

The WetSet



U.S. Masters Swimming in Western Washington

Pacific Northwest Association of Masters Swimmers

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September/October 2013

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Leading Off

2013 IGLA Championships in Seattle, August 2013

By Lisa Dahl

Congratulations to ORCA for an outstanding job bringing the International Gay and Lesbian Aquatics (IGLA) Championships to Seattle. As a participant in several IGLA's I was-over-the-top impressed at the level of dedication to details that created a competitive, organized and fun meet. The medals awarded to athletes, made of glass, were unique and very cool.



IGLA, formed roughly 10 years ago, is the world's foremost international organization devoted solely to developing and promoting gay and lesbian competitive opportunities in aquatic sports. IGLA's mission is to ensure maintenance of the highest standards for aquatic competitions and international standards for all Gay Games and IGLA Championships.

The IGLA Championships included swimming, diving, water polo, synchronized swimming and an open water swim plus many social events in the Seattle

area. As participants began arriving in Seattle, they had social opportunities every evening of the week. These included happy hours, hosted dinners, a women's garden party, a pre-opening party, an opening party, closing banquet, closing party and – best of all – the “Pink Flamingo.” In addition, ORCA provided transportation for the athletes to and from Seattle to the Weyerhaeuser King County Aquatic Center as well as some of the social functions, most of which took place on Capitol Hill.

As a swimmer who has the opportunity to travel internationally for meets, I find the IGLA events to be a respectable competitive swimming experience. The social activities included for the participants and their friends go far above fun with a level of inclusion I don't seem to experience at other meets. I love a high level of competition and traveling the world to find it. I do realize after an IGLA event or gay games how fun the social experience can be, which makes me think we can do more to promote a social component at meets and championships. Again, congratulations to ORCA for demonstrating and proving to the world that they can host and run a fantastic international championship meet!

Treasurer Needed!

Here's your opportunity to serve! If you're detail oriented, mathematically competent and willing to volunteer your time and expertise to PNA, be our new Treasurer. CPA certification and QuickBooks familiarity desired but not required. Will train! Contact Sarah Welch (206-359-2588 sarahwelch@comcast.net) or Steve Peterson (360-692-1669 speterson@bandwagon.net) for more information. Thanks!

SINK OR SWIM

Confessions of a newbie Masters swimmer

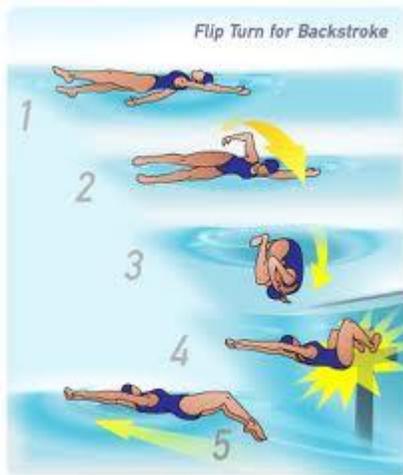
By Skagit Valley Masters Swim Club Member Greta Perales

July 2013

Imagine this.... a happy-go-lucky swimmer skipping to the pool at 5:25 am on a Tuesday, not a care in the world. Certainly not bitter at how early the Masters swim workout starts and definitely focused and primed for drills upon drills. Warm-up is standard freestyle and kicking drills. I am thinking how lovely it is to be back in the pool after it had been closed for a week of maintenance.

I am excited, I am happy. I am definitely not still tipsy from the second glass of wine the night before.

Then suddenly we switch to backstroke – still excited, still happy. Wondering to myself if I can squeeze in a swim Saturday morning before I go trail running, and then “it” happens. Apparently pool maintenance included shortening the lanes, because I hit the wall at full throttle (slightly faster than a sloth) with my head.



The noise was deafening and my swear word was even louder. The lifeguard looked confused. How the heck did I hit the wall? Did I not see the flags? I tried to explain that I was in the zone, but he kept on pointing out the flags.

Other swimmers, equally helpful, kept discussing the point and benefits of the flags. My mind was churning, my head was burning. I was frantically thinking of how I could blame this “event” on my lane partner. He is a bit shifty, so he could have been at fault; I am just not sure how.

Then I paused and looked up and saw it. No, not the stupid flags everyone is so excited about, but the look of disappointment in the eyes of the lifeguard, as he realized I did not yell out to the guy next to me to duck. I had said the curse word of all curse words at the family based YMCA. Worse yet, I still had an hour left of practice.

Not only was I going to have to adjust my swim strokes to accommodate the shorter lanes, but I was going to have to avoid all eye contact with the lifeguard. Time will tell if I have been banned from the YMCA but things are not looking good.

Sincerely, Greta “pretty sure I saw a duck” Perales



August 2013

Ode to the Pull Buoy

We are mocked by those who do not understand.

We are envied by those who wish to share our passion.

It is a complicated relationship based on mutual trust and need.

Without you, I would drift aimlessly in the pool.

Without me, you would languish in the red bucket of despair or worse between the thighs of someone much hairier.

Your white Styrofoam beauty glistens in the early morning light, much like the bald heads of some of the male swimmers.

Your buoyancy is equal parts delight and dark temptation. The slight dirt marring your exterior only proves that you have seen the world and become wiser for it.

Some would say that you are a crutch that hampers one’s swimming ability; I say screw them.

One day, when the lifeguards are distracted, I will set you free and we will tour the valley and possibly Wal-Mart together in perfect harmony.

– Greta “this is what happens when I am bored” Perales

MASTERS CALENDAR

LOCAL/REGIONAL POOL EVENTS

October 5, 2013

MEET:

[BAMFest-SCY](#)

Bainbridge Island, WA

[More info: Erin Thomasson](#)

November 9, 2013

MEET:

Tualatin Hills SCY Meet

Beaverton, OR

www.swimoregon.org/calendar.php

INTERNATIONAL EVENTS

August 3 - 9, 2014

MEET:

[15th FINA World Masters Swimming Championships](#)

Montreal, Canada

NATIONAL EVENTS

May 1 - 4, 2014

MEET:

USMS Spring Nationals (SCY)

Santa Clara, CA

Aug 14 - 17, 2014*

MEET:

USMS Summer Nationals (LCM)

Univ of MD, College Park, MD

LOCAL/REGIONAL OPEN WATER

September 14, 2013

OPEN WATER:

[Whidbey Island Adventure Swim](#)

Saratoga Passage (salt water)

Langley, WA

September 21, 2013

OPEN WATER:

[Last Gasp of Summer III](#)

Angle Lake Park

SeaTac, WA

PNA BOARD MEETINGS

October 26, 2013

PNA Board Meeting & Retreat

9 am – 4 pm

Sally Dillon's, Issaquah

December 3, 2013

PNA Board Meeting & Potluck

6 pm

Arni Litt's, Seattle

End of Year (EOY) Registration starts September 1!

The total membership fee for new swimmers registering for September and October 2013 is \$31. If your friends are not yet registered for 2013, now is the time to do it. Get them in the water!

Coaches: if a new swimmer wants to join U.S. Masters between now and September 1 but does not want to swim in a pool or open water event during this month, I suggest that you have them sign the "End of Year Registration" form as a 30 day trial. Then on September 1, the swimmer can register with the reduced fee of \$31.

Registration for 2014 will start November 1, 2013. New swimmers will get 14 months (Nov 2013 - December 2014). New swimmers interested in USMS membership in October can use the same strategy for a 30 day trial until the November 1 new registration period opens.

Remember, however, those swimmers may not swim in a meet on a 30-day trial registration. If new swimmers want to swim in the **12th Annual BAMFest** on Oct 5, they must have a completed USMS registration - either full year or EOY.

PNA OPEN WATER "HIGH POINT" AWARDS

At PNA's June meeting, the Board funded a new challenge program for open water swimming. Our LMSC has sanctioned 5 events this year:

Fat Salmon in Lake Washington – July 20

IGLA Championship in Lake Washington – August 18

Aqua Run in Commencement Bay (Tacoma) – August 25

Whidbey Adventure Swim in Sarasota Passage (Langley) – September 15

Last Gasp of Summer in Angle Lake (SeaTac) – September 21

The "high point" awards honor the top two male and female swimmers in each age group. To be eligible, each swimmer must swim at least two of the sanctioned events. The more events swum, the more points accumulated. Points will be awarded to the top 10 finishers in each event swum; wetsuit swimmers score points separately from those not wearing wetsuits. At the end of the season, points will be tallied and awards will be sent to the winners.

Details on the remaining PNA sanctioned events are on the pages that follow in this issue of *The WetSet* and on the PNA website www.SwimPNA.org.

OPEN WATER SWIMMING . . . in September!!

September brings the last two PNA-sanctioned open water swims for 2013. South Whidbey Island Masters (SWIM) will host their third annual **Whidbey Adventure Swim on Saturday, September 14.**

The 1.2-mile and 2.4-mile events will be held in the Saratoga Passage on the east side of Whidbey Island. The races start on the shore of the charming town of Langley, which is great place to spend time not only swimming a challenging race but enjoying fine dining and shopping. Langley also boasts pleasant B&Bs and an historic movie house – The Clyde Theater, which first opened to the public in 1937 (www.theclyde.net).

But I digress. You can count on the SWIM group to provide a well-run open water race. The course is a near-equilateral triangle (0.2-mile sides) to be swum in a clockwise direction, either twice (1.2) or four times (2.4). Outdoor showers and changing tents are available and the hosts provide post-race refreshments.

The water temperature is currently hovering around 60 degrees, but wetsuits are still required. See the meet info on the next page for more information and check out their Facebook page at: <https://www.facebook.com/groups/425829727438569/>



Whidbey Adventure Swim: Van Alworden Aerial Photography



One week later on September 21, the Blue Wave Aquatic Club will host their third annual **Last Gasp of Summer**. 1-mile and 2-mile events are offered in both wetsuit and non-wetsuit divisions. USA-S swimmers (the “kids”) will compete again this year.

The races take place at “L” shaped Angle Lake, in Angle Lake Park located in the heart of SeaTac. The park has lots of common areas and a large beach to spread out and enjoy the final open water event of the season. Prizes, awards and a picnic lunch will be provided to all swimmers; family members can partake for a small donation.

The Last Gasp has been honored with the title “2013 Northwest Zone Open Water Championship” so it will likely draw swimmers from our neighboring LMSCs. The second annual event in 2012 attracted nearly 100 Masters swimmers and unlike most open water swims BWAQ keeps records for each event.

Check out the event website at: <http://www.lastgaspofsummer.com/> for more information or refer to the meet info and entry form on the next page.

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**South Whidbey Island Masters
Whidbey Adventure Swim**

1.2 & 2.4-mile open water swims

Saturday, September 14, 2013

Sanctioned by PNA for USMS Inc. #363-W003

LOCATION: Seawall Park – along the shore of the Saratoga Passage in Langley, WA on Whidbey Island.

COURSE: The course is an equilateral triangular of 0.2-mile sides, which will be swum in a clockwise direction; 1.2 milers swim 2 laps, 2.4 milers swim 4 laps. Estimated water temperature is less than 60 degrees. Temp at the first buoy in 2011 was 57. Outdoor showers and changing tents will be provided. Public showers are available nearby at Phil Simon Park next to Langley Marina at the foot of Wharf Street.

TIME: Check In at 11:30-12:45; Mandatory Safety Meeting for all competitors at 12:45 PM; both events start at ~1:15 PM.

RACE DIRECTOR: Jean Fankhauser at 360-579-4438 or info@swhidbey.org. For more details go to event website: <http://ow.swhidbey.org/whidbey-adventure-swim>

ELIGIBILITY: Open to all 2013 registered USMS or MSC swimmers 18 and above as of 9/14/13. 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.

RULES: Current USMS rules will govern this event. Wetsuits are required. Note: there is a strictly enforced time limit of 30-minutes for 1.2 milers to finish one lap and 50-minutes time limit for 2.4 milers to finish two laps.

SAFETY: Lifeguards and safety boats will monitor the entire course. Body marking is required on both hands. The official cap provided by the race host must be worn during the swim.

AWARDS: No participation awards. Caps to all registered competitors. Unique cap colors for each event. T-shirts available – order online. A raffle for participants will take place during post-race festivities.

ENTRY FEES and DEADLINE: \$45 (US or Canadian) before 9/3, \$55 for late or race-day entries. Paper entries will be accepted on race day only.

ONLINE ENTRY: Registration closes on **September 9** at 11:59 pm PDT.
https://www.clubassistant.com/club/form/register_now.cfm?c=1729&smid=4875

RESULTS: Preliminary results will be posted 15 minutes after the finish of the last swimmer and will be posted on the Whidbey Adventure Swim website.

DIRECTIONS: From the Clinton Ferry, travel northbound on SR 525. Turn north onto Langley Rd and travel to town. Location is Seawall Park at 1st Street and Anthes.

LODGING: www.visitlangley.com/lodging for lodging ideas.

ADDITIONAL INFORMATION: Public parking is available at the corner of 3rd St. and Anthes, across from the Langley United Methodist Church.

Last Gasp of Summer

1 & 2-mile open water swims

Saturday, September 21, 2013

Sanctioned by PNA for USMS Inc. Pending

LOCATION: Angle Lake, Seatac, WA

COURSE: One-mile rectangular course marked with large buoys. Estimated water temp – high 60's. Restrooms, changing area and outdoor shower are available.

TIME: Check In at 8:30 AM; Mandatory Safety Meeting at 9:30 AM; event starts at 10:00 AM.

RACE DIRECTOR: Mike Murphy, 206-316-0234, swimoff1@gmail.com.

ELIGIBILITY: Open to all 2013 registered USMS or MSC swimmers 18 and above as of 9/21/13. Swimmers not registered may sign up for a \$20 One-Event USMS registration. Non-PNA LMSC swimmers must provide a copy of their Masters membership card.

RULES: Current USMS rules will govern this event. Neoprene wetsuits are allowed. Time limits: 1½ hours for 1-mile event, 2 hours for 2-mile event.

SAFETY: Lifeguards and safety boats will monitor the entire course. Body marking is required. Competitors must wear color-coded race caps to distinguish groups (provided). Timing chips will be used for finish results.

AWARDS: Participation awards (Cinch bag) for all swimmers. Water bottles awarded to 1st male/female finishers in each age group of each event (wetsuit/non-wetsuit awarded separately). Overall male/female winners for each event receive gift cards.

ENTRY FEES: \$50 before Sept. 1, \$60 Sept. 1-20. Online entries only except on race day (\$70-cash or check IF space available). Entry limit = 300 swimmers.

ENTRY DEADLINE: Online registration will close September 19, 11:59 PDT.

ONLINE ENTRY: at https://www.ClubAssistant.com/club/meet_information.cfm?c=1449&smid=4720

RESULTS: Preliminary results available on race day and final results posted on BUDU Racing, BlueWave Aquatics.com, Club Assistant SwimPhone, and the PNA website after the event.

DIRECTIONS: Angle Lake Park, 19408 International Blvd. Seatac, WA 98148. From I-5: take the South 188th St exit (#152); drive west 1 mile; turn left onto International Blvd (aka Pacific Hwy South); drive south 0.5 mile; turn left onto South 195th St into the park. Free parking.

ADDITIONAL INFORMATION: A picnic lunch will be provided to all swimmers; family members can join the picnic for a small donation. <http://lastgaspofsummer.com/>

Summer Nationals – Mission Viejo

By PSM President Sarah Welch

Twenty two Puget Sound Masters swimmers ventured out of our beautiful Pacific Northwest summer to compete at Long Course Nationals in Mission Viejo, CA. This meet's big headline is that with only 21 swimmers competing (5 women and 16 men, plus teammate Lisa Dahl on the injured list and rockin' star Rick Colella having to drop out midway through his events) **PSM earned 3rd place in Regional Team standings.** Our **men** took 2nd place behind Arizona **by only 2 points** beating Oregon and Colorado; **women** took 4th scoring 210 points. This Summer Nationals featured an open water event the Sunday before the meet plus a five-day meet program that offered distance swimmers the opportunity swim both the 1500 and the 800 events on separate days.

PSM debuted our new team colors and logo (see it on page 7) and hung our banner in our rented tent. Members circulated through the tent though many watched the meet from the stands. The new look passed the test as many PSM swimmers adorned themselves with the new caps. (PSM caps are now available for purchase: contact Sarah Welch.)

Kudos to Steve Peterson who stepped up to assemble the PSM relays. His recommendations (with advice from Lisa, Sarah and Becca) proved out, especially with two winning combos of 3 of our 25+ year olds plus Charlotte Davis to create **National Champion mixed medley and freestyle** relays in the 120-159 age bracket.

Kudos to Steve ... and of course the swimmers who achieved these results: Charlotte Davis, Paloma Dinkel, Chris Conroy, Cejih Yung and Chris Chapman. Steve managed to maximize relay participation – a challenge with just the five women available. Our nine other relays placed third through 12th to gain lots of points for the team.



200m Mixed Medley Relay (120-159) National Champs
(1:59.03)
Davis (63), Yung (28), Dinkel (25), Chapman (26)

Photos by Steve Peterson

As a workout group at Nationals, Lake Washington Masters was well represented. LWM swimmers Paloma Dinkel, Chris Conroy, Rick Colella, Chris Chapman, Charlotte Davis, Mike McColly, Dan Phillips and Cejih Yung made a powerful contribution to PSM team points (in addition to subsidizing their coach's trip). Coach Becca Watson added considerably to our presence. Sitting over in the tent, I could race to pool-side to watch a PSM swimmer every time I heard Becca's ear-splittin' wolf whistle rise over the din. Wow, Becca, where did you learn to do that? Will you teach me?

Swimmers came from 'far' and 'near' for their one event or allotted five (meet size dictated dropping a sixth event). Two swimmers dropped in for a single swim: Chad Hagedorn (YPKC) came for Sunday's 400 free and Jacob Millican (BAM) for Saturday's 50 free. Two of our PSM 'Southern California branch' members came, too: Donald Graham and Lyle Nalli. Both hail from the Pacific Northwest and often travel to nationals – this year they got to swim in their own back yards. We love being able to hook up with them and have them on the team. And we love those relays, especially with these guys on them!

We did have an ironic situation: Lyle was DQ'd in his 200 breaststroke event when our eagle-eyed teammate and USMS Rules Chair Kathy Casey spied his Arena racing suit. The one that hadn't passed the FINA test. It seems that at Spring Nationals in Indy the failure of this particular Arena suit was publicized but Lyle had no idea when he reported to the blocks with a 'banned...suit'. Kathy checked the serial number and...lo and behold...illegal. Lyle swam his event anyway. "Well, what if they changed their minds and I had a great swim?" he was reported to say. His teammates agreed – you need to get out and swim, even in the face of adversity.



200m Mixed Free Relay (120-159) National Champs (1:46.44)
Davis (63), Chapman (26), Dinkel (25), Conroy (28)

The final headline of the meet is that the facility, the weather, the people and the event were fantastic. The beach was a short couple of miles away for those who could get there. The entire experience couldn't be beat!



200m Men's Free Relay (240-279): 2:01.82 (5th)
 Donald Graham, Lyle Nalli, Mike McColly, Steve Peterson



USMS Summer Nationals, August 7-11, 2013



200m Mixed Medley Relay (240-279): 2:27.43 (3rd)
 Kathy Casey (back), Don Graham (fly),
 Sarah Welch (free), Dan Phillips (breast)

day, August 8, 2013) Version of 8/4/13 12:57 am

Time	Back	Breast	Fly	Free	Notes
2:24.62	36.00	40.34	40.00	30.00	HEAT 2
	41.00		37.00	33.90	
	42.00	41.00	0.00	34.00	LANE 4
				33.00	

Time	Back	Breast	Fly	Free	Notes
2:03.84	32.10	36.00	28.40	27.10	HEAT

Former PNA member Megan Lassen, now in Ft. Lauderdale FL, being interviewed by Misty Hyman for the USMS daily video. One of Day 3's Topics: Tats!

Age Group: 120-159

PSM A (Pass 1, Relay 4274; Age sum = 122)

Stroke	Name	Age	Time	Back	Breast
Back	Jelen, Doug	M40	31.36	31.36	38.44
Brst	Yung, Cejih	M28	29.00	30.00	29.00
Fly	Chapman, Chris	M26	24.50	28.00	35.00
Free	Conroy, Chris	M28	24.90	0.00	32.40

Seed Time: 1:49.76



Check out PSM's new club logo by Sylvia's!





- Q: What distinguishes a well-run Masters Summer Nationals?
- A: Many pairs of reading glasses hung at the heat sheet board, of course!



Santa Rosa Masters fielded this colorful relay.
(Technically, they should have been DQ'd – nonconforming suit materials!)

Janet Getzendaner, PSM's senior female (73), swam the Women's Free Relay with her sister Charlotte Davis (63), Sarah Welch (66) and Paloma Dinkel (25). A 2:22.30 earned them 12th place in the 200-239 age group.

National Senior Games Cleveland OH



Cleveland State University's **Busbey Natatorium**, venue for National Senior Games swim competition.



Home of the **Rock and Roll Hall of Fame**, y'know!

PNA swimmers Gary Campen, Betsey Kassen, Jim Mange, Steve Peterson, Frank Powell, Dan and Mary Underbrink and Frank Warner attended the National Senior Games meet in Cleveland in July. But not all together – Gary, Steve and Frank W, in the 65 - 100+ group, swam July 23-25. The youngsters (50 - 64) swam July 20-22.

Information and results are available at www.nsga.com.

Highlights of PNA Board Meeting, August 27, 2013:

Finance: Treasurer Jeanne Ensign reported that online registrations represent 86.3% of the total this year. Jeanne announced that she plans to resign as Treasurer once a suitable replacement volunteers.

Policies: Changes to the Membership section of the PNA Policies proposed by Membership Chair Arni Litt were discussed and approved.

PNA Governance: The ad hoc Governance Committee (Herb Cook, Mike Grimm, Hugh and Jane Moore and Steve Peterson) provided a progress report (included in this issue). Our current structure has led to 50+ board members, most of whom never attend a meeting. The committee will present a plan for approval at the October Board retreat. A Bylaws change will be necessary; the Board will schedule a membership vote to occur most likely in January.

Convention Proposals: PNA has a number of delegates heading off to Garden Grove CA for the annual USMS Convention, September 11-15. The Board reviewed the 62 proposed Legislation changes in order to give those not attending an opportunity to provide opinions.

Strength Training for Swimmers

By Teri Campbell – Queen Anne Masters
In Physical Therapy/inphysicaltherapy.com
(206)930-7882

Swimmers can benefit from strength training to improve performance and decrease the risk of injury. We can also benefit from specific movement training to better focus our strategies and create efficient, graceful stroke patterns. Other benefits include overall fitness enhancement, bone density stimulation, enhancing lean muscle mass, promoting balanced muscle tone and reducing monotony.

Strength can improve our ability to create force and propel our bodies through the water, but inefficient recruitment patterns and misguided strengthening programs can instead compress us and make it more challenging to use good mechanics.

It is helpful to think of strengthening as a series of tasks related to the movement that we desire to improve. Specifically, if we wish to improve a pattern we need to work muscles in a strategic manner to facilitate the position in which we desire to work that body part or series of body parts.

We can break down the phases of the swim cycle into several different components: The entry, the catch, the pull, the push or finish, and the recovery. We also now know that different styles of stroke pattern can be more efficient for sprint, distance, and open water swimming. In order to create an effective program for an individual, it helps to recognize which areas we are currently hoping to improve. Think of where your coach often tells you your stroke needs correction or where you feel inefficient and work from there.

For each movement, the ideal outcome is functional stability, balance, optimal alignment, and optimal force production. Too frequently we focus on the shoulders as the primary force-producing region, but in reality it is the ability to align the body while in motion that creates the foundation for the loaded phases of the swim cycle. Only then can the shoulder play an effective role with decreased risk for injury.

Below are some ideas for strengthening intended for non-injured swimmers. For each, visualize your body in the water and create the elongated feel you wish to adopt while you swim. Some helpful points to visualize include: space between the head and shoulders, wide and open shoulders with freedom to move the shoulder blade, space between the shoulder blade and shoulder joint, rotating about a long axis that travels from the center of your head down through the center of your pelvis, elongating the spine, and creating space between the ribs to allow breathing and reaching. How you do an exercise is just as important, if not more so, than what exercise you choose to do.

Injured swimmers should seek professional assessment and a specifically tailored plan in order not to aggravate the injury. If you are unsure, consult with your provider before attempting any of the following exercises.

Muscles that act on a given joint or series of joints can be categorized as deep, local muscles and superficial, global muscles. Both systems must work in synergy to create optimal movement patterns and strength.

Core: This is such a multi-faceted concept there are entire textbooks devoted to the topic. In short, we need to create a foundation from which to produce force in order to propel ourselves in the water, yet we must be agile and fluid at the same time. Typically we refer to the muscles of the torso when discussing core.

- Deep core can be isolated with a simple visualization cue to gently connect a guy wire between the tailbone and back of the pubic bone at the center of the groin. In non-impaired individuals, this should be effective in also recruiting a deep abdominal and deep low back corset. There should be no feeling of restricted breathing or abdominal bulging or shortening. Initially, you may need to practice several repetitions, but over time your body should adapt to using this strategy with all of these exercises. Try progressing to lying on your back and lifting one leg off the ground, then add the opposite arm. Move from closer to your body to further away. Then try 4-point hands and knees with opposite arm and leg raise. Build up to 10-second holds. Be sure to maintain your neutral spine position and don't forget to maintain that deep core recruitment.
- Superficial abdominal muscles can be trained with crunches, planks (looks like the set up for a push-up) and side planks. Adding rotational stability challenges such as lifting one arm or leg 1-2 inches off the ground are helpful in the plank exercise. Once sufficient strength is available, external stress such as medicine ball, weights, or resistance cords can be added to crunches as seen in seated upper body rotation exercises.
- Superficial back muscles can be strengthened with stomach-lying alternate leg lifts or flutters, opposite arm and leg lifts, and then lifting both arms and legs. Keep the lift low and focus on maintaining deep core and not holding your breath. Also imagine lifting one spinal segment off of the next in order not to hinge at any specific area. Create a smooth arc of movement. Build to a two-minute hold.

Shoulders: Focus areas include Serratus anterior and Trapezius (recovery, catch, pull), Pectorals (catch and pull), Latissimus (pull and finish), Rhomboids (pull and finish), and rotator cuff (especially external rotators).

- **Serratus:** Stretch cord or weight resisted shoulder blade presses. On your back, hold a load directly up from the shoulder toward the ceiling. Keep the elbow straight, and press the arm toward the ceiling. In standing with a band from behind you, this same exercise can be performed at varying angles. Try straight in front of you, and 30 degree increments toward the ceiling until you can no longer control your shoulder position (don't let your upper arm press forward and sink into the armpit. You will see a deepening crease at the back of the shoulder.).
- **Trapezius:** Lie on your stomach and place your fingertips behind your head. Without shrugging up or pulling down, lift your shoulder blades and elbows off the ground. Imagine the outer border of your shoulder blade rolling upward. If this is too easy, maintain the lift position at 2 inches off the ground, don't move the elbow, and reach your hands forward to increase the difficulty. Progress to 20. Other options are overhead shoulder presses, 'wall angels' (stand with back to wall, elbows bent comfortably, slide arms up wall and back down to waist with shoulder fully against wall), and band resisted diagonal pulls.
- **Pectorals:** Chest press, push-ups, flies, bench press.
- **Latissimus:** Seated on a firm chair, place your hands on the sides of the chair and press down to lift your hips off the seat. Also common are straight-arm pull downs (all the way to the back of the hips), overhead pulls (don't push your neck forward; pull the bar to your chest, not behind the head), and lateral pull-downs.
- **Rhomboid:** rows standing, seated, or on your stomach; reverse rows; shoulder blade retractions.
- **Rotator cuff:** Most commonly performed with resistance band, but can also be done with light weight (1-2 lbs). Best done in varying degrees of elevation from your side. Stand with band from the outside of your body, pull inward for internal rotators, but don't allow your shoulder to push forward at the joint. Repeat with an outward pull for external rotators. Use low resistance and work on multiple repetitions. The focus is endurance, never high loads.
- **Other:** dynamic stability work such as overhead one-arm ball bounces against a wall, holding a half-full water bottle and shaking it with an arm outstretched in front of you and overhead, single arm chest presses, etc., can be helpful for working on shoulder alignment. Make sure to focus on the position of the ball and socket joint and don't get sloppy.

Arms: Focus areas include Deltoid (recovery), Biceps (pull), and Triceps (finish)

- **Deltoid:** Shoulder extensions and stomach-lying arm raises with arms directly out like a 'T', also with arms at sides brushing past hips as you lift.
- **Biceps:** Curls, resistance cord pulls, simulated swim pull with cords, bar hangs.
- **Triceps:** Dips, straight arm pull backs, Triceps extensions kneeling on a weight bench, standing Triceps extensions with cable or band resistance from bent to straight elbow. If possible try to achieve full elbow extension to the point where you would finish your stroke.

Hips: focus areas include deep hip flexors and gluteals (hip and pelvis for trunk position and kick).

- **Hip flexors:** Hanging bend knee hip/leg lifts, ball walk-outs (face forward over large exercise ball, walk hands forward until you are supporting your body on your shins and hands. To advance difficulty use abdominals and hips to lift hips skyward and pull knees to chest)
- **Gluteals** (note that you will also recruit Hamstrings with these): Stomach-lying leg lifts, multi-hip machine, squats, reverse lunges

Some more traditional functional exercises are also being used in training for swimmers. These include, but are not limited to: rope climb, rope swinging, pull-ups, dead lifts, yoga and Pilates-based strengthening, box jumps, lunges and more. It is important to critically assess any exercise before adding it to your routine. If you do not intend to see a starting block for the remainder of your days, the box jumps may not represent the best use of your time. Likewise, a swimmer with a knee injury should use caution with the same exercise.

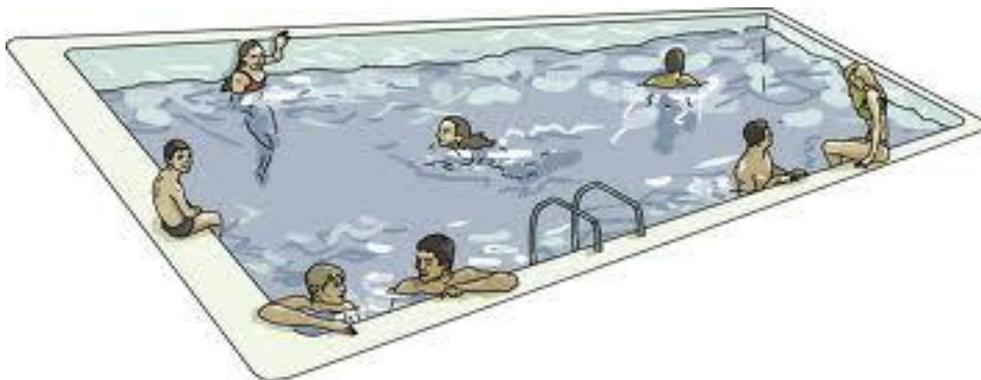
Experts argue about the optimal number of repetitions for exercises in order to create strength, power, or endurance. All agree on a few fundamental principles. In order to enlarge a muscle, it must have an appropriate load stimulus (stress) placed on it. This must then be followed by a period of rest for recovery for the muscle to rebuild. We also know that it takes approximately 6 weeks to see true changes in muscle tissue with biopsy tests. In that period of time, however, you can create a more efficient pattern and improved performance through motor learning.

This is why it is so important to attend to proper form and execution of your exercise. Perfect practice makes perfect. In any strengthening program, focused attention to optimal patterns will create a more desirable outcome in a shorter period of time. Focus on repeated quality of movement over quantity of weight and ask yourself if you want just strength, or improved performance. With the right approach, your program can create graceful movement with less effort and a power punch.

**The Sharing Pool:
Recollections of Dr. Ransom J.
Arthur**

By Robert Pilger

A recent issue of *Swimmer* magazine featuring a photograph of Dr. Arthur, with his coke bottle glasses alongside Dr. Robert Beach, poolside in tank trunks probably taken in the 1970's at a meet in Texas, brought back many memories.



I swam competitively in the early 1960's in college, and then attended four years post graduate school at Georgetown University which had no pool or swimming culture. I then began residency and military service which meant no swimming for five years. I was fortunate to then be stationed at the Naval Training Center near Point Loma in San Diego, California. Point Loma was also where the Navy was beginning to conduct studies on the use of dolphins in the military. Deep diving underwater submersibles like *Trieste* were also stationed there. I lived about a block from this base and was a Lieutenant in the Navy Dental Corps at the time. I was happy to learn of a 50 meter outdoor pool at one of the many naval facilities in the San Diego area.

One day while swimming I happened to meet Captain Ransom Arthur, a psychiatrist in the Navy Medical Corps stationed at a neuropsychiatric unit on Point Loma. At the time, he was involved in some kind of work with POWs and others returning from Vietnam. He along with a Lieutenant Commander named Kimball were swimmers and asked me to join the so called Navy Swim Team along with another Navy dentist, a butterflyer named Ed Bruce. Ed was from Burien, WA.

Captain Arthur, having four stripes, was able to arrange for us lowly lieutenants to get orders to travel to Navy and inter-service swim meets with him. We arranged a few workouts, made up some relays and entered a meet near San Francisco. By then I was stationed aboard a supply ship cruising the western Pacific and coast of Vietnam. My ship's commander was a hardliner, who was very upset to learn that I was able to leave my duty station to partake in monkey business like a Navy swim team. But orders are orders and who knew where they came from – the Pentagon, Pacific Command in Hawaii or wherever – but I am certain Capt. Arthur was instrumental in this.

I recall him telling me about his involvement in a new organization of older swimmers competing recreationally. At the time (1972) I was unable to get involved in what was to become Masters Swimming but eventually did relocate to the Pacific Northwest and was happy to learn of the local active swimming community. I became a PNA member after settling in Port Orchard WA sometime in the late 70's or early 80's, and still enjoy swimming to this day!



Portland Bridge Swim, July 21: The course runs under all eleven of Portland's Willamette River bridges, through downtown and beyond, approximately 11 miles (17 km) with the current. Swimmers enter the water at Sellwood Riverfront Park, swim south under the Sellwood Bridge, pass around the bridge pylons and swim north along the east side of the river. Swimmers then pass under the St. John's Bridge and exit the water via the boat ramp in Cathedral Park. Center right are PSM's Rich Seibert, wife/kayaker Alisa Blitz-Seibert, Katy Arkell and several other bridge swim finishers. See the overall results on the next page.

Welcome New Swimmers!

Aquatic Fanatics (AQUA)

Shannon Cook

Blue Wave Aquatics

Rachel Ervin
Misty Fisher
Lorna Kline
Crystal Williams
Shannon Maris
Stephanie Lane
Rhiana Wiggins
Subrahmanya Bhat
Angelie Eiselstein
Kamal Kapoor
Sandra Steiner
Craig Alexander
Janna Johnson

Central Area Aquatics Team

Holly Callahan

Green Lake Aqua Ducks

Seth Knox

Mukilteo YMCA

Bryan Morrison

Orca Swim Team

Avery Church
Zoe Rain
Karl Smith
Aaron Roberts
Doug Sauvage
Smitha Dante
Heather Coles

Skagit Valley Masters Swimming

Thomas Dorman

West Coast Aquatics Masters

Lance Miller

Unattached

Victoria Robinson
Steven Sholdra

PSM Unattached

Carol Jenkins
Shakur Seigny
Zachary Gosney
Allison Kunerth
Nadav Sheffy
Zachariah Lisson
Anne Markiewicz
Brian Andreola
Jenny Ferries
Darlene Von Lehman
Timothy Andruss

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

Announcements

**Who's inviting me
to swim with them next?!**

Have a swimming story that
needs to be told?

Email me: [The WetSet Editor](#)

Every story deserves to be told!

**Are you a USMS registered coach with
a PNA registered team?**

**Post contact info for private lessons
and clinics here for free!!!**

Portland Bridge Swim, July 21

*Congratulations to the entire successful
crew of 2013 Bridge Swimmers!*

We had an army of amazing volunteers, enthusiastic spectators and supportive sponsors. 77 swimmers went in the water at Sellwood, 77 swimmers came out of the water at Cathedral Park – the kind of math we like to see!

See photo and notes on previous page.

Bridge Swim Overall results:

(PNA members highlighted)

Place	Name	Official Time
1	Proffitt Relay.....	3:42
2	van Velthuyzen, Johnny...	4:11
3	Craig, Rod	4:13
4	Bell, Alan	4:13
5	Atchison, Dean.....	4:17
6	Robinson, Dan	4:18
7	Martin Relay	4:28?
8	Blackmon, Joel	4:31
9	Hagedorn, Chad.....	4:32
10	Seibert, Richard	4:33
11	Treanor, Adam.....	4:33
12	Bond, Bill.....	4:33
13	Lautman, Scott	4:34
14	Cyr, Laurie	4:34
15	Nason, Jeff	4:36
16	Scheafer Relay	4:36
17	Lee, Pat	4:37
18	Peront Relay	4:40
19	Spasojevic, Nemanja.....	4:44
20	Campo Relay.....	4:46
21	Brown, Laura	4:46
22	Keegan, Shannon	4:48
23	Noble, Brian	4:56
24	Schopmeyer, Mark	4:58

25	Werhane, Cynthia	4:59
26	Bowen, Kelsey	5:10
27	Boleda, Orlando	5:14
28	Teasdale, Claire	5:16
29	Andersen, Tom.....	5:16
30	Valenti, Tim	5:17
31	Kieras, Jessica	5:17
32	De Armond, Mindy.....	5:18
33	Carlisle, Patrick.....	5:20
34	Valls Relay	5:20
35	Istok Relay	5:24
36	Ferber Relay	5:27
37	McClagherty Relay	5:30
38	Arkell, Katy.....	5:31
39	Hayden Relay	5:33
40	Teisher, Jim	5:33
41	Needham, Bob	5:44
42	Goodman, Kennard	5:48
43	Burger, Heather	5:52
44	Luttrell Relay	5:52
45	Wolfe Relay	5:59
46	Scott, Erin	6:02
47	Foster, Katherine.....	6:03
48	Glossa, Jeff	6:14
49	Malloy Relay.....	6:16
50	Hanson, Robert	6:50
51	Anziano, Marcia	7:20

PNA Governance Committee Report – August 21, 2013

Members of the PNA Governance Committee include Herb Cook, Mike Grimm, Jane Moore, Hugh Moore, and Steve Peterson. The committee was formed to address the following concerns with the current PNA board structure:

1. Representative Governance combined with position status.
The PNA board structure has varied little since its inception forty years ago. However, the potential number of board members has grown significantly. The board is composed of officers, chairs of standing and special committees, appointed positions, three at-large members, and team reps for each team with 8 or more members. The threshold for determining team representation has remained at eight for forty years. During that time we have grown from <100 swimmers to >1400.
2. Unequal representation: Teams with 8 members have the same representation as our largest team, which has 230 members.
3. Non participating members of the board. We currently have 26 teams entitled to board representation, but few participate.
4. Quorum. Around fifteen years ago we changed our requirement for a quorum to one fourth. As a result our quorum changed during the registration year as the number of teams grew, typically ranging from 8 to 10. Recently we changed our bylaws to make a quorum 10 so that it was a fixed number. A recent review of Washington State code (<http://apps.leg.wa.gov/rcw/default.aspx?cite=24.03.110>) revealed that the Washington Nonprofit Corporation Act, RCW 24.03.110 requires that a quorum be at least 1/3:

A majority of the number of directors fixed by, or in the manner provided in the bylaws, or in the absence of a bylaw fixing or providing for the number of directors, then of the number fixed by or in the manner provided in the articles of incorporation, shall constitute a quorum for the transaction of business, unless otherwise provided in the articles of incorporation or the bylaws; **but in no event shall a quorum consist of less than one-third of the number of directors so fixed or stated.** The act of the majority of the directors present at a meeting at which a quorum is present shall be the act of the board of directors, unless the act of a greater number is required by this chapter, the articles of incorporation or the bylaws.

The stated target of the restructure process was to propose bylaw amendment to restructure the board

1. While maintaining a representative form of governance,
2. Provide more equal representation per capita.
3. Develop a board composed of members who regularly attend meetings
4. Comply with RCW 24.03.110.

The committee has used surveys to review current board structure and consider which positions should be board members. The committee has made progress, but still has some areas in which we have not reached consensus. As chair of the committee I would like board guidance on the following:

- 1) The committee has come to consensus on the following. Does the board agree with these decisions?
 - Board size should be around 16 members.
 - To avoid potential for tie votes, the President should only vote in case of a tie.
 - The following nine positions should be on the board.
Note: Four chair/coordinator positions are included due

to the level of responsibility, workload, and importance of having the particular position at board meetings.

- President
- Vice President
- Secretary
- Treasurer
- Immediate Past President
- Chair for Club and Team Development
- Meets Coordinator
- Membership Coordinator
- Open Water and Long Distance Coordinator

- 2) We have not reached consensus on remaining members of the board. Ideas that we have considered include
 - Approximately four club reps. Distribution, flexibility of representation, and policy vs. bylaws are unresolved issues. For example, if we currently allowed Blue Wave one rep and Puget Sound Masters 3 reps, how do we allow for potential future changes in club alignment.
 - Should we annually select three volunteers (likely committee chairs or coordinators) based on experience and willingness to serve?
- 3) Based on our bylaws, a desire to change the structure relatively soon, and a process that gets approval from the board and current team reps, I suggest the following schedule. Does the board agree?
 - October meeting – Committee presents recommendations to the board for approval. Continue to next step only if super majority of board (2/3) vote approval
 - November – Present recommendations to current team reps via Survey Monkey (or equivalent). Allow 2 weeks for response. Continue to next step only if super majority (2/3) of team reps approve.
 - Membership vote during January
 - Following is the PNA Bylaw section on amendments.

13.0 BY-LAW AMENDMENTS

These bylaws may be altered, amended, or repealed as the purposes of PNA may from time to time require, by the affirmative vote of a majority of the individual members present at a meeting called for the purpose, or by the affirmative vote of a majority of individual members obtained by ballots mailed or emailed by the Board of Directors to all such members. Either method of voting on bylaws changes shall require receipt of total ballots representing at least 30% of the membership. To be counted, mailed or emailed ballots must be received within 30 days of the mailing or emailing of the proposed amendment. The Board of Directors shall have the option of extending this deadline.

- We need to determine the process for voting that ensures fairness while also making it likely that we will get 30% turn-out. There are numerous electronic options available.

Sincerely,
Hugh Moore
Chair, ad hoc PNA Governance Committee

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