swim more! So, I swim about twice a week in the pool and 2-3 days a week in the open water as well, if I can sneak away, and sometimes I drag my whole crew along and some of them join me 😊

TWIM at Washington State Senior Games

Team Walker International Masters was well represented at the Washington state Senior games in Olympia on July 24. [Click here](#) to go to the TWIM blog and read more about their experiences at the event.



Val Thompson



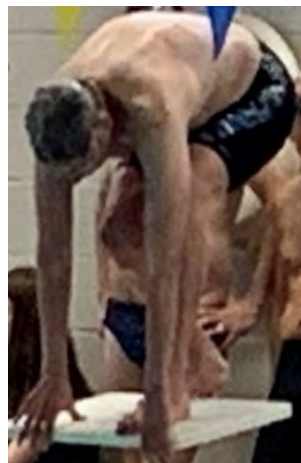
Brent Barnes



Steve Fogg



Dan Underbrink



Tom Walker



Carl Haynie



Candace Jacobs

Board meeting highlights

July 11 meeting:

- Financials: Bank account balances as of 6/30/22: Checking \$27,908, Savings \$58,314. Net revenue May-June: \$1,325. Net revenue YTD: \$7,432.
- Membership: 1,566 (725 men, 841 women).
- Newsletter: Editor Lucianne, despite a painful broken shoulder, produced yet another fine July-August issue. Former editor Sandy McNeel sent Historian Walt Reid a complete archive of *The WetSet* from July 1973 to December 1999 and five more from 2007-2008. These were among the missing issues for posting on the website.
- Meets: The board sanctioned the Lake Stevens *Call of the Vikings* (September 25) and Bainbridge *BAMFest* (October 9) meets.
- Open Water: *Fat Salmon* (July 16) will have good weather with over 300 swimmers registered.
- At-Large Director: **WWU Vikings' Marysia Smith was appointed** to fill this position.
- Open Water Buoy purchase: Three buoys were ordered with dump valves, adding \$50 to the \$350 price (each); this will be offset by needing to rent just one buoy instead of three for the *Whidbey Adventure*.
- PNA All-Time update: Walt Reid has updated the PNA Top 12 All-Time lists through the 2022 SCY season.
- Zone meeting with USMS Board members: On June 26, NW Zone LMSC representatives met with two USMS BOD members. USMS plans to sunset five national standing committees and **reduce the remaining eight into five. The National Office's plan to take over volunteers' work (e.g., History and Archives) got** pushback from Zone members.
- Next meeting on September 11.

PNA Voting Board Members

President – Linda Chapman
 Past President – Sally Dillon
 Vice President – Kathy Casey
 Secretary – Steve Peterson
 Treasurer – Lucianne Pugh
 At-Large Director – Marysia Smith
 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
 Historian – Walt Reid
 Newsletter – Lucianne Pugh
 Officiating – David Baer
 Postal – Sally Dillon
 Records/Top Ten – Doug Jelen
 Social Media – Jake Ni
 Webmaster – Steve Peterson

Follow PNA
online!



Bainbridge Aquatic Masters
19 Annual BAMFest 2022
Sunday, October 9, 2022
Warm-up: 9 AM, Sprint lanes after 9:30 AM
Meet starts at 10 AM ~ 2 PM
Sanctioned by PNA for USMS Inc. 362-S005



LOCATION: Bainbridge Island Aquatic Center
8521 Madison Ave, Bainbridge Island, WA 98110 Bainbridge Island Aquatic Center
MEET DIRECTOR: Tamara Tulou and Jessica Dubey – BAMFest2022@gmail.com
MEET REFEREE: Bernadette Witty - bmawitty@gmail.com
FACILITY: Competition: 25 yard, 6 lanes - starting end 12.0 feet deep; turning end 3.5 feet deep.
Temp 78-82°F. Warm-up: continuous lanes in the recreation pool. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1.
TIMING SYSTEM: The primary timing system will be automatic timing. Times may be submitted for USMS records and USMS Top 10 consideration.
CONCESSIONS: Accepting donations for assortment of healthy food and beverages.
RULES: Current USMS rules will govern the meet. USMS, WA State, and Kitsap County COVID guidelines and procedures apply.
ELIGIBILITY: Open to all 2022 USMS or foreign registered swimmers 18 and above as of 10/9/2022. Age **groups based on the swimmer's age as of 10/9/2022**. Foreign registered swimmers need to provide **proof of current registration with their country's masters swim body**.
ENTRIES: Individual Entries and Relay-Only Swimmers

- Swimmers may enter up to a maximum of six individual events and two relays.
- Entry time required for all events. Estimates are OK.
- Enter Online [at this link](#).
- Entry Deadline: Entries must be submitted online by 11:59 PM (Pacific) Sunday, October 2, 2022.
- Entry Fees: \$17 surcharge PLUS \$4 per individual event. No charge for relays. PNA swimmers who need financial assistance for entry fees may request same from the PNA Wiggin Fund.
- Entry Questions: Tamara Tulou and Jessica Dubey – BAMFest2022@gmail.com

DECK ENTRIES: Not allowed

SEEDING: All events slow to fast, age groups and genders mixed except relays. Pre-seeding except for 500 Free.

CHECK-IN: Positive check-in required for the 500 Free by the start of Event #1. Swimmers missing the check-in deadline may be scratched from the event.

RELAYS:

- Relay cards due by 9:30 AM for Event #1 and 2, 200 Medley Relay.
- Relay cards due by end of Event #6 for Event #12 and 13, 200 Free Relay.
- No charge for relays, but relay-only swimmers must sign-up online by the entry deadline.

500 Free: Swimmers in the 500 Free must provide their own TIMER. If a COUNTER is desired, the swimmer must supply a person for that job **as well. TIMER and COUNTER can't be the same person**. Entrants may be limited if timeline is too long.

COVID PROTOCOLS:

- All swimmers are encouraged to be vaccinated.
- All participants may wear a face mask, if desired.
- An inherent risk of exposure to COVID-19 exists in any public place where people are present.
- COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.
- Pacific Northwest Association of Masters Swimmers cannot prevent you from becoming exposed to, contracting, or spreading COVID-19 while participating in USMS sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USMS-sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

AWARDS: Ribbons will be awarded for 1st, 2nd, and 3rd place in each age group and gender.

ORDER OF EVENTS

- | | |
|--------------------------|-------------------------|
| 1 Women 200 Medley Relay | 9 Mixed 100 Free |
| 2 Men 200 Medley Relay | 10 Mixed 500 Free |
| 3 Mixed 200 Free | 11 Mixed 100 IM |
| 4 Mixed 50 Back | --- 10 minute BREAK --- |
| 5 Mixed 200 IM | 12 Women 200 Free Relay |
| 6 Mixed 50 Free | 13 Men 200 Free Relay |
| --- 15 minute BREAK --- | 14 Mixed 100 Back |
| 7 Mixed 100 Fly | 15 Mixed 50 Fly |
| 8 Mixed 50 Breast | 16 Mixed 100 Breast |

DIRECTIONS:

From Seattle: Take the 7:55 AM ferry to Bainbridge Island. Proceed on SR305 exactly one mile to NE High School Road. Turn left (west) on High School Road. Turn right (north) at traffic circle onto Madison Ave. Take first left for driveway entrance to pool.

From West Sound: Take SR305 to Madison Ave. N and turn right (south). Proceed 0.6 miles to the pool entrance on the right.

HOST TEAM INVITATION:

Bainbridge Aquatic Masters swimmers invite you to review the team website, <http://www.bainbridgeaquaticmasters.com> for past meet results, lodging accommodations, restaurants, and tourist attractions on the island.



Snohomish Aquatics Masters Invitational Meet -
Sunday, November 6, 2022
Warm-up: 8 AM – Meet starts at 9 AM
Sanctioned by PNA for USMS Inc. Pending



LOCATION: Snohomish Aquatic Center
516 Maple Ave, Snohomish, WA 98290
MEET DIRECTOR: Rob Serviss –
robert.serviss@snohomishaquatic.com
MEET REFEREE: Dave Baer - dlbaer53@gmail.com
FACILITY: **Competition 25 yard, 10 lanes, 7' – 12.5' deep. Temp 79-81°F.** Continuous warm-up in the extra lanes not being used for competition. Electronic timing. The number of lanes used for competition will range from 6 to 8, depending on size of meet. At least one lane will be available for continuous warm-up. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1.
TIMING SYSTEM: The primary timing system will be automatic timing. Times may be submitted for USMS records and USMS Top 10 consideration.

CONCESSIONS: None. Bring your own food and drink. Water fountains for water bottles only.

RULES: Current USMS rules will govern the meet. USMS, WA State, and Snohomish County COVID guidelines and procedures apply.

ELIGIBILITY: Open to all 2022 USMS or foreign registered swimmers 18 and above as of 11/6/2022. Age groups based on the **swimmer's** age as of 11/6/2022. Foreign registered swimmers need to provide **proof of current registration with their country's masters swim body.**

ENTRIES: Individual Entries and Relay-Only Swimmers

- Swimmers may enter up to a maximum of 6 individual events and 2 relays.
- Entry time required for all events. Estimates are OK.
- Enter Online at: Pending
- Entry Deadline: Entries must be submitted online by 11:59 PM (Pacific) Sunday, October 30, 2022.
- Entry Fees: \$16 surcharge PLUS \$3 per individual event. No charge for relays. PNA swimmers who need financial assistance for entry fees may request same from the PNA Wiggin Fund.
- **Your credit card will be charged by 'ClubAssistant.com Events'** for this swim meet.
- Entry questions: Rob Serviss –
Robert.serviss@snohomishaquatic.com

DECK ENTRIES: Not allowed

SEEDING: All events slow to fast, age groups and genders mixed. Preseeding except for 500 Free.

CHECK-IN: Positive check-in required for the 500 Free. Check in for the 500 Free by the conclusion of event #5. Swimmers missing the check-in deadline may be scratched from the event.

RELAYS:

- Relays may be women, men, or mixed. Mixed relays require two men and two women.
- Relay cards due by 8:30 AM for Event #1, Mixed Medley Relay.
- Relay cards due by end of Event #5 for Event #9, Mixed Free Relay.
- No charge for relays, but relay-only swimmer entry fee surcharge applies.

500 Free: Swimmers in the 500 Free must provide their own TIMER. If a COUNTER is desired, the swimmer must supply a person for that job as well. TIMER and COUNTER **can't be the same person.**

COVID PROTOCOLS:

- All swimmers are encouraged to be vaccinated.
- All participants may wear a face mask, if desired.
- An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.
- Pacific Northwest Association of Masters Swimmers cannot prevent you from becoming exposed to, contracting, or spreading COVID-19 while participating in USMS sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USMS-sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

AWARDS: Not available for purchase.

ORDER OF EVENTS

- | | |
|---|---|
| 1 – Women, men, mixed 200
200 medley relay | 9 – Women, men, mixed
200 free relay |
| 2 – Mixed 200 free | 10 – Mixed 100 back |
| 3 – Mixed 50 back | 11 – Mixed 50 fly |
| 4 – Mixed 200 IM | 12 – Mixed 100 breast |
| 5 – Mixed 50 free | 13 – Mixed 100 IM |
| -----10-minute break----- | -----10-minute break----- |
| 6 – Mixed 100 fly | 14 – Mixed 500 free
(500 free limited
to 32 entrants) |
| 7 – Mixed 50 breast | |
| 8 – Mixed 100 free | |

DIRECTIONS:

North I-5S – Take exit 194 for US-2 E toward Wenatchee, Continue onto US-2 E, Take the 88th St SE exit, Turn right onto 88th St SE, Continue onto 92nd St SE, take a right onto Maple Ave.

South I-5N – Take exit 194 for US-2 E toward Wenatchee, Continue onto US-2 E, Take the 88th St SE exit, Turn right onto 88th St SE, Continue onto 92nd St SE, take a right onto Maple Ave

LODGING: Snohomish Inn, 323 2nd Street, Snohomish, WA 98290, Phone: (360) 568-2208

