



CONTENTS

- 1—President's Message
- 2—Dawn Musselman Award
- 3—Coach of the Year Award
- 4—Snohomish Meet
- 5—Virtual Championships
- 6—Puget Sound Masters
- 6—New Swimmers
- 7—Board Nominations
- 8—Australia Adventure
- 13—Hood River SCM
- 14 Swimmer Spotlight
- 17—Officials Are Your Friends
- 19—Board Meeting Highlights
- 20—SPLASHForward Update

President's Message

By Linda Chapman, PNA President

Happy new year to all!

I hope that everyone renewed their USMS membership in 2022 and got the \$5 discount. If not, you can renew right now at [USMS.org](https://usms.org) for \$70/year. Did you know PNA receives 20% of PNA members' USMS registration fees? Membership fees provide almost all PNA's annual budget.

PNA Board elections for President, Vice President, Treasurer, Secretary, and two At-Large Directors are coming up in March. Interested? Maybe with a friend? Please [contact me](#) to chat about it.

Try Masters Swimming (January 1–31): USMS is sponsoring another Try Masters Swimming month; this time coinciding with membership drives by health clubs and the YMCA. Guidance for coaches on a successful TMS [is here](#). If your team is participating in this effort, please be aware there might be some new faces at your usual practice. Reach out, be friendly, and welcome the brave souls willing to give Masters Swimming a try!

Check out upcoming meets in PNA: The Bellevue Mile (Feb 5), WWU Vikings in Bellingham (February 26) and PNA Champs (April 15-16) at the King County Aquatic Center in Federal Way.

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](#)

- 1/01 to 1/31—USMS 1-Hour Virtual Champs
- 2/05—Bellevue Club Masters Mile, Bellevue, WA
- 2/26—WWU Vikings, Bellingham, WA
- 4/15 to 4/16—2023 PNA Champs, Federal Way, WA
- 4/27 to 4/30—[USMS Spring Nationals](#), Irvine, CA
- 5/15 to 9/15—USMS 5K/10K Virtual Champs
- 6/24—Whidbey Adventure Swim, Langley, WA
- 8/02 to 8/06—[USMS Summer Nationals](#), Sarasota, FL
- 8/02 to 8/11—FINA World Masters Champs, Kyushu, Japan
- 9/15 to 11/15—USMS 3000/6000 Virtual Champs

Dawn Musselman Award Nominations

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



Dawn Musselman

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

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

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

Submit your nomination by Saturday, March 18 to PNA Webmaster Steve Peterson, speterson@bandwagon.net. If you have questions, call Steve at 360-692-1669.

Past recipients of the Dawn Musselmen Inspirational Swimmer Award

1986 - Dawn Musselman	2005 - Gene Crossett
1987 - Marlene Holmes	2006 - Jeanne Ensign
1988 - Maxine Carlson	2007 - Lee Carlson
1989 - Jim Penfield	2008 - June Van Leynseele
1990 - Tom Foley	2009 - Steve LaHaie
1991 - Karen Jost	2010 - Betsey Kassen
1992 - Jan Kavadas	2011 - Sarah Welch
1993 - Robin O'Leary	2012 - Kiko Kimura Van Zandt
1994 - Marion Mueller	2013 - Rick Colella
1995 - Tammi Keeler	2014 - Charlotte Davis
1996 - Ian Thompson	2015 - Sally Dillon
1997 - Suzanne Dills	2016 - Steve Peterson
1998 - Clark Pace	2017 - Zena Courtney
1999 - Dan Frost	2018 - Lisa Dahl
2000 - Joan Davis	2019 - Arni Litt
2001 - Paul Ikeda	2020 - Steve Freeborn
2002 - Barb Gundred	2021 - Tonya Berg
2003 - Chaya Amiad	2022 - Jim Lasersohn
2004 - Kathy Casey	

PNA Coach of the Year Nominations

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

Submit your nomination by March 18 to PNA Board Member Sally Dillon at salswmr@comcast.net. Previous recipients of the Coach of the Year Award will serve on the selection committee.

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

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

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

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



Past recipients of the Coach of the Year Award

2022 – Wade Praeger, Lake Washington Masters
 2021 – **Chad Hagedorn, YPKC Bernardo's All-Stars**
 2020 – Calvin Milbach, Thunderbird Aquatic Club
 2019 – Brad Hering, Stanwood-**Camano WA "Y"**
 2018 – Pete Colella, North End Otters
 2017 – Wendy Neely, Blue Wave Aquatics
 2016 – April Cheadle, Bainbridge Aquatic Masters
 2015 – Paul Ikeda, Orca Swim Team
 2014 – Joel Dodds, Mukilteo YMCA
 2013 – April Cheadle, Bainbridge Aquatic Masters
 2012 – Becca Watson, Lake Washington Masters

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

Snohomish Meet

The Snohomish Aquatics Masters Invitational Meet was held Sunday, November 6 at the Snohomish Aquatic Center. The event featured 145 swimmers representing 14 clubs registered for 540 individual events as well as two heats of Mixed Medley relays and three of Mixed Free relays. Youth was well-represented with over a quarter of the swimmers competing in the 18-24 & 25-29 age brackets.

A big thanks goes to Meet Director Rob Serviss for running a successful meet along with the rest of his crew, including Control Desk operators Shandy Henderson and Grace Barr, Meet Referee David Baer, Starter Dick Chapman, and Stroke & Turn officials Amelia Arnold, Trent Dees, and Caitlin Smith.

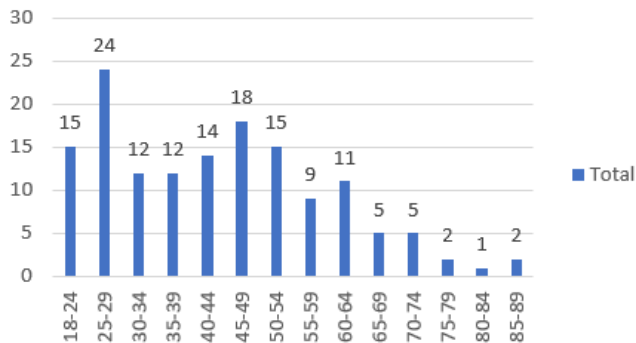


Rick Colella breaks Dan Kirkland's 2018 USMS 500 Free record by 30 seconds. Both national records were set in this same fast pool!
 [Heat Place 1; 5:11.03; Dan K's record: 5:41.21]



Control Desk volunteers Shandy Henderson and Grace Barr with Rob Serviss (Meet Director)

Swimmer Count by Age Group



Officials Dave Baer (Referee) and Amelia Arnold (Stroke & Turn)

1-Hour Virtual Championship

The USMS 1-Hour Virtual Championship is the longest running USMS virtual event and can be swum in a pool 25-yards or longer. Participation takes place January 1-31 and registration is required before completing the swim. Details for the 2023 event are available at [this link](#).

In addition to competing in the 1-Hour swim, participants can be entered in club relays, using their 1-hour official distance. The relay events are three men, three women, and four mixed (two men, two women). The youngest relay member's age determines the age group.

Puget Sound Masters pays the entry fees for their relays and the relay coordinator is Sally Dillon. Contact her at salswmr@comcast.net and let her know the distance you swam. Blue Wave Aquatics swimmers should contact head coach Wendy Neely about relay details.



3000/6000 Virtual Championship

Following up on his outstanding performances this past summer in the 5K & 10K Virtual Championships, Johnny Van Velthuyzen took gold in both the 3000- and 6000-yd events this fall. Competing in the 40-44 age group as a 43-year-old, Van Velthuyzen swam times of 37:03.75 and 1:16:29.15.



Johnny Van Velthuyzen swimming his way to gold in the USMS 2022 3000/6000 Virtual Championships.

(Re)introducing Puget Sound Masters

By Morena Calvo

If you're reading this, there's a pretty good chance you're also a member of Puget Sound Masters. (All PNA "workout groups" are part of PSM; PSM is one of six "clubs" registered under PNA.) If you're currently competing at meets "unattached," however, then let's talk! Now is a great time to join us, especially if you haven't renewed your USMS membership yet for 2023.



In the new year, PSM is getting a new look! We're working on a fresh logo and will soon be holding a board election for the roles of chair, vice chair, secretary, and treasurer. The board will also be appointing volunteers to the roles of communications coordinator, nationals coordinator, and meet director.

PSM relays at nationals aren't magically formed, and local meets don't direct themselves. Whether you'd like to serve on the board or help out in a less "official" capacity, we'd love to hear from you! Send an email to pugetsoundmasters@gmail.com.

In the meantime, be sure to join the "PSM Puget Sound Masters" [Facebook group](#) and keep an eye out for an email in February or March with information on the election and an invitation to give your input for PSM's future planning.

Welcome New Swimmers!

Aiello, Samantha
Bergren, Brian
Berndt, Ryan
Blacker, Jacqueline
Bradley, Brian
Brisbois, Brooke
Canales, Justin
Cooper, Emma
Covaci, Marcel
Crowley, Ellen
Derouillat, Emmanuel
Dohoney, Patrick
Fester, Dave
Fotiou, Amanda
Freemantle, Julie
Gilpin, Elizabeth
Hall, Anna
Hrin, Matt
Hunter, Jessica
Huo, Lucia

Huwaldt, Kelsey
Jones, Calvin
Kealy, Erin
Kneiser, Matt
Kramer, Karen
Krell, Michelle
Kuspa, Mikah
Lang, Claire
Lee, Chelsea
Levine, Catherine
Lewallen, Thomas
Long, William
Merrill, Ashleigh
Mikula, DeeAnn
Nehoran, Roy
Nelson, Caitlin
Nowak, Meika
O'Brien, Hanh
Osment, Brooke
Pakhomova, Valeria

Polovina, Kelsey
Rangel, Guillermo
Rensema, Elspeth
Rio, Adam
Robertson, Anna
Safyan, Rachael
Schoolcraft, Dara
Schroeder, Kyla
Seales, Mary Kay
Setchell, Scott
Shieff, Emily
Shuhart, Kathleen
Sieber, Lydia
Spies, Ingrid
Steinberger, Audrey
Stonecipher, Tari
Webber, Elizabeth
Williams, Lexie
Williamson, Anne

PNA Board Officer Nominations

The Nominating Committee for PNA's spring election of officers is currently assembling a formal slate of one or more candidates for each elected position. The elected offices for PNA are President, Vice President, Secretary, Treasurer and two At-Large Director positions. PNA officers are elected to two-year terms in odd-numbered years and must be current PNA members.

The Board currently meets via Zoom in odd-numbered months. Board members' responsibilities are to serve on the board, perform the duties associated with their role ([descriptions here](#)), and to assist with other PNA Board activities and ad hoc committees.

The committee will prepare ballots by the end of February. PNA Bylaws offer a "write-in" option, but it's somewhat tedious: "Nominations shall be accepted directly from the membership if a petition is received prior to February 1 and contains the nominee's consent and an endorsement by at least 10% of the current PNA membership." If you, or someone you know, is interested in being an officer candidate, the easiest way to get on the ballot is to contact a member of the Nominating Committee before February 1.

Election ballots will be distributed in early March. Voting will be done via online survey. More information will be provided as the election date approaches.

Do you want to get more involved in PNA? We suggest you consider serving on the Board, whether as an elected officer, appointed board member, or a non-voting coordinator. If you're interested, please email PNA President Linda Chapman (chapman_family@comcast.net). She can answer your questions via email or arrange a phone call.

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!

Entries will be limited to 63 individuals.

See meet information on page 22 of this newsletter.

Questions: Sally Dillon at salswmmr@comcast.net.

Adventuring in Australia

By Dan Underbrink, via The TWIM Blog

The Swim Meet! The 2022 Pan Pacific Masters Games

It is unlikely that my readers will need any convincing that swim meets are fun! The camaraderie, the sportsmanship, the excitement, the challenge, the **competition, one's teammates, great friendships...the list of positives goes on and on!** It can be even more fun when the meet one is attending is a major **event, or has some unusual feature, such as lots of relays or a "Pentathlon"** format. Another thing that can make a swim meet both fun and memorable, would be a compelling location.

The 2022 Pan Pacific Masters Games, held November 9-12, in Gold Coast, Queensland, Australia, was an event that checked all the boxes! It was a four-day, major, international, long course swimming competition, in a place that I **have always had an interest in seeing.** The **"unusual" feature of this event (for U.S. Masters Swimmers anyway)** was that besides the normal 50, 100, and 200-meter distances, these Games offered a 400-meter and an 800-meter racing opportunity for each stroke!

Two Puget Sound Masters swimmers, Dan Underbrink (TWIM) and wife, Mary Underbrink (Lake Washington Masters) made our way to Australia to compete in these Games – AND to do some touring and sightseeing! Only one other USMS swimmer was registered at the Games, but we did not ever get a chance to meet her. She was from Emerald Aquatics in Eugene, OR.

Planning the Trip

Our road to Australia had started with completely different intentions. We had planned to travel to Kobe, Japan, to swim in the World Masters Games in 2021, but after those Games were first delayed, then ultimately canceled due to Covid-19 concerns, we started to consider other possibilities.

In early January, I was viewing links at the bottom of the PNA Pool Meets Web page and started learning about the Pan Pacific Masters Games. I was intrigued by the opportunity to compete in an individual stroke 800-meter race. I talked about it with Mary, and we began looking into the feasibility of the trip.

About 10 days later, we had decided to make the trip to Australia. I have a flag hung up across my office window, to provide me daily motivation when I am planning to swim in a major event. The Japan flag came down and the Australia flag went up! The message: Let the Training Begin!

As I began training for 800-meter and 400-meter races, Mary began planning the other parts of our trip. She set up flights, lodging, the rental car, and some great sightseeing tours! We would first fly to Vancouver, BC, and then a long one (about 14 hours) to Brisbane, Australia. We would tour around the Brisbane area for five

(Continued on page 9)



The TWIM banner proudly displayed at Gold Coast Aquatic Center, Queensland, Australia!

Adventuring in Australia (cont)

(Continued from page 8)

days, then move about an hour south, to Gold Coast, for the four days of competition. Our last night there would be right next to the Brisbane airport, flying back out to Vancouver, BC the following morning.

Touring and Sightseeing!

Starting our flights on a Wednesday, we arrived in Brisbane early Friday morning, completely losing Thursday, due to crossing the International Date Line. When Washington State was on Daylight Saving Time, Brisbane was 17 hours ahead of home. When DST ended, we were then 16 hours ahead.

The first day there, we went to a Koala Preserve, where we were privileged to see many unique-to-Australia animals. This was not so much of a Zoo, but rather a research facility, where the animals were mostly in large compounds representative of their natural habitats. We saw Koalas of course, but also Kangaroos, Wallabies, Tasmanian Devils, Wombats, Platypus, Emus, Kookaburras, Dingoes, and Salt-water Crocodiles, just to name a few. We arrived back in town after dark that day.



Time out for sightseeing!

Day two saw us up early and headed for a ferry boat ride across the bay to Moreton Island, which is a National Park. We were with a guided tour, and they had many activities set up for us on the island. The first activity involved transparent kayaks. We paddled out into the bay where a line of sunken ships forms an artificial reef. Looking through the kayak, one could see the shipwrecks, the coral formations, and many tropical fish.

The second activity of the day was snorkeling, out on the same reef. The kayaks had been fun, but the snorkeling was even better! Hundreds and hundreds of beautiful fish. If you had a little something to feed them, they would completely surround you! Upon our return to the beach, the tour company had lunch set up for us.

After lunch, the final activity was a ride, back into the forested part of the island – on a four-wheel-drive bus! The island, though about 30 miles long, is almost completely sand dune. About a 45-minute drive on the rutted sand track got us to the center of the island, at its highest point. There is a huge clear area up there, which is all sand dune, and **they call it “The Desert”.** **There, we slid hundreds of feet down an immense dune, on waxed Masonite boards.** It was like tobogganing, but on sand! Then we re-boarded the bus for the drive back to the beach and the ferry ride back to Brisbane.

On the third day in Australia, we did not have a formal tour scheduled, so we drove down to Gold Coast and got checked in for the Games. Gold Coast is such a beautiful city! It is a very clean city, featuring many high-rise **residential buildings, shopping malls, and miles of Pacific Ocean beaches.** **We picked up our athlete’s credentials and** then went and toured a bird sanctuary. A highlight of that tour was a wild bird show, where the birds repeatedly flew through the amphitheater! So many huge wild birds were featured: an Eagle, Hawks, Parrots, Owls, Pelicans, and more! There were also small colorful birds called Rainbow Lorikeets which gathered for feeding near the end of our tour.

(Continued on page 10)

Adventuring in Australia (cont)

On our fourth day there, we had a guided tour. This time, we were picked up by a small tour bus and our driver/guide took us through several areas of Brisbane, on our way to another ferry ride, this one to a different island. Stradbroke Island is another roughly 30 -mile-long island. This island is settled by an aboriginal tribe, the Quandamooka, who have apparently occupied the island for over 25,000 years. They retain much of their culture and value preserving their cultural heritage, as well as being excellent stewards of both land and sea ecosystems. We visited several towns and many wild spaces. Stradbroke Island was apparently once connected to the mainland by land bridge, as there are many Kangaroos, Koalas, and other wildlife present on the island. In a walk high along the shore cliffs, we saw a giant Manta Ray swimming in the ocean. We also saw kangaroos on that walk. It surprised me that they were in the woods!

Following the Stradbroke tour, we collected our car and changed hotels, moving to a bed and breakfast in the country, a beautiful area called Tambourine Mountain. The drive up there was on a very winding road, and I was happy to get up to the top before it got dark!

Driving in Australia!

For a guy from the United States, I have to say that driving was the most stressful part of our Australia trip! In Australia, one drives on the left side of the road, and the steering wheel is on the right-hand side of the car. The foot pedals are in a familiar orientation, but windshield wiper and turn signal controls are reversed. It is **quite disconcerting to have oncoming traffic approaching on one's right (especially after more than 50 years of seeing it come towards me on the left!)** I found myself constantly hugging the shoulder of the road, shying away from the oncoming traffic, at 60 or 70 KPH, nearly sideswiping mailboxes, parked cars, etc. – which were all on my left of course! One had to be on total alert about where to be driving, always! It would be so easy to come to an empty intersection, have a mental lapse, and turn into the wrong lane! By about day eight, I was finally getting the hang of it!

Likewise, when walking, everyone expects you to be on the left side of the sidewalk or trail. One ascends and descends stairs on the left side. The Up escalator is on the left and the Down escalator is on the right. Keeping your position in mind, relative to what everyone else is doing is essential to avoiding collisions!

Gold Coast and the Competition!

On Tuesday morning, November 8, we moved to an Air B&B in a high-rise building in Gold Coast. We were on the 22nd floor, and the views were really nice. The city was filled with exotic bird sounds at dusk and dawn. Most of our time there, the weather was just wonderful, and we were able to sleep quite comfortably each night with the windows open. The one exception to the good weather was on that Tuesday, where we had light rain both in the morning and



Dan and Mary, hiking on Stradbroke Island



Mary, diving in for the 100-meter Freestyle

Adventuring in Australia (cont)

in the afternoon. Despite the rain, we went on a riverboat tour Tuesday afternoon, and saw a lot of the city from the water.

Wednesday, November 9, was the first day of the four-day competition. Wednesday featured all of the 800-meter races. When registering for the Games, I discovered that swimmers had a limitation of just one of the 800-meter events. I had a choice to make, so I did some personal time trials for each event during my morning practices. My choices were 800-meter Breaststroke, 800-meter Backstroke, or 800-meter IM. I had eliminated the 800-meter freestyle, as there are just so many really excellent Australian distance Freestylers. Also, I had eliminated the 800-meter Butterfly from consideration, as I felt that I could not put in the practice that would have been required for me to swim that event.

I had fairly early-on also eliminated the 800-meter IM from consideration, because I just felt that I would do better in the Backstroke or the Breaststroke. I was seriously leaning toward choosing the Backstroke, but then I was considering that I always swim Backstroke indoors, sighting on the ceiling to stay straight within the lane. My concern was that in an outdoor venue, with no ceiling to sight on, that I would be all **over the lane lines. I am not the world's straightest swimmer; just ask anyone!** As it turned out, I did swim 100-meter, 200-meter, and 400-meter Backstroke, and I had no trouble staying straight in my lane.

So, my choice for the 800 was Breaststroke and I think I chose correctly, as I was able to secure the gold medal in that event! After recovering from my event, we stayed to do volunteer timing for the rest of the session.

Here are some fun things we learned about swimming in Australia on that first day:

- Warm-ups are swum in circles, but the direction of swim is clockwise.
- In Australia, it is legal to do a breaststroke kick with the butterfly arms (when swimming butterfly).
- All of the events in this meet featured flyover starts (you stay in the water, in your lane, after you swim and exit the pool after the next heat departs from the blocks).
- The heats in an event are not pre-announced. The events are self-marshalling. It is up to each swimmer to be at the blocks in the correct lane and in the correct heat.
- In warm-ups, there is an exclusive diving lane, but it is also permissible to dive in any warm-up lane, at either end of the pool. Just use care not to dive onto any fellow swimmer.
- There was great concern that each event in the meet would start on time and the preference seemed to be that it was even better to start early.

Thursday, November 10th was the second day of the meet (also, the 246th birthday of the United States Marine Corps). I swam the 400-meter freestyle, the 100-meter backstroke, and the 400-meter breaststroke. My competition in the 400



On the Gold Medal podium for 800-meter Breaststroke!



Adventuring in Australia (cont)

breaststroke was Alan Carlisle, the age group National Record holder in the event. He beat me soundly, but my time was good enough to bring home a silver medal.

Friday, November 11 was day three of the meet. It was also Veteran's Day, celebrated as Remembrance Day in Australia. We took a short break from swimming at 11:00 am and had a short presentation and a few minutes of silence, as all there remembered and honored all of those who have made the **ultimate sacrifice to preserve our way of life. It was Mary's first day of** competition, and she posted a good time in the 100-meter freestyle. I swam the 200-meter backstroke, the 200-meter IM, and the 100-meter breaststroke, logging a bronze medal in the 200 IM.

On Saturday, November 12 (day four and the final day of competition), Mary swam in the 50 freestyle and the 200 freestyle. I had great disappointment in the 400-meter IM, when after swimming the whole race, I found out that I was disqualified for movement on the block before the start. I also swam in the 400-meter backstroke and finished my slate of events with the 200-meter breaststroke.

The meet was so well run by our Australian hosts! There were lots of friendly folks at every turn the whole time we were in Australia. The weather was beautiful, and the swimming venue was phenomenal. Two 50-meter 10-lane pools, a for-the-purpose diving pool with springboards and platforms up to 10 meters, a 6-lane 25-meter warmer, shallower pool with a full-length gradual ramp entry, and a kiddie pool with fountains and sprinklers. The organizers have indicated plans to hold these Games again in 2023 and 2024. We would not hesitate to recommend this event and the Queensland/Brisbane/Gold Coast area to anyone!

Wrapping up the Trip

After the meet, we drove up to the Brisbane airport, checked into our final hotel, and returned our car to the rental lot. The next morning, we caught a shuttle to the international terminal. Our flight left Brisbane at about 10:45 am on Sunday. Again, we crossed the International Date Line, which caused us to arrive in Vancouver, BC, at about 6:30 am, also on Sunday! It was very strange, essentially arriving a couple of hours before the time we left Australia! Just a little hop down to Seattle and we were home! It was an excellent adventure!



Silver Medal in the 400-meter Breaststroke!



Fun event swag! A custom towel, a backpack, two swim caps, athlete's credentials and gold, silver, & bronze medals!

Hood River SCM

By Dave Scott, via the TWIM Blog

The journey down and back from Hood River was accomplished under exceptionally nice weather conditions. The occasional sign on I-84 referring to traction devices was a reminder of how challenging conditions can get along the Columbia River Gorge. As described by the [National Forest Service](#), the “Columbia River gorge is a spectacular river canyon, 80 miles long and up to 4,000 feet deep, that meanders past cliffs, spires, and ridges set against nearby peaks of the PNW’s Cascade Mountain Range.” Driving to Hood River for the swim meet was my first experience on this stretch of I-84, and even in overcast conditions with a smoky haze present, the scenery was still beautiful.

There were 111 swimmers registered for the competition. The meet hosts were very friendly and out-going. A swimmer from Oregon that I counted for (500 free) in the meet the prior week in Snohomish, gave me a nice “Welcome to Oregon” during warm-ups. When you’re at a USMS meet you always feel welcome.

Five athletes from Team Walker International Masters took the time to head south: Brent Barnes, Steve Fogg, Carl Haynie, Holly Lickwala, and David Scott. All were swimming as part of Puget Sound Masters, which including TWIM, totaled 13 PSM swimmers. Apart from TWIM, PSM swimmers included: Morena Calvo, Diego de Acosta, Trever Gray, Wendy Hoffman, Erik Peterson, Ginae Ramirez, James Robinson, and Greg Walsh. Steve Fogg help put together the sole PSM relay, the Men’s 4x100 freestyle, comprised of de Acosta, Gray, Peterson, and Scott.

All three of Carl’s backstroke races placed him squarely in the #1 spot in the [USMS Meet Results Database Rankings](#) for short course meters events within his age group. Congratulations to Carl on a passing grade! I checked the rankings further and noted that Carl is also #1 in all the **Short Course Yards backstroke events**. All that’s left for Carl to conquer backstroke-wise is the long course events.

Holly and Brent got to swim side-by-side in the 100 breaststroke, finishing within a few seconds of each other. Holly is another one vying for top spot in the standings nationally, finishing among the top 3 in the 100 backstroke on Saturday!

Steve took another opportunity to swim the 400 IM, an event that scares most folks just to watch, let alone swim.

After the meet had ended and everyone departed, I discovered that Carl was in competition with me for the honor of leaving the most stuff behind at the swim meet. Carl out-did me on dollar-value but I came out ahead on sheer volume. Fortunately, Brent and Holly, who stayed in the area that night, stopped by the pool Sunday morning and recovered all of our stuff from the lost and found. Thank you! I’m sure Carl was as relieved as I was to get his swim toys back...that stuff gets expensive.



Brent and Holly in the 100 Breaststroke

Swimmer Spotlight

Step Up and Lead!

Rocking it with SAM - An Interview with Coach Brandon Ringstad of the Snohomish Aquatic Masters (SAM), together with Coaches Tonya Keike and Felicity Spears.

By Tom Walker of TWIM

Spread Love and Keep On Swimming, as Coach Brandon Ringstad of the Snohomish Aquatic Masters would say!

Together with Coaches Tonya Keike and Felicity Spears, he is doing just that every day at the gorgeous Snohomish Aquatic Center. These three have generated an energy that comes from the joyous power of the water and from a strong and mystical center of belief. They have built a team around them.

Brandon, Tonya, and Felicity carry forth the mission of United States Masters Swimming. They have stepped to up to Lead. We will follow them with pride and we will follow them with gratitude!

It is from the wellspring of the human heart that all our inspiration flows. It is from this spring that Masters swimming is born. It is born from this truest of intentions, from this undying resolve. The moment we enter that sublime and soothing blue medium we suddenly find ourselves in a new and spectacular world. The liberating surge is delightfully immense and is addictive in the best sense of the word. In that one moment, we cast off the cares and anxieties of everyday life and become swimmers again! The awesome thing is that this miracle can happen every day, and often does!

And it is from this source that champions emerge, champions of the spirit that is, because the effort and vision of every individual is what really counts in Masters **swimming. It's not speed, not awards, not ribbons, although they are all necessary** and important. It is simply a matter of the irrepressible call that beckons us to the water, the Decision that plants that first catch.

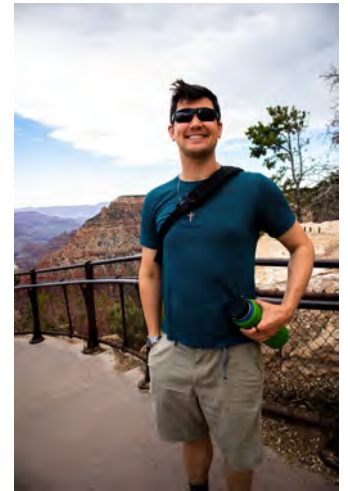
And it is from this fountainhead that Masters teams have come. Inspired individuals who have stepped up to lead us under the proud banner of United States Masters Swimming and of their respective teams, to give it their all to benefit each member of those teams. These are the Leaders.

You will find three of them on deck each day and leading the Snohomish Aquatic Masters. Coaches Brandon Ringstad, Tonya Heike, and Felicity Spears.

Hear the history of SAM through the eyes of Coach Brandon, who paints a picture of who they are and how they got here. Actually, Brandon is a professional painter and specializes in aquatic themes, so he paints now with words along aquatic lines.

TW: So, Coach Brandon, tell us a bit about the history of your program. How did it get started and how has it

(Continued on page 15)



Swimmer Spotlight (cont)

(Continued from page 14)

evolved over time?

BR: The Snohomish Aquatic Center opened in 2014. Soon after opening, the pool initiated the Snohomish Aquatic Masters team. We wanted a place for all athletes, despite of experience or ability, to feel at home. I got my start in Masters coaching in 2017. Our program was small, so it was our goal to increase attendance and we have been able to do so to this date! We offer three different coaching schedules and have great attendance every day. We offer 5:30-6:30 practices, MWF, with Coach Tonya, 8:30-9:30 Tuesday and Thursday with Coach Felicity, and 8:00-9:00 pm Tuesday and Thursday, which I coach. Our evening group has increased from 3-4 athletes per practice to 13-15. It is so exciting!

TW: What motivates you to be a Masters coach?

BR: I was introduced to Masters Swimming at the UW with Husky Masters. When I moved back to Snohomish, I found out our home pool had a Masters team. I joined and was eventually called to be a coach for the team. I love seeing people grow in their abilities and confidence. I believe it is incredibly important to be a member of a team. It is a great social opportunity and builds the ability to learn how to become leaders outside the pool. It helps with goal setting and establishing a great work ethic.

TW: What are the most satisfying aspects of coaching a Masters team?

BR: I love that I get to see all types of athletes. I get to help high performing athletes, people wanting to get fit, people wanting to socialize inside a team, mothers before, during, after pregnancies/having children, and people new to the sport entirely. It is so fulfilling to lead them through technique, hardships, and success.

TW: What do you feel are the benefits of Masters swimming? What does it do for body, mind, and soul?

BR: Masters swimming develops work ethic, helps overcome difficult situations, and builds social and personal toolboxes. It gives you the tools to celebrate the small things, to celebrate the big things, and to push through tough things life throws at you with people surrounding you.

TW: How do you go about inspiring each swimmer?

BR: I have to get to know them first. I need to know their goals, how their day was going, and personal things.

Stuff like that. Before practice I like checking in with everyone. This helps me to help motivate them. I also try to be



(Continued on page 16)

Swimmer Spotlight (cont)

(Continued from page 15)

endlessly positive and force a mental mindset change. Many people look at the negatives and that builds and bogs down the mind. So, by looking at the positives, it changes how they see situations.

TW: How do you provide a program that meets the diverse needs of your team?

BR: The key to a diverse practice is flexibility. I have an idea where the practice will go. What we are working on and how far they will go. But if I get there and people are tired or recovering from sickness, or just having a hard day, I need to know when to pull back. If they are psyched out of their minds and want to slam down a great practice, I can also get them pushing harder. It all depends on how the day is going. I also need to **convey that these flexibilities are always an option. "Give us what you got, and I will be proud," is something my athletes have heard many times.**

TW: What is your own personal coaching philosophy?

BR: My personal coaching philosophy is to know how to move through water and how water moves around you. The basics to swimming are technique. I went to school for Marine Biology and Aquatics. I spent years learning how water systems move and how different bodies move through that water. I approach coaching with this in mind. I do mini physics lessons in my practices, I teach about the movement of seals, otters, dolphins, fish, whales, etc. I know I approach coaching differently than other coaches. I want to make sure everyone who goes through my program learns the things I learned and am still learning. The athlete needs to understand how their body moves through the water efficiently with the least amount of injury. Then I have done my job. I also believe practice should be fun. We spend so much time in the pool together that I want it to be a place you are willing to drive to practice for. I love game learning. If I can turn practice into a game or a story, I will.

TW: What is your vision for your program as you move into the future?

BR: My vision is to create an atmosphere for everyone to come join and get whatever they need from my practices. I want to continue pushing people to join meets and to push themselves just past their comfort zones. To grow the program into one of the finest programs in the area.

TW: What would you say to those who are thinking about trying Masters swimming, and joining a workout group like yours?

BR: I would say to come join. Try it for a few weeks and give us feedback. Throughout the season we dial the intensity up or down depending on what we are training for. I do several blocks of time where I reset our technique. I work a 5-week program, progressing through all the strokes into IM work the last week. You might just find new friends along the way.

TW: Any parting thoughts?

BR: I know every coach has their own way of doing things. Find the right fit for you. Put in the work and give us what you got. You never know how far something like Masters Swimming will take you. Get in, have fun, and **remember, it is Masters Swimming! I don't have mountain-sized expectations for you, I am just happy you are here. Spread love and keep on swimming!**

Officials Are Your Friends!

By Holly Lickwala, via the TWIM blog

When the official's arm goes up in the air during a race, they unfortunately are not just stretching but rather have noticed an infraction in the rules during a race (DARN!). That outstretched arm can cause a collective gasp on the pool deck for those watching. The dreaded DQ next to your name when the results are posted can bring about a lot of emotions, especially after giving your all in an event.

If a stroke and turn official clearly observes a swimming infraction, then they should report it. One thing that officials are commonly reminded of during the officials meeting is that the benefit of the doubt goes to the swimmer. The purpose of the officials on the deck is to observe the competition and apply the technical rules of swimming. If a stroke and turn judge observes a technical error during a race, they need to be able to clearly state the infraction and the rule to the head official who can overturn the DQ if they do not agree. The purpose of the officials is not to scrutinize or to over-officiate but to help keep the meet fair for all. Yet, coming from personal experience during a 200-meter breaststroke, a DQ can be heartbreaking.

Just a little background on what the officials need to do to help our meets be "official". There are different levels of certification based on experience, training, and testing. The on-deck wet side officiating consists of stroke and turn judge (level 1), starter (level 2) and deck referee. On the dry side are the administrative referee and administrative official (AO). There are mandatory classes, tests, training, and a required number of swim sessions needed to maintain credentialing.

Depending on the number of officials volunteering, each will be assigned a jurisdiction. For example, an official on the turn side of the pool may be watching 3 lanes from the middle of the pool to the wall and back or just from the flags to the wall and back. The more the officials the smaller the jurisdiction.

Now to the meat of the meet: common disqualifications that can bring tears to the strongest of us. Let's start with everyone's favorite... RELAYS!!!

RELAYS:

Early takeoffs are not allowed. The judges will be looking for the outgoing swimmer's feet to leave the starting block or wall, if they look down and see that the incoming swimmer has not yet touched then an early takeoff will be recorded. Two independent judges must see and record this before it becomes an official DQ.

Crossing an active lane is not allowed. **This is one that I don't think a lot of swimmers know about and have seen at some national level meets.** You are not permitted to cross into a lane of a swimmer who is still competing in the race REGARDLESS of if you interfere with their swim or not. If getting out of the pool with a high deck is just not going to happen, wait in your lane along the lane line (so to not interfere with your own team) and then swim to the edge ONLY when everyone is done swimming. You can also wait in the lane next to you if there is not a team competing in that lane.

Swimming out of order. The order which is submitted on the relay card is the order which the swimmers are permitted to swim in the relay. Trust me, you are being watched, and it will probably not go undiscovered. Make sure everyone on your team knows the order of the relay.



(Continued on page 18)

Officials Are Your Friends! (cont)

(Continued from page 17)

FREESTYLE:

Thankfully, not a lot can go wrong with this stroke but there are a couple of points to remember. Your head must break the surface by 15 meters (same in backstroke). Make sure to be familiar with the competition pool to avoid this infraction.

No touch at turn. Some part of your body must touch the wall at each turn. I turn my gaze downward when I say that I recently made this mistake, at a big meet, in a distance event. I was too far away from the wall on **my turn and no part of my feet made contact...ugggh! I had to quickly scull my way back to the wall to touch** a toe before continuing. Definitely hurt my time but saved the race from a DQ.

BACKSTROKE:

Turning shoulders past vertical towards the stomach on the finish. (This is defined as turning past the vertical-if **you are flat on your back, you can't roll more than 90 degrees, or you are more on your stomach than on your back.**) Know your stroke count to help avoid this.

The Turn: This is tricky, but the rule is that swimmers may roll to their stomachs, take one arm stroke and, **IN ONE CONTINUOUS MOTION**, do a freestyle flip turn and then push off the wall on their back. Infractions include delay initiating arm pull, delay initiating turn or multiple strokes. Think of it as one complete motion. Just as above, know your stroke count and practice it in warm up.

The Finish: Re-submerged. This is one infraction even recent Olympians have committed. When you reach back for the wall on the finish, you cannot be fully submerged prior to touching the wall. Some part of your body must be out of water during the touch.

BUTTERFLY:

Both hands must touch simultaneously, at the turn and finish, although they do NOT have to be on the same level. (i.e., one hand could be under the water, the other could be above.) Having your hands overlapped is NOT considered a simultaneous touch.

The feet must kick together. They can be separated, but they must stay that way. If the feet start crossing, it's no longer a dolphin kick, it is a flutter kick—and it is a DQ.

Arms must be recovered **OVER** the water. If you pull down and then recover your arms for the next stroke **under the water, you're essentially swimming breaststroke, not butterfly. Arms must be recovered** simultaneously **OVER** the water.

BREASTSTROKE:

This is the most challenging stroke to swim legally, and literally has pages more of text in the official rulebook than other strokes. I included just a few that tend to be the most common.

Both feet must be turned **OUT** during the propulsive part of the kick. If both feet are turned in, this is considered a butterfly kick. Both the scissors and dolphin kicks are illegal.

Both hands must touch the wall simultaneously, at the finish and at the turn, although, like butterfly, they do NOT have to be on the same level. Overlapped hands are NOT a simultaneous touch and not allowed.

Arm pull must be on the same horizontal plane. When coming off the wall or at the start, make sure you are fully on your stomach prior to starting your pull.

INDIVIDUAL MEDLEY:

All the individual stroke rules apply during that segment of the race. Note especially that you are not allowed a backstroke flip turn into the breaststroke.

(Continued on page 19)

Officials Are Your Friends! (cont)

(Continued from page 18)

Since this list is not all inclusive, please take a look at this recent article which talks about some additional [Common Disqualifications](#).

If you made it this far through all that technical “stuff”, thank you and congratulations as you are now better on your way to a DQ free meet! If in doubt, ask questions from your coach, an official, or someone at the meet; swimmers love to share knowledge. Let me also extend an invitation to you to also consider becoming an official to share your love of swimming and support the swim community of all ages. Officials are always in demand and a vital part of any swim competition. You will not be disappointed as your experiences can be as broad as you want to make them to include Special Olympics, State, Regional and National Champions as well as your local swim community. Make sure to thank your officials as well as the volunteers you see at the meet. They help to make those Top 10 times official and are there to help give us a great experience at the meet!

Editor's note: Please note that this article is informational only and is not meant to be an absolute word-for-word listing of USMS rules. For more complete regulations governing USMS meets, see [this link](#).

Board Meeting Highlights - Nov 7

Financials: PNA's 2022 \$5 per swimmer support has been paid out to eligible Clubs. Bank account balances as of 10/31/22: Checking \$28,766, Savings \$58,316. Net revenue July-August: \$50. Net revenue YTD: \$8,358. Membership: Well ahead of 2020 and 2021 with 1,776 (830 men, 946 women).
Meets: The board approved requested dates for the BC Mile (February 5), and WWU Vikings meet (February 26).
Open Water: The board approved requested dates for the Whidbey Adventure (June 24) and Fat Salmon (July 15).
PNA Standing Policies: Jim Davidson has prepared suggested revisions including policies on buoy rental for the board to consider.

Club and Team Development: six workout groups were reminded to register for 2023 to be included among all PSM selections at member registration time. TWIM coach Kathy Pelham wrote to say she had learned useful new knowledge from the Oregon ALTS clinic.

Nominating Committee: Will form to solicit candidates for the 2023-2025 PNA board term.

SPLASHForward: They're making great progress toward the multisport facility proposed for Bellevue Airfield Park.

New-Swimmer Goody Bags: Replenishment of t-shirts is needed. The board will consider other items to include, e.g., caps or ?
NEXT MEETING: January 9 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/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

SPLASHForward Update

By Susan Pappalardo

During the holiday months, pool time and friendships around the water are treasured because they are essential dosages of personal time and a guaranteed way to de-stress. I hope over the holidays your pool time was your ready companion and maybe you even visited a new pool! As you start the new year, hopefully you are back to your regular routine finding joy in the water.

We celebrated joy and our shining moments of 2022 with a recap and a look forward to 2023 in [our Bright Spots article](#). To share a couple, in early November we were awarded our first grant, \$15,000 from King County's Healthy Communities and Parks Fund to support our *Introduction to Aquatics & Water Safety* summer camp. Our first TV commercial is now running on KCTS 9 just before Out & Back on Thursdays at 8:50 pm. In 2023, we are taking some big steps for our organization and with our efforts to "land" the site for the new Bellevue Aquatic Center.



In early December, the Bellevue City Council voiced strong support for an aquatic center in the master plan for Bellevue Airfield Park. Next step is a third community meeting to be held on January 19th to provide input on revised master plan alternatives. At the February 14th Parks Board meeting they will hone the final recommendation to city council. Please attend these meetings! Bring your swim pals and join us so support for the aquatic center is loud and clear! Visit splashforward.org/latest-news and [the city's website](#) to stay in the know.

More ways to add your voice

With nearly 90 responses in mid-December, we shared our survey results in a community engagement report we prepared for the City of Bellevue.

The top four uses so far are:

Competition Aquatics (Youth, High School, Club, Masters) (51 responses)

Open/Family Swim (50 responses)

Lap Swimming (47 responses)

Water Fun: Lazy River, Surf Rider, Zip Line, Climbing Walls, Slide (36 responses)

[Take our survey](#) & share it with a friend! Your voice matters.

City of Kirkland

During January and early February, the Kirkland *Parks Funding Exploratory Committee* will be forming their recommendation for a possible November 2023 parks measure that includes one possibly two new public aquatic centers in Kirkland. Learn more about the potential [November 2023 Parks Measure](#).

(Continued on page 21)

SPLASHForward Update (cont)

(Continued from page 20)

Building the Lifeguard Pipeline

Our National Injury Prevention Day Student Lifeguard Workshop in mid-November reached over 55 high school students in south Seattle and south King County. We've supported 78 students to date and 62 students last year in becoming lifeguards. We plan to grow that number in 2023 including adding support for Masters swimmers interested working part-time to fill in hours or at events. Express your interest [here](#) and learn more.

Our Growth

We are building our board and establishing our first committee, if you'd like to get involved or learn more, reach out anytime info@splashforward.org.

Thank you for sharing our efforts with a friend!



Two SPLASHForward students being trained at the Bellevue Aquatic Center in November.



Lifeguards do save lives. Lake Washington HS senior Dom is awarded the American Red Cross Life Saving Award for saving the life of young swimmer during a swim lesson. [Learn more.](#)

Have you renewed your USMS membership for 2023?
[Click here](#) for more information.



5th Annual Bellevue Club Masters Mile
1500 - Short Course Meters
Sunday, February 5, 2023
Warm-up at 12 noon; Meet starts at 1 pm
Sanctioned by PNA for USMS Inc. #Pending

LOCATION: The Bellevue Club, 11200 SE 6th Street, Bellevue, WA 98004

The Bellevue Club is a private facility. After parking, enter at the Athletic Entrance and check in at the reception desk (your name will be on a list). Day use lockers are available in the locker rooms at no cost. Please be respectful of the membership facilities.

FACILITY: 25-meter pool, nine lanes, at least seven lanes for competition. Temp ~80°F. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1. Seating is limited; bring deck chairs.

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

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

MEET REFEREE: Dave Baer, dlbaer53@gmail.com

CONCESSIONS: Snack bar at the athletic entrance.

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2023 USMS or foreign registered swimmers 18 and above as of 2/5/2023.
Age groups based on the swimmer's age as of 12/31/2023 (must be 18 on or before meet date).

ENTRIES: All entries must have an entry time. Entry time limit is 45 minutes. Use an estimated time if you don't have a time from a previous competition. See conversion chart on registration page. Entries must be received online by 11:59 pm (Pacific) Monday, 1/30/2023 NO race day deck entries will be accepted. Meet entry cap is 63 swimmers.

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

CHECK-IN: In-person positive check-in required by 12:30 pm on 2/5. Online check-in will be available the day of the meet from 6 am to noon. Swimmers missing the check-in deadline may be scratched from the event.

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

AWARDS: No awards will be available.

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

ONLINE ENTRIES ONLY: Online entry link to ClubAssistant can be found on swimpna.org after 1/09.

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

