

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

Greetings to all! Happy fall and happy rainy season!

November 1 marks the first day of individual registration for USMS. The membership rate has increased to \$70/year, but if you renew before January 1st, 2023, you get a \$5 discount. Renew now and save some cash!

Clubs and Workout Groups in PNA should all be registered by now. If your Club or Workout Group isn't registered, they won't appear in the drop-down list when YOU register – so **remind your coach or team manager if you don't see your Club or Workout Group name.**

The PNA Board will have a Zoom meeting November 7. This meeting will serve as the annual meeting for 2022. (USMS requires LMSCs hold an annual meeting each year.) [Contact me](#) if you would like a Zoom invite to attend. Tentative topics include appointing directors for 2023, PNA Policies review, initial 2023 budget planning, and a SPLASHForward project update.

Save the Date! – 2023 PNA Champs will be April 15-16 at the King County Aquatic Center in Federal Way. This great meet features team competitions in three divisions: Large, Medium, and Small. Get your group together and start training for the events you want to enter! And remember, double points for relays!

Plan Ahead: [USMS Spring Nationals will be in Irvine, CA April 27-30, 2023](#). The Order of Events and Application to Officiate are posted. More info coming soon!

Happy Swimming!

PNA Calendar

[Search USMS
Calendar of Events](#)

- 9/15 to 11/15—[3000/6000 Virtual Champs](#)
- 11/6—Snohomish Aquatic Masters Invitational
- 1/01 to 1/31—2023 [1-Hour Virtual Champs](#)
- 4/15 to 4/16—2023 PNA Champs

Space Needle Cross-Training

By Steve Peterson

Horizontal. Always horizontal. Swimming. So when I saw the ad for the Fred Hutch Cancer Center *Base2Space* [<https://www.fredhutch.org/en/events/base-2-space.html>] fundraiser on KING-5 I thought, hey, why not sign up for this event? Something to accomplish in the upright position for a change. Seemed about time, too, as the last time I'd climbed the Space Needle – or perhaps even been *in* it – was for a Lung Association fundraiser back in ... 1989! Thirty-three years – how time does fly!

But how would I do, how would I feel today? I don't recall my time from that event so long ago. In preparation (as my Y pool mates would say, "Typical!"), the Wednesday before the event I went upstairs after morning swim workout to try out the stair climber machine (my first time on that thing). I set it for about a second per step and started 'er up.

When the screen indicated that I'd gone up 50 stories, I was almost surprised that (a) I was sweating profusely and (b) I'd finished in just over 14 minutes. Then one more short session on Friday. Ready!

October 2 was a bright, clear, beautiful Sunday morning. I arose at 5 am to eat breakfast and head downtown to catch the 6:20 Bremerton – Seattle ferry. After finding a free parking spot a few blocks away up on Roy Street (how many years has Seattle been charging for on-street parking, even on a Sunday?), I checked in at Registration. I don't know how the five previous years' climbs were conducted, but staging this in waves was clearly well planned. The 7:30 send-off was reserved for the "elites" (those "able to run a 5-6 minute mile"); I procrastinated signing up until the week before. I apparently got the last available slot for Wave 2 at 9 am, which worked perfectly for departing not too early from home and getting there with an hour to check in, psych up, and make my way to the starting line.

The climb info said you could choose between the "fast" and "slow" staircases (there are two that spiral around



Looking west—Olympics almost invisible for smoke haze



2022 Base2Space Finisher Medal

the center core of the Space Needle), though the volunteers offered no such distinction for my wave. Climbers were staged several seconds apart, so there was no concern about crowding or departure time given the timing chip embedded in your bib. As it turned out, only one climber passed me, and he and I were both slowed by congestion at the very top (we coulda finished 30-40 seconds faster!).

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Space Needle Cross-Training (cont)

(Continued from page 2)

Climbers could opt out at the 100-foot (restaurant) level if so inclined; EMTs were staged along the way to watch the rest of us. While I didn't find myself sweating like I had at the Y, I felt my heart pounding as though about to leave my chest any moment as I grabbed the handrails to help propel me up. And I recall a certain nervousness – pre-race anxiety diminishing to rising acrophobia as the view changed through the chain-link fencing welded in the voids?



Just a short, quick 500-foot elevator ride down

At last – the top. As when I swim distance events, the last portion seems mercifully faster (though not a negative split, certainly). Suddenly, despite the clog at the top, I saw the timing mat, a bell-ringing volunteer handing out a medal and water, and preceding climbers cheering! Made it – 11 minutes and 18 seconds! Good enough, turns out, for 8th among 32 guys in my 70-79 age group. (The first two septuagenarians were 6:30 and 6:46 (!); the fastest climber overall set the record at 3 minutes 50 seconds!)

I was pleasantly surprised by friends who helped double my modest fundraising goal. My post-early-bird registration fee was \$89 and I figured I would just cover the event's required minimum donation. But taking advantage of the event's Facebook connection made it simple to automatically solicit friends and submit the total – easy peasy. Check out my photos and captions – and consider a 500 (foot) vertical workout next October!



Perfect October morning to climb 832 steps/50 stories/500 feet

T-shirt is from my last climb—1989!



Swimmer Spotlight

The Team is a Family

An interview with Tom Wunderlich, Association Director of Aquatic Advancement YMCA of Snohomish County
With Tom Walker of TWIM

We are called forth.

We are people who follow a tradition, who carry forth a legacy passed on across the generations. This tradition, this legacy, this spirit, all extol the highest attributes of our lives together as a community.

It is the values we share. Integrity. Teamwork. Caring. Friendship. Dedication. Empathy.

It is called United States Masters Swimming, and we can be proud of who we are and what we stand for. We can be proud of what we do together and how we got here.

When the vision of Captain Ransom J. Arthur, MD gave birth to the first Nationals Masters Swimming Championships in Amarillo Texas on May 2, 1970, he ignited a spark that set the swimming world ablaze and let to a movement that now boasts nearly 60,000 swimmers throughout this mighty land of ours.

Incredible what can happen when just one person decides to change the reality around them for the better and believes and lives that reality. One can wonder what could have been the experience and inspiration that lead to such a moment as this, how long the trail.

And that spirit is alive and stronger than ever today, propelled by each one of us, at every workout, every meet, in every conversation, every reach out to a teammate, every lasting bond of friendship we create, and the shared mission around which we rally.

It is also a flame carried forward by all those who have stepped forth as leaders to establish a Masters swimming program in hundreds of cities, large and small, in every corner of our nation. People who have poured their passion and lifeblood into what we call our own. They are doing it right now, right here.

People like Tom Wunderlich.

We are called Forth.

TW: So how did it all begin, your swimming career, that is?

TWL: My swimming career started at the age of 5 with the Yuma Sidewinders. My parents enrolled me in swim team as my older sister was already on the team, which made life easier for them by having to take us to only one location.

TW: Who were your early mentors and what inspired your commitment to swimming?



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Swimmer Spotlight (cont)

(Continued from page 4)

TWL: As a young age group swimmer I always looked up to the older swimmers on the team. I had the opportunity to meet Mark Spitz at a swim meet in California and I believe that was what ignited my drive to see what I could do in the pool. Over the years I found my coaches to be great mentors. They always knew what to say to keep my head in the game and focus on my goals.

TW: Tell us a bit about your competitive career and your coaching career.

TWL: As I mentioned above, my competitive career began in Yuma. When I was a preteen we moved to South Carolina; the team was a summer team, so the competitive piece was slightly different. I was able to explore open water swimming during this time. We would spend a lot of time at the beach, which provided me with the opportunity to learn how to swim open water. At the age of 15 we moved to Marysville, Washington, where I joined the Marysville Sharks and the Marysville-Pilchuck High School. This gave me the opportunity to swim competitively year-round again. Between the high school team, club team, and becoming a lifeguard at the pool I quickly became a true pool rat. As my high school career was coming to an end, I had to decide whether I was going to hang up my suit or try to swim in college. Fortunately for me, I received a scholarship to swim at Old Dominion University, so I was able to continue my journey in the pool.

TW: And your coaching?

TWL: **My coaching career began in my early 20's, when I was offered the opportunity to coach the senior program for the Snohomish Valley Swim Club.** I had never been a coach before, but having swam competitively for close to 16 years, being a lifeguard and swim instructor, I felt I understood what needed to be done to start developing athletes. The head coach for SVSC was a true mentor when it came to coaching; I learned many important skills and several different tricks. I relied on my memories of swimming in Yuma to create the team culture. The team is a family, and we rely on each other both in and out of the pool. I took this philosophy on team culture and worked to create my own belief system about what a team is and how it operates.

After many years on deck rebuilding the senior program for SVSC, I stepped away from coaching and changed career paths. On this new path I was working for a Parks Department, and I found myself running an outdoor pool in the summer. I developed a Learn to Swim program and a summer swim team during my time with the Parks Department. This allowed me to hone my skills as a coach and develop the culture that I wanted to have in a team.

It wasn't long before I was back on deck in the year-round competitive world. I was offered the opportunity to coach the 8 and under group for West Coast Aquatics in Mill Creek.

I spent several years coaching with West both in Mill Creek and then at a satellite location in Woodinville. I left West as I felt I needed to build a program where I could truly create the culture that I envisioned. So, 19 years ago I started **Gold's Aquatics Club.**

My wife and I worked together to build a program that both of us could stand behind. The entire premise was family.

(Continued on page 6)



Swimmer Spotlight (cont)

(Continued from page 5)

Every swimmer that joined the team became a part of the family. Everyone is important in the family, and everyone matters. We started the team with 20 young swimmers and quickly grew the team to 200. At meets our swimmers learned the importance of being there for your teammates. No swimmer left the meet until our last swimmer was done. We would go to dinner as a team after a meet, there would be fun weekend events away from the pool. We became one big family.

After 17 years of being head coach and building the program, I decided it was time for me to move on and try something a little **different**. I left Gold's and went to the YMCA of Snohomish County to help rebuild the aquatics department and programs. Though in my new role I am still coaching, the difference is that I am not just coaching age group swimmers. I am also coaching young professionals. I have found this to be extremely fulfilling and very rewarding.



TW: What, at long last, drew you to Masters swimming?

TWL: There is a comradery and community in the swimming world unlike in any other sport. I think wanting to continue to be part of that global community on a new level is what drew me to Masters swimming.

TW: How do you think Masters swimming benefits the whole person, in body, mind and soul?

TWL: Swimming is a lifetime sport and activity that anyone can participate in. You are never too old to learn **how to swim and become part of a Master's program. The benefit to me is that the community is supportive and caring. There isn't any better way to exercise. And the freedom you get from being in the water is unmatched.** To me, being in the water with like-minded people is peaceful, liberating, and inspiring.

TW: Tell us about your program.

TWL: **The Master's program at the YMCA of Snohomish County is in the early stages of development.** We started the program in the Spring of 2022 with 4 swimmers and by August we had 15 swimmers with interest in the program coming in daily. We offer workouts Monday through Friday from 6am to 7:15am. Our current focus with the program is to work with individuals on their personal goals while creating a team that supports each other in achieving those goals. We have open water swimmers, triathletes, and swimmers that are new to the competitive world. The group has become very tight in a very short amount of time. Currently the program is in transition, as our coach left us. We are currently searching for a new coach!

TW: What is your vision for this program?

TWL: The vision for the program is to offer Masters swimming at all six of our branches throughout the county. All six programs would be run as one. The coaching staff would work together to develop a training plan that meets the needs of all swimmers, while providing opportunities to swim at Masters meets for swimmers of all levels.

(Continued on page 7)

Swimmer Spotlight (cont)

(Continued from page 6)

The program would work in conjunction with our age group team, providing Masters swimmers the opportunity to become mentors to the age groupers and volunteers for their swim meets and practices. By creating this connection, the age group swimmers have swimming role models to look up to and learn from.

TW: What are you doing at this point in your own personal swimming? How do you enjoy the water these days?

TWL: For my personal swimming I have taken up open water swimming. My goal this year is to swim open water all year. For 2023 I would like to attempt to swim the perimeter of Lake Washington, not all in one swim but broken into 7-to-10-mile segments. I would also like to do the Alcatraz swim, Catalina, and potentially the Swim Around Key West. Ultimately, I would like to try and take on the Oceans Seven Challenge.

TW: Any parting thoughts?

TWL: **Being a swimmer isn't who you are or what you do. To me,** being a swimmer is about the love and freedom the water gives you. To me there is no other place to find the freedom that you get in the water.

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

*The Snohomish YMCA is looking for a
MASTERS SWIM COACH
 \$21.00-22.63/hr
 plus free YMCA family membership.
 Email twunderlich@ymca-snoco.org
 for more information.*

Save the date!



5th "Almost Annual"

BELLEVUE CLUB MASTERS' MILE

Sunday, Feb 5, 2023 / Noon warmup, 1pm start

Begin 2023 with a 1500 SCM swim in
the Bellevue Club's outstanding pool.

Nine lanes, all 9' deep = a recipe for fast swimming!

The meet information was not available at press time but will
 be posted on PNA's website and Facebook page soon.

Entries will be limited to 63 individuals.

Questions: Sally Dillon at salswmmr@comcast.net.

Last Splash of Summer

The 2022 Last Splash of Summer was held Saturday, September 17 at Angle Lake in SeaTac. The event featured 73 swimmers ages 12-75 competing in six divisions: 1-Mile Wetsuit, 1-Mile No-Wetsuit, 1-Mile Julie Montiel Memorial Swim, 2-Mile Wetsuit, 2-Mile No-Wetsuit, and a 500-yard swim for kids ages 9–12.

Read the TWIM blog post and see more pictures at [this link](#).

Top finishers included:

1-Mile Julie Montiel: 1) Rebekah Johnston (F, 40, 33:04.1); 2) Isla Clough (F, 12, 39:40.4); 3) Jama Clough (F, 43, 39:45.9).

1-Mile No Wetsuit Female: 1) Takara Putt (16, 23:39.6); Abbey Snyder (13, 27:07.5); 3) Reese Hardisty (14, 27:52.8).

1-Mile No Wetsuit Male: 1) Tai Manning (12, 25:31.7); 2) Ryley Clough (13, 25:34.1); 3) Theodore Putt (14, 25:38.9).

1-Mile Wetsuit Female: 1) Matilda White (15, 25:10.4); 2) Katie Schwab (46, 28:09.9); 3) Jennifer Vallier-Douglass (51, 29:09.2).

1-Mile Wetsuit Male: 1) Baden Sprinkle (34, 24:12.0); 2) Curtis Troupe (65, 26:29.1); 3) Jakub Kotynia (34, 29:59.7).

2-Mile No Wetsuit Female: 1) Madeline Fox (17, 50:46.4); 2) Eleanor Smith (15, 50:49.8); 3) Kristin Nyweide White (46, 52:23.7).

2-Mile No Wetsuit Male: 1) Jared Graham (23, 40:41.6); 2) Evan Angeline (15, 46:08.5); 3) Alexander Kabacy (17, 49:35.4).

2-Mile Wetsuit Female: 1) Molly Brunjes (42, 59:41.8); Marjorie High (47, 1:12:44.7); 3) Jennifer Wickham (46, 1:23:49.4).

2-Mile Wetsuit Male: 1) David Dahl (37, 45:34.7); 2) Stephen Freeborn (67, 52:15.3); 3) Philip Wood (58, 55:06.3)



*Team Walker
International Masters
swimmers and supporters
at Last Splash of
Summer.*

Snohomish Fly Clinic

Two-time Olympian Tatiana Lemos de Lima, along with Team Walker International Masters and an array of on-deck coaches, presented a butterfly fundamentals clinic on Saturday, October 29. The event was well attended.

[Click here](#) for more pictures, courtesy of TWIM social media.



USMS Virtual 5K/10K

By Sally Dillon

Here's dedication!!!

A frequent participant in USMS Virtual Championship swims (previously known as ePostal swims), Johnny Van Velthuyzen was the only PNA member to compete in the 5K & 10K events this summer. He had two outstanding finishes: competing in the 40-44 year age group, 43-year-old Van Velthuyzen took 3rd place in the 5K in 1:15:51.63 and 1st place in the 10K in 2:35:04.14.



Since 50-meter pool time was difficult to find this year, he was asked how he managed to get in both swims and here's his response: *"I was driving to Montana for a long weekend and stopped at Witter Pool in Spokane on the way there for the 5K. It was 'regular season' so only a 75-minute slot was available, but I got in a few minutes early (and no warmup or cooldown), and barely got it done. On the way back, they had moved to a 'postseason' schedule, which was a 3.5-hour block, plenty of time for the 10K."*

USMS Virtual 3000/6000

The 2022 U.S. Masters Swimming 3000/6000 Virtual Championships conclude on Nov 15. The event can be swum in a 25-yard or 25-meter pool. (Meter distances will be converted to yards.)

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



Clubs can enter relays using results from individual swims. Contact your club's coach if you enter one or both events. PSM relay coordinator Sally Dillon will form relays using results of participating members. Contact Sally at salswmr@comcast.net with your questions.

USMS Virtual 1-Hour

This longest running USMS virtual event can be swum in a 25-yard pool or longer. Participation takes place during the month of January only and registration is required BEFORE completing the swim. Details for the 2023 event weren't available at press time but information should be available soon at [this link](#).

Welcome new swimmers!

Anderson, Heather
 Aneja, Vipul
 Beales, Thomas
 Bermensolo, Christy
 Bohnert, Monica
 Bohnert, Matthew
 Brady, Charles
 Brandt, Karen
 Carver, Jonathan
 Chaussabel, Adrien
 Coates, Thomas
 Cole, Sonia
 Conrow, Matthew
 Davis, Cheryl
 Dean, Emily
 DeWald, Shea
 Doll, Bradford
 Donnelly, Michael
 Duzak, Jeffrey

Eichenberger, James
 El Abdellaoui, Saad
 Farooqi, Amna
 Fiorini-Wirick, Jessica
 Frauson, Michele
 Geneser, Sarah
 Gibson, Chad
 Gustafson, Alexandra
 Gustaveson, Alexander
 Hall, Michael
 Haydu, Adrian
 Heitmann, Emma
 Helmer, Cara
 Hinerth, Kelly
 Janczyk, Tomasz
 Johnsen, Elizabeth
 Jones, Kevin
 Kao, Lucy
 Kraft, Adrian

LaMaine, Lucie
 Larson, Kristen
 Lederer, Emma
 Lederman, Emily
 Long, Darla
 Luckey, Stephen
 Lundblad, Katharine
 Maibauer, William
 Mantha, Prajwala
 Matha, Katherine
 McCracken, Rachel
 Meyer, Ada
 Mohr, Sarah
 Moreno, Jane
 Msonda, Hubert
 Murray, Faith
 Nilson, Curtis
 Partipilo, Chris
 Paxton, Noah

Phan, Kimberly
 Plowman, Miri
 Poppen-Eagan, Rowan
 Raco, Dijana
 Radziejewski, Kyla
 Ramirez, Ginae
 Rea, Marshall
 Reardon-Shymko, Jennifer
 Resing, Heidi
 Ringstad, Kristin
 Rios, Juliana
 Rogers, Jamie
 Rolnick, Gregory
 Sanchez, Carlos
 Schulte, Briana
 Simmen, Alessia
 Smolyanov, Anthony
 Starmer, Caitlin

Stender, Shane
 Sukraw, Kristen
 Sumnicht, Andrew
 Takahashi, Atsuko
 Tufts, Colleen
 Vives, Jaime
 Vu, David
 Vuong, Tiffany
 Wehrung, Donald
 Wiltamuth, Martha
 Wiltamuth, Scott
 Wolf-Miller, Cheryl
 Won, Jessie
 Wright, Eleanor
 Zhou, Han

BAMFest 2022

The return of popular Bainbridge Island meet BAMFest took place on Sunday, October 9. The event featured 119 swimmers registered for 447 individual events. Team and individual scores were not available at press time, but [click here](#) for a TWIM blog report and additional pictures.



The Bernardo's All Stars (Tacoma Y).



WWU Viking members cheer on their teammate.

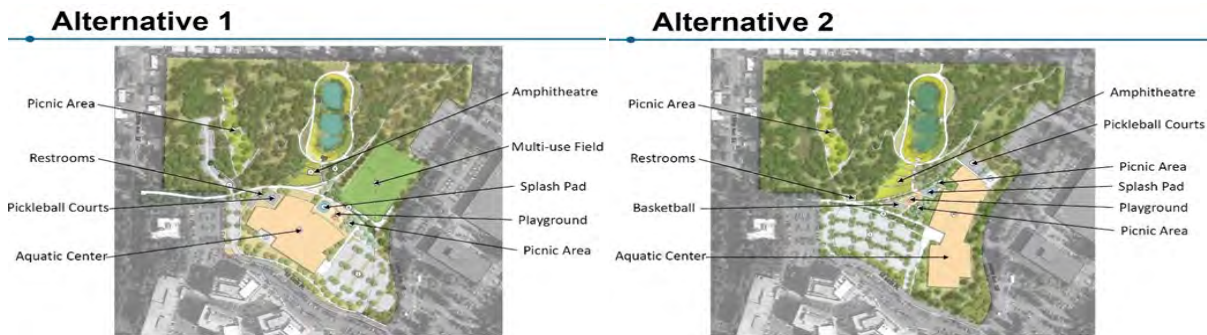
SPLASHForward update

By Susan Pappalardo

Everyone has a water story and every Masters swimmer has a story worth knowing. Wherever and whenever you found your way to snuggling up in a lane with other swimmers to push yourself to limits you would never consider otherwise, you undoubtedly have developed new friendships. The feeling of belonging no matter your skills and the health benefits whether you hit your sendoff or not, keep you coming back swim after swim. Like you, the friendships, health benefits, and sense of belonging are what keep us driven to bring new public aquatic centers to life so everyone can enjoy these benefits Masters swimmer or not!

Next Steps for Bellevue

Great conversations and support is building for an aquatic center at Bellevue Airfield Park. Two master plan alternatives that include an aquatic center were shared at a second city-led community meeting held in person on September 22nd. Lively and engaged discussions were heard in front of the boards in a room filled with close to seventy-five attendees. Overall support for inclusion of an aquatic center and strong voices advocating for pickleball courts were the highlights. The following week, we held our first in person community meeting since the pandemic to further engage community discussion on the details of the aquatic center and the site. Bellevue Parks & Community Services Board had an opportunity to provide feedback at their October meeting.



They made it clear that they will only approve a master plan for Bellevue Airfield Park that includes an aquatic center. In late November, City Councils will share their input on the master plan alternatives.

A single recommended master plan alternative will be shared at a third community meeting in January (date TBD). We strongly encourage all aquatic supporters wanting to see a new public aquatic center in Bellevue to attend the January meeting and share your input. You can [visit the city's website](#) and our [Latest News webpage](#) to stay up to date and info on how to share your input.

Take our Survey

We want to know what excites you and how you will use the new Bellevue Aquatic Center at Bellevue Airfield Park. [Take our survey](#) & share it with a friend!

Building the Lifeguard Pipeline

November 18th is **National Injury Prevention Day** and we have partnered with UW's Harborview Injury Prevention Research Center, Seattle Children's Hospital, and Seattle & King County Public Health to hold a Student Lifeguard Workshop (virtually) on November 15th to introduce lifeguarding to students in south Seattle and

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SPLASHForward update (cont)

(Continued from page 12)

south King County. A panel of aquatic managers and lifeguard instructors from south King County aquatic facilities and student lifeguards will share what it means to be a lifeguard. We will be supporting a limited number of students to receive their lifeguard certification. All students 15 years old or who turn 15 before the summer season in King County are invited to attend. [More details.](#)

Bellevue & Kirkland Parks Measures

On November 8th, Bellevue residents will vote on an [\\$85 million Parks Levy Ballot Measure](#) that includes \$10 million for new recreation and community facilities such as an aquatic center. Vote if you live in Bellevue!

On October 27th the City of Kirkland *Parks Funding Exploratory Committee* received an update on the Recreation and Aquatic Center feasibility study led by Opsis Architecture. The committee provided input on the top three sites and proposed facility configurations. The top three sites are Houghton Park and Ride, Peter Kirk Park, and the North Kirkland Community Center. The three facility configurations include a large 105,000 sq ft, a medium-large 70,000 sq ft, and a medium 45,000 sq ft facility. The aquatic features range from a large indoor recreation pool and a 6-lane 25yd lap pool to smaller indoor recreation pool and an outdoor recreation pool. Stay tuned as the committee will make overall parks measure recommendations to the city in February 2023. Learn more about the potential [November 2023 Parks Measure.](#)

If you would like to get involved with SPLASHForward or learn more, reach out anytime info@splashforward.org.

Thank you for sharing our efforts with a friend!

New Year's 10K swim!

Thorbeckes 2023 **New Year's 10K Swim**

Thorbeckes Aquatic Center @ 910 Johnson Road, Centralia, WA 98531

Friday December 30, 2022 @ 8:30am-1:00pm

Limited to 15 swimmers. Sign up early because spots will go fast!

*\$30 per swimmer is to help defray the cost for the New Year's 10K Celebratory Lunch,
10K Goodies, & 10K miscellaneous items!*

Deadline date to sign-up & pay \$30 is December 16, 2022!

Non-members will need to pay Thorbeckes Guest Fee of \$10 & complete a Waiver Form which will be available at the Thorbeckes Aquatics Reception Desk on the morning of the event.

Contact Erin McPeak (emcpeak80@gmail.com, 317-608-9742(M)) for more info.

Board Meeting Highlights

Highlights of September 11 Board Meeting:

Financials: The pandemic has led to approximately \$6500 less expense than budgeted so far this year. Bank account balances as of 8/31/22: Checking \$28,882, Savings \$58,315. Net revenue July-August: \$1,042. Net revenue YTD: \$8,474.

Membership: 1,654 (778 men, 876 women).

Meets: The board approved requested dates for Lake Stevens *Call of the Vikings* (December 4), *BC Mile* (TBD: January 29 or February 5), and *PNA Champs* (April 15-16).

Open Water: Updated policies on procedures and buoy rental will be prepared for next meeting.

At-Large Director: At Large Director Dick Green resigned; a replacement is needed!

Club and Team Development: updates to coach lists for several teams were received along with requests for registration fees assistance for upcoming coaching clinics. Coach of the Year Wade Praeger will attend the National Coaches Clinic in Las Vegas; TWIM coach Kathy Pelham will attend an Oregon ALTS clinic.

USMS Annual Meeting: The Board reviewed Rule Book changes and proposed fee increases. Potential controversy lies in R-3 (allowing Top 10 season date flexibility), L-3 vs L-4 (codifying HOD or BOD authority to set annual meeting details), L-20 (required Recognition and Awards Committee makeup).

NEXT MEETING: November 7 via Zoom.

PNA Voting Board Members

President – Linda Chapman
 Past President – Sally Dillon
 Vice President – Kathy Casey
 Secretary – Steve Peterson
 Treasurer – Lucianne Pugh
 At-Large Director – Marysia Smith
 At-Large Director – Open!
 Bylaws – Jim Davidson
 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

*2023 USMS registration is open!
 Renew your membership before 1/01/23
 to receive a \$5 discount.*

