

In this issue...

- | | | | |
|---|--|----|--|
| 1 | Leading Off | 6 | Calendar of Events |
| 2 | Reporting From Indy | 7 | IGLA Championships in August |
| 3 | Dawn Musselman Inspirational Swimmer Award | 8 | IGLA Championship Open Water Entry/PNA Board Minutes |
| 4 | 2013 One-Hour Postal Swim Results | 9 | New Swimmers |
| 5 | Fat Salmon Entry and Open Water Topics | 10 | PNA Directory |
| | | 11 | 2013 Membership Form |

Leading Off – ***Coach of the Year!***

By PNA President, Lisa Dahl

As PNA's president there is nothing I enjoy more than being part of selecting and rewarding the PNA Coach of the Year. It is a true honor to acknowledge the Masters swimming coach in the northwest that has risen above and beyond their peers and whose athletes want to honor them with accolades that some of us only dream of hearing in our coaching careers. This year's Coach of the Year is awarded to **April Cheadle**, who began her Masters coaching career with Bainbridge Aquatic Masters (BAM) about three years ago. April exemplifies the true Masters coach according to her athletes.

A true Masters coach is someone who can help a set of athletes diverse in age, abilities, comfort zones, experience and goals. I cannot think of many coaching opportunities that will have that much diversity in a group at one time. A good Masters coach will find out what each individual swimmer's goals are and then provide an atmosphere that allows those swimmers to achieve. April's swimmers attribute her excellence to her improvement and enhancement of the program, loyalty to all team members, inspiration to others, and being an incredibly gifted coach.

"She knows each swimmer and their needs and wants. It's like she has a database in her head of all of us. She is humble and never criticizes, selfless, professional, consistent and dependable. She appreciates everyone and gives to everyone. She totally gets Masters swimming. She notices a million details yet doesn't beat us over the head with them. Her inspiration to her athletes is remarkable. She inspires me to work harder each day. Her kind words of encouragement and gentle humor transforms practice into something special. She encourages and responds to us gracefully and intelligently. She deserves the highest of awards for her passion, intellect, knowledge, compassion, patience and creativity. She pushes each of us individually by knowing our personal goals and our limitations without yelling, criticizing. She is our cheerleader. She radiates positive energy and enthusiasm. We all love her."

The best part of being PNA president for me is being in the position of hearing first-hand how coaches are investing in their swimmers by changing their lives positively. I truly love standing before all of you at PNA Champs each year talking about the coaches that mean so much to all of you and awarding them with the PNA Coach of the Year award. I am honored to have that opportunity. Congratulations April Cheadle and Bainbridge Aquatics Masters!

Amateur on Set! Reporting From Indy

By *The WetSet* Editor, Chericka Ashmann-Rice

I hadn't planned on attending 2013 USMS Spring Nationals in Indianapolis, but hubby Ken volunteered to coach so I changed my mind. Unfortunately, PSM confirmed Ken's coaching assignment a few days past the registration deadline so I decided to stay home. Ken, however, encouraged me to experience nationals in a different way. I asked him what on earth I would do since I hadn't registered and he suggested I assist him. "With what?" I asked in confusion. "Assist me on deck and write about it for *The WetSet*." In other words, he was inviting me to live up to my role as editor and promote the sport of swimming by giving readers a better idea of different experiences available through USMS sanctioned meets like Nationals. I witnessed great swimming and tried my best to capture a good picture of the experience!

There were several PSM coaches on deck to support athletes, including Nationals Head Coach **Ken Rice**, who lead this year's recently renamed Puget Sound Masters team. 2013 Coach of Year **April Cheadle** came to support her athlete **Jane Lindley**, attending from the Bainbridge Aquatic Masters team. It's no wonder April was nominated for PNA's 2013 Coach of the Year: She explained that Jane had a tough experience at Spring Nationals in Greensboro NC last year due to coming down with an illness en route to the competition. April shared that she was there to help Jane reach her goals and have a great experience. Coach Cheadle demonstrated a serious commitment to her athletes once again.

Also on deck was 2012 Coach of the Year **Becca Watson**, traveling with eleven members of her Lake Washington Masters (LWM) crew. Becca knows how to do things in style. She and her athletes rented a posh mini-mansion of sorts equipped with a hot tub and enough rooms to house the entire group. Hey, they don't wear shirts quoting, "We are a drinking team with a swimming problem" for no reason. This group works hard in the water and always has reason to celebrate afterwards!

Three of eight young athletes from Western Washington University Swimming accounted for five of PSM's 13 Top Ten finishes in the distance events. (WWU has no swim program; they earned an Associated Student Body grant to fund their trip to Nationals!) **Sydney Anderson** (18-24) took second in the 1650 and third in her 500 while **Kaitlyn Lowder** placed 4th in the 1000 and 10th in the 500. **Eduardo Alcantar** (18-24) took 5th in his first-time-ever 1650 swim! South Sound Masters' **Haleigh Werner** (40-44) was National Champ in her 1000 Free; LWM's **Mike McColly** (65-69) placed 3rd and **Suna Sullivan** (45-49) earned 8th. In the 1650, **Dan Phillips** (50-54) was 3rd and Mike McColly and **Mary Lippold** (55-59) placed 4th while Ft. Steilacoom's **Kathy Casey** (60-64) earned 8th.

I learned one of our very own PSM members, **Kirk Nelson**, was recently a contestant on *Jeopardy!* He was legally bound to keep the outcome of his experience confidential but hopefully he was as successful out of the water as he was taking first place in his 1650 (40-44) with a time of 17:23.21! Find out how our National Champion miler survived Alex Trebek with the rest of the nation when the program airs May 31 on ABC!

Finally, no story would be complete without some drama. Coach Cheadle saw it first: Coach Rice looking frantically at the clock just after 3 pm on the first day of racing, realizing he had missed the relay entry deadline, disappointing five relay teams. Ouch! Not the

way to start a meet... BUT not the end of the world! While some swimmers got their Speedos in a twist, most were over it by the end of the meet. Hey, this voluntary position is open to any PSM member who would like to take on the task of organizing athletes across our region and across the lanes.

Ken humbly shared his mistake and asked for forgiveness without as much as a lame excuse. Upon learning of Ken's mishap, meet director Mel Goldstein (well respected in USMS coaching, club development and management circles) welcomed Ken to "the club," sharing that he had once missed the deadline on 25 relays. How's that for bragging rights?

Of seventeen relays that PSM successfully fielded, ten placed in the Top Ten including two firsts and a second.

88-year-old **George Roudebush** saved the day by volunteering to swim in a 35+ mixed medley relay shy of one male. (George was National Champion in his 50 Back, 100 Back and 100 IM.) Coach Ken asked Kathy Casey if she would be willing to swim the butterfly leg of the 55+ mixed medley, to which she replied, "I swam the butterfly leg once in a relay when I was 8 months pregnant. Sure, I'll do it!" I couldn't help but ask, "Did you dive?!" Kathy laughed and said, "Yes, my coach was so nervous everytime I did!" All I can say is, "Impressive!"

Rick Colella lived up to his recent recognition as the Dawn Musselman Inspirational Swimmer for 2013 as he bested his national record (60-64) times in six events including the 400 IM, 50 Breast, 100 Breast, 100 IM, 200 Breast and the 200 IM. I got tired just writing that, FYI!

Charlotte Davis earned National Champion bragging rights in five of her six individual swims: 50 Free, 50 Fly and all three IMs! And was on those two first-place relays (55+ Womens Free and Mixed Medley) and second-place 55+ Womens Medley.

Haleigh Werner (40-44) swam aggressively; going out in a 26 on her first 50 of the 100 Free and clocking a 54:15 to claim the National Champ title! Haleigh was National Champ in her 200 Free as well. **Susan Wetstone** (35-39) took firsts in 50 Back, 100 Back and 200 IM. She shared her secrets: her mother's spaghetti and training at least an hour a day with her GLAD team back home. Susan's Mom came to spend the weekend with her and made Susan her favorite dinner in the kitchenette where they stayed. Always a smart way to go when traveling and competing!

Finally, 81-year-old **Gail Gladwell** had an amazing meet after traveling all the way from Vancouver, Canada, to assist the PSM team. She was National Champ in the 100 Breast and 100 IM and every bit as competitive as the youngsters on the team.

A great spirit, a great bunch, you should consider going to Nationals: it's lots of fun. PSM earned a 5th place Regional Team finish (one point ahead of New England; 166 points behind Wisconsin). So, in the end some points were lost with a relay mishap (which wouldn't have changed overall placing). We thank our coaches and our athletes for representing the Pacific Northwest in Indy and we invite you all to be a part too!

DAWN MUSSELMAN INSPIRATIONAL SWIMMER AWARD

The PNA has presented this Inspirational Award annually since 1986 in memory of our “ultimate Masters swimmer,” Dawn Musselman (1913–1986). Dawn was a long-time PNA member. Not only was she a skilled competitor (still holding 1 SCM, 5 SCY, and 7 LCM records from 1979–1985 for ages 65 to 74!), Dawn was the kind of person who inspired others and encouraged them to do their best. In her early days she was an Olympics hopeful. In her last days she continued to inspire her teammates until cancer took its toll.

Besides Dawn, subsequent award winners include Marlene Holmes, Maxine Carlson, Jim Penfield, Tom Foley, Karen Jost, Jan Kavadas, Robin O’Leary, Marion Mueller, Tammi Keeler, Ian Thompson, Suzanne Dills, Clark Pace, Dan Frost, Joan Davis, Paul Ikeda, Barb Gundred, Chaya Amiad, Kathy Casey, Gene Crossett, Jeanne Ensign, Lee Carlson, June Van Leynseele, Steve LaHaie, Betsey Kassen, Sarah Welch and Kiko Kimura Van Zandt. Selection Committee Chair Steve Peterson presented our twenty-eighth Musselman award honoree a personal plaque, the perpetual trophy, and this statement at the PNA SCY Championships meet, April 14.

DAWN MUSSELMAN INSPIRATIONAL SWIMMER

2013

The Pacific Northwest Association Local Masters Swimming Committee proudly presents the 2013 Dawn Musselman Inspirational Swimmer Award to **Rick Colella**.

Rick, your humble, disciplined approach to swimming and to life – not to mention your Lake Washington Masters teammates’ perseverance – has earned your selection as this year’s Inspirational Swimmer.

You began swimming PNA Masters almost from its inception, with standing records to prove it. After a break, you returned to swimming with a small group at Juanita Aquatic Center. Coach Becca Watson notes that people would come and go, but “Rick’s swimming friends” continued to grow. “As a newcomer to the Pacific Northwest, anytime I spoke about starting a Lake Washington Masters team, the response was always, ‘Oh, the Rick Colella group?’ Everyone knew who this humble, soft-spoken guy was! When I asked the group to trust and follow me (and I will never forget it!), Rick basically said ‘I swam without a coach for 20 years, so let’s see what I can do with a coach for the next 20.’ He gave me, the new kid, a 20-year tryout! Who does that? Luckily for me, the rest of the group quickly followed.”

Of the many nicknames Becca has heard bestowed upon you during her short tenure, the one she thinks most appropriate is “Godfather of Pacific Northwest Swimming.” Teammate Jay Pearson says “Rick’s been an inspiration to me since I was a little kid swimming on the Totem Lake Swim Team and he and his sister Lynn were on our team as Olympics medalists. At first, I could hardly believe I was getting to swim with him as a Masters swimmer, but he is so humble that I was quickly at my ease. Watching him perform his best effort at every workout (not to mention the incredible shape he keeps his body) is a constant inspiration. I also became inspired to really learn how to swim breaststroke well. He is always willing to give advice when asked!”

In addition to your humble leadership in the pool and locker room, you have also inspired the community through the work you and your wife Terry have done in founding *Friends of FSH Research*, which seeks a cure for the debilitating disease that affects your son Brian. Jay notes that many teammates attend the annual FSH auction every year (taking four tables this year!) because of the respect and love they have for you.

Bruce Deakyne concludes, “If it weren’t for Rick’s passion for the sport and ability to motivate others, I don’t think I and many others would consider the sport such an important part of our lives.”

Rick, for your inspiration to the entire membership of the Pacific Northwest Association of Masters Swimmers by your example of good sportsmanship, encouragement and commitment, the PNA is proud to recognize you as our Dawn Musselman Inspirational Swimmer for 2013.

Signed by: President Lisa Dahl for the PNA Board and Steve Peterson for the Selection Committee.

2013 ONE HOUR POSTAL SWIM RESULTS

Sally Dillon, Postal Swim Coordinator

The One Hour Postal Swim, with 2493 entrants, is by far the largest annual event USMS puts on. Puget Sound Masters won FIRST PLACE in the medium-sized club category for the combined division (men's and women's yardage added together). The 46 swimmers who entered swam a combined total of 171,295 yards. YIKES!

According to my source at Davis Aquatic Masters (the club that hosted the event this year), a handful of individuals aged up and swam twice in order to record efforts in two age groups. Gregory Rotole (from Florida) swam the entire hour butterfly. 91-year old E. Ole Larson (from North Carolina) swam 2330 yards to beat out another 91-year old - Charles Bushey (from Oregon) and set a 90-94 age group national record in the process. Topping that . . . Maurine Kornfeld, also 91, swam 2375 yards on her way to a first place and ahead of TWO other 90+ ladies. Believe it or not, she did not set a new record – but she did beat her male counterpart!

PSM had some outstanding finishes in this year's event. Two swimmers took individual gold when they bettered the field in their respective age groups: 23 year-old Bruce Deakyne swam 5570 yards while at the opposite end of the spectrum, 85 year-old Bernice Phillips swam 2000. Congratulations to Bruce and Bernice on their first place finishes.

Other swimmers finishing in the top ten were:

Sue Dills (67) – 2nd with 3960 yards
Sally Dillon (66) – 3rd with 3940 yards
Sarah Welch (65) – 4th with 3575 yards
Betsey Kassen (60) – 5th with 4045 yards
Kirk Nelson (42) – 5th with 5040 yards
Steve Peterson (66) – 6th with 4305 yards
John van Velthuyzen (33) – 7th with 4825 yards
Michelle McRae (37) – 8th with 4620 yards

You may recall reading in the last *WetSet* that Doug Jelen swam his “hour” doing an extended individual medley; 15 minutes each of the four competitive strokes. Doug finished an impressive 27th in his age group, which had 92 competitors!

In addition to our fine individual results, every PSM relay that I submitted achieved Top Ten in their age group. The women garnered a 1st place finish when their 65+ age group relay team set a national record in the event. The men earned two top-3 finishes with their youngsters' relay taking 2nd and their 35+ team taking 3rd.

PSM RELAYS

Men's

18+ 2nd 14,200 yds: Ethan Carlson (18), Bruce Deakyne (23), Doug Jelen (39)
25+ 6th 14,055 yds Andrew Neuwirth (27), Jessie Heaton (28), John van Velthuyzen (33)
35+ 3rd 14,395 yds Kirk Nelson (42), Thomas Grandine (54), Doug Portelance (54)
55+ 10th 12,760 yds Patrick Murphy (58), Lars Durban (55), Steve Peterson (66)

Women's

25+ 7th 10,330 yds: Rachel Auffant (34), Brandy Stephens (31), Shannon Singer (42)
35+ 6th 13,165 yds: Cherith Maples (40), Megan Lassen (42), Michelle McRae (37)

45+A 7th 12,120 yds: Lucy Shaw (54), Suna Sullivan (45), Betsey Kassen (60)
45+B 9th 11,500 yds: Heidi Hutchinson (45), Sheila Moore (53), Susan Pappalardo (46)
65+ 1st 11,475 yds: National Record Sarah Welch (65), Sally Dillon (66), Sue Dills (67)

Mixed

25+ 10th 16,185 yds: Heaton, van Velthuyzen, Auffant, Stephens
35+ 5th 18,840 yds: Nelson, Jelen, Lassen, McRae
45+ 7th 17,430 yds: Grandine, Portelance, Shaw, Sullivan
55+ 5th 16,810 yds: Durban, Peterson, Dills, Kassen

Fat Salmon Open Water Swim
3.2 miles
Saturday, July 20, 2013
Sanctioned by PNA for USMS Inc. #363-W002
Hosted by: Green Lake AquaDucks

LOCATION: Lake Washington, Seattle, WA. Check-in and finish are at [Madison Park](#).

COURSE: This is a point to point swim. See [website](#) for [map](#) and details. Water temp ranges between 60 & 70 degrees F. Portable toilets will be at the starting line; showers and toilets at the Madison Park bathhouse check-in and finish location.

TIME: Check In begins at 6:15 AM; Mandatory Competitor Meeting at 7:20 AM; 3.2-mile event starts at approx 8:15 AM.

RACE DIRECTOR: Liz Rosen
racedirector@fatsalmonswim.com or call 206-973-9075 between 5-8 PM, PDT only.

ELIGIBILITY: Open to all 2013 registered USMS or MSC swimmers 18 and above as of 7/20/13. Swimmers not registered may sign up online for a \$20 One-Event USMS registration. Non-PNA swimmers must provide a copy of their Masters membership card at check-in.

RULES: Current USMS rules will govern this event. Neoprene wetsuits are allowed. Swimmers must complete the distance within a 2-hour time limit.

SAFETY: Lifeguards and safety boats will monitor the entire course. Body marking required on both hands. Competitors must wear color-coded race caps to distinguish groups (provided).

AWARDS: T-shirts and caps to all competitors; special awards in each division; ribbons available for top 3 in each age group. See website and registration for more information.

ENTRY FEES: \$50 before June 10, \$65 June 11 – July 11. **Online entries only!** No race day or paper entries accepted.

ENTRY DEADLINE: Online registration opens May 1 and closes July 11 at 11:59 PDT PM. However, the race may fill up ahead of close date. **Race sold out in 4 days in 2012!**

ONLINE ENTRY: Link to registration:
https://www.clubassistant.com/club/meet_information.cfm?c=1726&smid=4381

RESULTS: Preliminary results available on race day and final results posted on the website after the event.

DIRECTIONS: See [Fat Salmon website](#)

LODGING: Dozens of options within 3 miles of Madison Park, which is on a direct bus line from downtown Seattle.

ADDITIONAL INFORMATION: Available on the race website at <http://www.fatsalmonswim.com>

FAQs (<http://www.fatsalmonswim.com/faq.htm>)

PNA Sanctions Five Open Water Swims in 2013

Many of you have read about the enormous increase in insurance costs that USMS is faced with this year – primarily due to claims for injuries that took place in open water swims over the last few years. The USMS National Office notified Open Water coordinators and LMSC officers of the insurance issues at the end of 2012. Following many phone conferences and face-to-face meetings, USMS eventually decided that the LMSCs and/or the sanctioned open water events must fund a **\$1000 insurance surcharge for each sanctioned** event. We have our PNA LMSC to thank for providing a solution that allows our events to take place again this year. At its February meeting, the Board decided that the LMSC would share in the cost of this surcharge. Each event will increase its entry fee by \$5 per swimmer to be paid to the LMSC. PNA will fund the difference to fully pay our “bill” of \$5000 for five planned events. Our largest open water event, Fat Salmon, will help subsidize the smaller events, allowing PNA to offer a wide variety of open water swimming experiences to our members.

First event for the summer is the *Fat Salmon* event in Lake Washington. Check-in, finish, and festivities are at Madison Park. Hugely popular, you had better enter right away if you want to swim. There is a change this year – no 1.2-mile distance is offered – just the 3.2 mile. (It’s a matter of safety and logistics.)

Next up, a new event hosted by the ORCA Swim Team is on August 18: 1- & 2-mile races off of Mercer Island’s Luther Burbank Park. This event, open to all USMS members, is part of the *IGLA multi-sport championships* being held the same week. On August 25th is the 4th annual *AquaRun for a Child*, hosted by BWAQ. 2K & 4K races are held in Commencement Bay in Tacoma (the Puget Sound!). Considering the water temperature, wetsuits are required.

Our final two events are in September again this year. South Whidbey Island Masters will host their third annual *Whidbey Island Adventure Swim* on the 14th in Saratoga Passage – splashing around right on the shore of downtown Langley. 1.2- and 2.4-mile swims take place in this gorgeous location. It being another “sound swim,” wetsuits are required. The season’s final event, aptly named the *Last Gasp of Summer*, has its starting horn going off on September 21. 1- & 2-mile swims in a nice lake, with a great post-race feast make for a wonderful way to conclude the open the OW season.

Details for all of these events can be found on the PNA website and in subsequent issues of *The WetSet*. Jump right in a join in the fun! The water’s cold – but so refreshing – and there is NO chlorine!

MASTERS CALENDAR

LOCAL/REGIONAL POOL EVENTS

June 8

MEET:

[Northwest Senior Games](#)

Seattle, WA

More info: Jan Kavadas

425-775-5814

August 23-25

MEET:

[NW Zone LCM](#)

Mt. Hood CC, Gresham, OR

October 5

MEET:

[BAMFest 12 SCY](#)

Bainbridge Island, WA

[More info: Erin Thomasson](#)

NATIONAL EVENTS

July 20-25

MEET:

[Nat'l Sr Games \(50+\) SCY](#)

Cleveland, OH

Aug 7-11

MEET:

[USMS LCM Nat'l Champs](#)

Mission Viejo, CA

LOCAL/REGIONAL OPEN WATER

June 30

OPEN WATER:

[9th Annual Green Lake OW](#)

Green Lake Park, Seattle

Registration Opens March 12

Not PNA Sanctioned/Recognized

July 20

OPEN WATER:

[14th Annual Fat Salmon](#)

Lake Washington, Seattle

Registration Opens May 1

August 17

OPEN WATER:

[28th Ann. Emerald City OW](#)

Seward Park, Lake WA

Not PNA Sanctioned/Recognized

August 25

OPEN WATER:

[Aqua Run for a Child #4](#)

Les Davis Marine Park

Tacoma

September 14

OPEN WATER:

[Whidbey Island Adventure Swim](#)

Saratoga Passage (salt water)

Langley, WA

September 21

OPEN WATER:

[Last Gasp of Summer III](#)

Angle Lake Park

SeaTac, WA

INTERNATIONAL EVENTS

June 5-13

MEET & OW:

[Pan American Championships](#)

Sarasota, FL

August 13-18

MEET & OW:

[IGLA Championships](#)

WKCAC, Federal Way, WA

PNA BOARD MEETINGS

June 18

PNA Board Meeting

6:45 pm

Hugh & Jane Moore's, Tacoma

August 27

PNA Board Meeting

6:45 pm

Jeanne Ensign's, Seattle

IGLA Champs in Seattle Area This August



“What are the IGLA Champs and can I participate or help?” You may have seen this event on the PNA calendar for August 13-18 and asked yourself this very question. The simple answer is “yes.” We welcome all Masters swimmers to compete and help us host this event as well. Read on for more information.

International Gay and Lesbian Aquatics’ (IGLA) mission is to promote participation in aquatic sports among lesbians and gay men and friends of our community, and to ensure maintenance of the highest standards for aquatic competitions and international standards for all Gay Games and IGLA Championships. The IGLA Championships have been held annually since 1987 (except for years when the Gay Games is occurring) and has been hosted in a variety of cities in the US, Canada, and Europe. Last year it was held in Reykjavik, Iceland. PNA’s Orca Swim Team is proud to be hosting the IGLA Championships this August.

The swimming competition will be run in dual 25m courses with a full range of individual and relay events up to the 1500 Free. Other pool events will be water polo, diving, and synchronized swimming. All pool events will take place at Weyerhaeuser King County Aquatic Center in Federal Way (8/13-8/17) while the Open Water (1 & 2 mile) event will take place at Luther Burbank Park on Mercer Island (8/18). Social events throughout the week supplement the busy competition schedule.

Custom award medallions are being created by Chris Shulke, a local artist who works for *glassybaby*. All participants will receive a participant medallion and have opportunity to earn medallion awards for 1st, 2nd, and 3rd places in their respective events.

Points are earned for the swimming portion of the championship and awards are available for IGLA teams in the small, medium, and large categories. We welcome local swimmers to register as “(ORCA) Orca Swim Team” when picking your IGLA Team name during the registration process to help your local IGLA team earn points! Swimmers may also form and register their own IGLA teams or swim unattached.

Don’t miss the “Pink Flamingo” that is planned for Saturday, August 17th. Much more elaborate than a costumed relay you may have participated in at one of Orca Swim Team’s meets, the Pink Flamingo at IGLA Champs has become a tradition where teams perform on-deck and in-water routines that include music, costumes, choreography and sometimes even synchronized swimming. The awards granted by a jury for the Pink Flamingo are often the most coveted.

Registration details can be found at www.igla2013.com. Register by May 31st to qualify for a discounted registration fee. Final registration is due July 20, 2013, for the sports in the pool competition. If you have any questions, please contact Jim Lasersohn, swim meet director: swimming@igla2013.com. Those wishing to participate in only the Open Water competition on Sunday, August 18th (without incurring the main IGLA Championships fee) can register via the entry instructions on the next page.

Want to help or have a group that can help? We have lots of opportunities to help and welcome it. We are looking for groups who can bring a team of people to do stopwatch (backup) timing as a fundraising opportunity. We also need volunteers as officials, timers, announcers, awards distribution, clerk of course/check-in, and hospitality for the swim meet. If you have experience with diving, water polo, or synchronized swimming, we can also use your help with roles in those areas. Please contact swimming@igla2013.com if you can help with any of the above areas.

2013 IGLA Championship Open Water Swim

1-mile and 2-mile swims

August 18, 2013

Sanctioned by PNA for USMS Inc. #363-W001

Hosted by: ORCA SWIM TEAM

LOCATION: Luther Burbank Park Swim Area, 2040 84th Ave. SE, Mercer Island, WA 98040

COURSE: 1-mile triangular course, twice around for 2-mile competitors. Water temperature expected to be around 70 deg F. Wetsuits permitted.

TIME: Check-in begins at 7:30 AM and, should spaces remain, race-day registration closes at 8:00 AM. Competitors who wish to change divisions must do so by 8:00 AM. Mandatory competitor meeting at 8:30 AM; 2-mile race starts at 9:00 AM, 1-mile at 9:05 AM.

RACE DIRECTOR: Meghan Meinerz, 919-672-8542, megmeinerz@gmail.com

ELIGIBILITY: Open to all 2013 USMS or foreign registered swimmers 18 years of age and above as of August 18, 2013. Non-members may pay a \$20 one-event USMS registration and all non-PNA members must provide a current copy of their Masters registration.

RULES: Current USMS rules will govern this event. Neoprene wetsuits are allowed. Time limit: swimmers more than 250 yards from the finish at 11:00 AM will be picked up and returned to shore.

SAFETY: Lifeguards on paddleboards and volunteers in kayaks will monitor the course perimeter with the assistance of a motorboat for the purposes of evacuating swimmers who are unable to finish or who are experiencing a medical emergency.

AWARDS: Participation awards to all entrants. Special awards presented to the overall winners in each of the 1-mile and 2-mile events (wetsuit and non-wetsuit divisions). Ribbons presented to the top 3 finishers in 5-year age groups in all four events.

ENTRY FEES: \$50 by July 20th. Registration will increase to \$60 on July 21st and through race day. Only 300 entries will be accepted.

ENTRY DEADLINE: Online registration closes at 11:59 PM PDT on August 15. The availability of race-day entries will be posted at: <http://www.IGLA2013.com/open-water-swim/>

ONLINE ENTRY: Link to registration: https://www.clubassistant.com/club/meet_information.cfm?c=2135&smid=4828

PAPER ENTRIES: Not accepted except for race-day registration, if space is available. See above.

RESULTS: Results will be posted at the finish line as they are available and on the IGLA website, see link above.

DIRECTIONS: From I-90, take Island Crest Way exit. Parking is limited so plan to carpool or take advantage of public transit.

ADDITIONAL INFORMATION: This event is part of a 5-day series of aquatic championships hosted by the Orca Swim Team. See <http://www.IGLA2013.com/> for more info.

PNA Board Report – Herb Cook, PNA Secretary

Here's a summary of significant actions and discussion at a meeting and mini-retreat of the PNA Board of Directors on April 6, 2013.

- Secretary Herb Cook reported he had received 99 mail ballots postmarked on or before April 1, and—surprise!—the following Officers and Directors, all unopposed, were elected or re-elected to serve two-year terms (April 2013 to April 2015):
 - President: Lisa Dahl
 - Vice President: Michael Grimm
 - Secretary: Sally Dillon
 - Treasurer: Jeanne Ensign
 - Director At Large: Kathy Casey
 - Director At Large: Herb Cook
- The Board discussed alternatives for managing the rotation of event orders at PNA and Zone Championship meets in order to minimize having the same “back-to-back” events at sequential meets. Meets Chair Linda Chapman, Hugh Moore and Kathy Casey agreed to work on developing compatible rotations.
- Open Water Chair Sally Dillon noted PNA has sanctioned five Open Water events in 2013:
 - July 20: Fat Salmon (Lake Washington)
 - August 18: IGLA Champs (Mercer Island)
 - August 25: Aqua Run for a Child (Commencement Bay, Tacoma)
 - September 14: Whidbey Island Adventure Swim (Saratoga Passage, Langley)
 - September 21: Last Gasp of Summer (Angle Lake, SeaTac)

The Board encouraged Sally to move forward in developing a “High Point Series” competition to recognize swimmers who enter multiple OW events.

Sally reported she would be holding a workshop with all Open Water race directors, stressing recent changes in the USMS Open Water sanction process and the critical importance of adherence to all safety rules and procedures.

- The Board authorized approval of a two-year contract with Club Assistant to provide online meet registration services to PNA for both pool meets and open water events.
- As recommended by Registrar Arni Litt, the Board adopted a policy limiting guaranteed distribution of USMS Rulebooks to Teams that register with PNA before PNA Champs. Teams that register after Champs will receive Rulebooks only as available.
- Guided by Meets Chair Linda Chapman, the Board reviewed, reorganized and revised PNA's Standing Policies governing the conduct of sanctioned meets. The revised policies will be available on the PNA website.
- Hugh Moore, Herb Cook, Jane Moore, Mike Grimm and Steve Peterson volunteered to serve on a committee to review PNA's Board Structure and recommend revisions for consideration at the August Board meeting. Any revision to PNA by-laws will require approval by a vote of PNA members.
- Board members acknowledged and applauded the service of Rich Seibert and Herb Cook, whose terms as PNA Vice President and Secretary expired in April.

Welcome New Swimmers!

Aquatic Fanatics

Richard Best

Bainbridge Aquatic Masters

Elizabeth Howard

Elissa Kratzer

Blue Wave Aquatics

Kaitlyn Allen

Laura Belt

Glen Bertini

Graham Boyer

Courtney Fader

Lizann Herrera

Andy Iyall

Paul Johnson

Stacy Lang

Heidi Larson

Rusty Loewenhagen

Shannon Mandel

John Marx

Linda Nyberg

Andrea Schroeder

Viktor Usach

Central Area Aquatics Team

Truman Buffett

Cyrus Cryst

Mark Hill

Julie McCann

Colin Prince

Grace Schlitt

Downtown Bellevue Swim Team

Heather Eliason

Jinkai Gao

Gina Lalonde

Jessica Parejo

Green Lake Aqua Ducks

Dana Dutton

Joseph Mulligan

Husky Masters Swim Team

Jordan Charles

Sergey Mozharov

Clare Vaughn

Sarah Webster

Lake Washington Masters

Claudia Andersson

Elijah Bolotin

Dani Forbess

Ryker Lammers

Daniel Phillips

Angel Reiss

North Whidbey Masters

Lisa Philips

Olympic Aquatic Club

Hilary Skillings

Orca Swim Team

Bryan Stebbins

Ashley Vaughan

Ohana Swim Team

Elyanna McCullough

Baylor Stearnes

Queen Anne Swim Club

Melissa Frank-Huff

David Reischl

Sequim Aquatic Recreation

Center

Todd Clayton

Shawn Delplain

Kelsie MacDonad

Caitlin Sundin

Anna Swanberg

South Sound Masters Swimming

Weston Taylor

Skagit Valley Masters Swimming

Agustin Gomez Iriondo

Paul Lebel

Team Columbia Athletic Club

Megan Brown

Western Washington University

Swimming

Joe Canfield

YMCA of Pierce & Kitsap Counties

Keliko Adams

Laura Barnes

Gregory Mercer

Judy Rose

Jonathan Wildi

PSM Unattached

Thomas Carson

Sergio Clemente Filho

Mark Crippen

Mark Guetlich

Jennifer Hadlock

Palmer Higa

Jeremiah Jensen

Dale Kegley

Noreen Light

Joe Linn

Brian Lohr

Mary MacClellan

Eric Osnes

Aricia Slawson

Sergio Solano Ramirez

Fletcher Wilson

Luis Zapata

NOTE: Please email error corrections (and names of unattached swimmers who want to change their affiliation to a specific workout group) to pnaregistrar@usms.org

How do I find out who's on a particular team or workout group?

At www.swimpna.org click on *Member Services / Club Development*. Click either of the links under *Roster of Teams, Workout Groups and Swimmers* (or here: https://www.clubassistant.com/club/usms_members.cfm?l=36)

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Herb Cook

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Vacant At-Large Position

[Rep needed!]

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pnaregistrar@usms.org

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Bylaws

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Coaches

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Webmaster

Steve Peterson

360.692.1669

webmaster@swimpna.org

Database Support

Jon Walker



2013 Membership Application

New Swimmer Returning USMS Swimmer, ID if available _____

Name: _____ Birth date: _____
Last First Initial Month Day Year

Address: _____ Age: _____ Male Female
Street or box number

_____ E-Mail: _____
City State Zip+4

Home Phone (____) _____ Work Phone (____) _____ Cell Phone (____) _____

FIRST choose a CLUB Affiliation:

- Puget Sound Masters (PSM) [formerly PNA]
- Blue Wave Aquatics (BWAQ)
- Unattached to a Club (UNAT)

Please check all that apply:

- Masters Coach
- Certified Official
- YMCA
- USA Swimming
- USA Triathlon

THEN choose a TEAM Affiliation (PSM only): _____

See team list on next page for team acronym.

Choose membership level A or B below for **11/01/2012 thru 12/31/2013.**

A. Regular:	\$46	
B. Need-based or Seniors (65 & over):	\$37	
<i>Optional Donations:</i>		
USMS Swimming Saves Lives		\$
International Swimming Hall of Fame		\$
Pacific NW Association (PNA) Support		\$
TOTAL		\$

Swimming Saves Lives Foundation

Focuses its resources on the vital lifesaving and lifetime benefits of swimming. Just \$1 from each of us has the potential to add \$55,000 annually to further adult swimming opportunities, sports medicine research, education and outreach through grants. See <http://www.usms.org/giving/>

International Swimming Hall of Fame (ISHOF)

Is dedicated to the recognition of the famous swimmers, divers, water polo players, synchronized swimmers, and persons involved in life saving activities and education, throughout the world. <http://www.ishof.org/about/>

Pacific Northwest Association of Masters Swimmers

Supports clinics, education, [The WetSet](#), and future projects. The Senior and Need-based discount is funded in part by donations.

Please consider making a tax-deductible donation to these entities.

Make check payable to: **PNA**

Questions: (206) 849-1387 or pnaRegistrar@usms.org

Mail check & form to: Arni Litt, Registrar
PO Box 12172
Seattle, WA 98102-0172

A link to the PNA newsletter *The WetSet* will be sent by email 6 times/year unless you check here to have *The WetSet* sent by U.S. Postal Mail.

PNA always needs volunteers to help with meets, clinics, committees and much more.

Check here to volunteer and someone will contact you about how you could make a difference.

2013 Annual Fee:

Of your membership fee \$33 is sent to USMS and \$13 remains with PNA to support our programs. \$8 of the USMS portion is designated for the national publication Swimmer Magazine. There is no discount for those not wishing to receive the national publication.

WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, THE HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

➔ Signature _____

Date _____

Pacific Northwest Association of Masters Swimmers
PO Box 12172
Seattle, WA 98102-0172

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