

PACIFIC NORTHWEST
ASSOCIATION OF
MASTERS SWIMMERS

U.S. MASTERS
SWIMMING IN
WESTERN
WASHINGTON

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The WetSet

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President's Message

By Sally Dillon, PNA President

I am happy to share the good news that it appears that a USMS Summer National Championship will be coming to Washington State. You may recall that PNA bid in 2018 and 2019 to host a Spring National meet (short course yards/SCY). We were turned down in favor of bidders who have significantly more warm-up lanes.

This year, the committee submitted a bid to host a Summer National Championship meet (long course meters/LCM format). PNA has already hosted two LCM national meets: 1992 with 1150 swimmers and 2001 with 959. In recent years, most LCM National

Championships have had between 1000 and 1200 participants. While we submitted a bid for the 2022 LCM meet, there has been "shuffling" of the previously awarded meets because both National meets in 2020 were canceled due to COVID-19.



Our LCM championship meet has been pushed forward to 2023 and we can only hope that there will be no cancellation of next summer's championship. It will be a year before we can sign a contract and start planning for the event, so stay tuned!

Reminder: As of June 1, anyone registering for USMS receives the rest of 2020 and all of 2021 for one fee (\$60). If you have any swimmers in your program who have dragged their feet and not registered for USMS, this is a great money-saving deal for them.

Finally, it's good to hear of teams getting back in the water. We know it has been very challenging, and for some of you, disappointing because your pools are still closed. USMS is partnering with PNA to provide COVID-19 "financial relief" to eligible clubs and workout groups. Information and links to the applications are in this newsletter.



Follow PNA on Facebook

2020 PNA Coach of the Year

Congratulations to Calvin Milbach, the 2020 PNA Coach of the Year!

Under Milbach's leadership with the Thunderbird Aquatic Club Masters in Anacortes, the workout group base grew from 10 long-time members to over 60 active swimmers. Growth was accomplished by active recruitment, particularly among military members at the nearby Whidbey Island Naval Air Station and parents from the local youth swim team.

He retained these members by creating a safe and inviting environment, both in terms of social activities and his acceptance of all ages and abilities and by offering coaching tips and pacing that was customized and encouraging to swimmers at all levels.

Milbach introduced regular social activities that brought team members together and helped his swimmers form lifelong friendships. Weekly breakfasts at the Calico Cupboard grew from a few swimmers at a small table to seating and service in a special room at a large table. An annual swim across Guemes Channel is followed by a large party. Lady's Nights and Men's Nights have been held.

TACM hosts an annual SCM meet at the beginning of each year and Milbach has done a wonderful job as Meet Director, attending to the planning and coordination of volunteers. The meet is well attended and this year, three world records were recorded. He "retired" from coaching the Thunderbirds this past spring as he and his wife welcomed their second child. He will be a stay-at-home dad while his wife works as an emergency room doctor. No doubt the swimmers are hoping to see him back on the deck once his children are in school.



*Coach of the Year Calvin Milbach
with son Jameson Jordan*

Old Issues of *The WetSet*

PNA Historian Walt Reid has been archiving old copies of *The WetSet* and has recently added another 30 (covering 2000-2004) to the website. "A big thanks to Arni Litt and Sandy McNeel for submitting them to me," he noted.

We are still missing several issues - if you have paper copies of old newsletters, please check them against [this archived list](#) and consider donating the ones we are missing. Issues can be emailed to walt.reid@comcast.net.

Board Meeting Highlights

July 12 board meeting

Dawn Musselman Award – Steve Freeborn is the 2020 recipient. The award was presented in a BWAQ Zoom meeting on June 28 with PNA board members present.

Coach of the Year Award – The selection committee included five previous award winners. Calvin Milbach of Thunderbird Aquatic Club Masters (Anacortes) received the Coach of the Year award earlier in this meeting. Several of his swimmers were in attendance. Congratulations!

USMS National Convention – It is still in the planning stages and will use a combination of Zoom meetings and webinars. It is open to non-voting members via YouTube, and meetings may be recorded and available online.

There are currently no meets on the 2020 schedule beyond the Virtual US Masters Nationals.

Treasurer's Report:

- Total income through June 2020 is \$19,473
- The net income through June was \$9,875
- Total Assets as of June 30, 2020 are \$69,981
- Checking account balance is \$2,664.19
- Savings account balance is \$67,301.83

USMS COVID-19 Relief Matching Grant Funds: This is a one-time USMS Matching Grant for 2020 per registered swimmer. The board voted to provide \$10 per swimmer (the maximum allowed) to PNA's USMS registered local clubs and workout groups who are eligible for relief. Due to the USMS National Convention being changed to a virtual meeting, this cost will not impact the current budget. Distribution of funds is dependent upon approval by the PNA board for each workout group and club application.

PNA Voting Board Members

President - Sally Dillon
 Vice President - Linda Chapman
 Secretary - Jay Pearson
 Treasurer - Arni Litt
 At-Large Director - Kathy Casey
 At-Large Director - Todd Doherty
 Bylaws - Hugh Moore
 Meets - Linda Chapman
 Membership - Stephanie Hiebert
 Open Water - Jim Davidson
 Appointed Director - Bob DeWard
 Appointed Director - Maddie Sibilia
 Club Director - Kim Boggs
 Club Director - Doug Jelen
 Club/Coach Coordinator - Steve Peterson

Coordinators/ Standing Committees

Awards - Kerry Ness
 Coaches – Kathleen Brooks
 Fitness/Clinics – Wade Praeger
 Newsletter - Lucianne Pugh
 Officiating - David Baer
 Postal - Sally Dillon
 Records/Top Ten - Doug Jelen
 Social Media - Isaac Contreras Sandoval
 Webmaster - Steve Peterson

Meeting schedule

Sunday, 9/20/20 - 7:30pm
 Conference call

Saturday, 11/7/20 - time TBD
 At Sally Dillon's, Issaquah

From Beginner to Swimmer!

By Patty Smith

In July 2019 I walked into my local YMCA and signed up for my first adult beginner swim lessons. I was 51 years old. I had tried to learn how to swim a handful of times prior, but never formally. Friends who were great swimmers would offer to help me learn. We would meet at the pool just for me to feel terrified and then mortified by my fear compared to their ease, and I'd find some reason to never go back again. At that time, I didn't know it was not just my irrational fear of water that was keeping me from learning, but my embarrassment - embarrassment that I didn't already know how to swim like everyone else and embarrassment that I was so afraid of the water. I had pretty much decided that swimming was not a necessary skill and I could live my whole life not having it, as I had up to then.

However, when fear is a driving factor that keeps you from doing something or embarrassment stops you from even trying, somehow it doesn't just sit silently and go away. The desire to learn and be free of the fear stayed in me always. So, without telling anyone, I walked into that YMCA and on day one, I learned to put my head under water and blow bubbles. I didn't even know you're supposed to breathe out when your face is in the water! I began learning.

By the end of that Level 1 session, I could swim from one end of the pool to the other and I was thrilled! I went to the pool regularly through the fall and winter. I built up the ability to swim to the wall and all the way back without stopping, but that was pretty much my limit.

Then COVID happened. What a bummer! I by no means saw myself as a "swimmer" and now I had no access to continue toward that goal.

Serendipitously, a friend introduced me to Bernardo's All-Stars, a USMS group that had transitioned in April to swimming outside. Terrifying! I had gone swimming outside a handful of times, mostly staying close enough to the shore to put my feet down and stand up anytime. But these were new people and they did not stay in the shallow end.

The first day my friend stayed with me and I slowly made my way in circles in Puget Sound at Jack Hyde Park. I worried what the All-Stars thought of me and struggled with that old enemy, embarrassment. However, I kept going back and members of the team would stay with me when I needed them even when they could certainly swim much further and much faster. Eventually, I met more Bernardo team members, and at American Lake I would swim back and forth in the swim area with people who were closer to my level, feeling very proud (but still a bit terrified) that I could swim in open water so deep that I could not see the bottom, much less stand up.

Day by day I would set new goals to swim greater distances away from the shore, each time wondering if I could do it. And each time feeling panicky! But each time realizing afterward that it wasn't as scary as I thought it would be. I talked to Katy Smith, one of the Bernardo swim coaches, who gave me great advice about finding my "walking pace" and the advice worked. As I went further and further, I watched from the "cove," as more advanced swimmers went out with kayakers to Silcox Island or to the hospital or to the "castle." With my new-found walking pace, I thought in a year (or maybe more realistically in two years) I also might be able to swim all the way to Silcox Island and back, a 1.5-mile swim. Well, maybe.

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From Beginner to Swimmer! (cont)

(Continued from page 4)

Then one day at the end of May we coincidentally had a kayak, a canoe, and six swimmers who had never been out to the island. Chad Hagedorn, coach of the All-Stars, said that if we wanted to, we could use the kayak support to swim out to the island. He offered to stop every 100 yards to let us decide if we wanted to keep going or go back, with no pressure and no judgment. That day I swam 2,574 yards. I thought it would take months, if not years, to build up to that.



Having the kind of support that Bernardo's All-Stars gives was a game-changer. Knowing that every 100 yards someone was checking in with us and letting us make the call, felt like a very strong safety net and that allowed me to keep trying to do something I once thought was impossible. Eventually we did not stop every 100 yards. We just kept going. The canoe went with the faster swimmers and, as the slowest swimmer, our kayaker stayed close to me the entire time. It was truly unbelievable. I knew I was getting better, but I still did not think of myself as a swimmer.

Then there were two more big swim opportunities.

On July 12, Bernardo's All-Stars organized the big swim. Some members of the team would swim to Silcox Island, around the island, and back, 2.25 miles; other members of the team would swim the entire perimeter of American Lake, a 6-mile distance.

I felt ready to try 2.25 miles. The day was fantastic and I finished the swim without any problems. I started out a little bit scared, but at some point during that swim it occurred to me that I could relax and enjoy being in the water, that I really did know how to swim, right?

If I wasn't completely convinced after swimming close to 4,000 yards that fantastic day, on July 26 I was finally a believer. A member of the team casually organized a "nice little swim" from Kopachuck State Park to Cutts Island, 3/4-mile there, 3/4-mile back, kind of like going out to Silcox Island and back. "I can do that," I thought.

So I showed up. I got in the water with the other swimmers and the kayakers and was "just another swimmer in the group." The difference is that Cutts Island is in Carr Inlet, which is part of Puget Sound. We started out and I quickly realized we were not in American Lake.

We were swimming against the current, the waves were in my face, and I was struggling. A couple times I had to stop and catch my breath, after large waves filled my mouth full of water instead of air. I questioned my decision to so casually join in this swim. I am not a swimmer, I thought, what am I doing out here?

Then I heard the things that Katy and Chad had told me. Find your walking pace. At one point I stopped and looked

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Masters Swimming in the Puget Sound

By Sally Dillon

About 20 PNA clubs and workout groups have checked in with me recently. Depending on the programs and pool availability, some are swimming just once a week and others have multiple practices a day. The YMCAs in King County have recently opened up but aren't providing organized Masters programs. Lap swimming with one person per lane is the norm, and often for only 40-45 minutes. Sadly, many pools in the greater Seattle area remain closed and at least one appears to have been closed permanently (Shoreline).

Protocols are being enforced in every situation, and in most cases, swimmers are arriving and leaving in their swimsuits with no option to shower or change clothes at the pool. Most of the programs allow only one swimmer per lane, but there are some that are successfully operating with two/lane, starting at opposite ends. Coaches on the deck are being creative with the limited time at their disposal. The folks at the Snohomish Aquatics Center have recently added lane dividers (see photo) to provide even more safety.

U.S. Masters Swimming has encouraged its member clubs and workout groups to review the extensive guidelines that have been developed by USA Swimming. Here are links to [the guidelines](#) and [examples of letters](#) that can be sent to state authorities.



Open water swimming is still a popular activity with PNA swimmers. The lakes have been warm this month and many people have invested in wetsuits so they can continue swimming outdoors into the fall. A number of open water gatherings have taken place, with swimmers "socially distanced" as they participate.

From Beginner to Swimmer! (cont'd)

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around. So many swimmers were really far ahead of me and I thought I was all alone. Then I looked to my left. There was a kayaker with her Bernardo All-Stars tank top, patiently stopped with me. Relieved, I started swimming again, more calmly and then it came: my walking pace.

Returning to Kopachuck from Cutts Island was a smooth ride with the current. I thoroughly enjoyed every minute, the water, the sun, the air, the trees, and especially the amazingly supportive people. I had almost allowed fear to keep me from ever learning to swim and having this amazing experience. Even worse, I almost let embarrassment stop me from facing my fear and feeling the safety and support from others that I needed.

One year after my first beginner swim lesson at the YMCA, I got out of the water at Kopachuck State Park with both feet firmly in the sand and I knew: I am a swimmer.

Swimmer Spotlight

Paying it Forward - The Call to Care

An interview with Steve Freeborn

With Tom Walker of TWIM

As we look back on our lives, it is those who give that we remember above all others.

Those who have contributed to our success along the way, usually quietly, in small moments and small ways, largely unseen and unheralded. They are the true heroes of our story.

And as Masters Swimmers, each of us has a deep and passionate connection with this thing called swimming, with what it gives us, what it means to us on the deepest personal level. It is a wellspring in the soul that nurtures us throughout all the events and experiences of our lives.

This spring flows from the core of our identity and becomes a powerful river, strengthened by our fundamental motivations as people.

I caught my first glimpse of Steve Freeborn in that faraway time and in that faraway era, as we gathered each year at KCAC for the PNA Short Course Championships. It was always such a mystical experience, this coming together of our community for that weekend in April.....

I slowly grew to realize that he was a driving force behind this meet and this larger legacy of which we are a part, forged at the very beginning of PNA and carried forward by committed people like Steve.

That's what Givers do.

As time went on, I would encounter him at various open water swims where I volunteered. I remember guiding him out of the water one fine afternoon as he emerged from the daunting currents of Puget Sound after yet another historic Swim Defiance crossing. I saw eyes that were filled with a steely and unstoppable determination and a spirit that was already seeking the next outsized endeavor.

Wow. Now here was a guy, I thought, who was Committed with a capital C.

As you probably all know by now, Steve was recently awarded the 2020 Dawn Musselman Inspirational Swimmer Award for his incredible contributions to Blue Wave Aquatics and PNA.

And yes, that's also Contributions with a capital C.

Steve Freeborn exemplifies the highest ideals of United States Masters Swimming. An unshakeable conviction, a dedication and spirit infused with the absolute joy of it all, and a deep respect for the bond it forms between us.



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Swimmer Spotlight (cont)

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TW: So how did it all begin, your love for swimming that is? What was the Spark?

SF: I started swimming when I was about 4 years old. The neighborhood we moved to, Pleasant Hills, PA (outside of Pittsburgh) had several summer swim clubs and it was a good way for my parents to keep us busy without having to spend a lot of money. I really had fun at the pool, and they had a summer swim league, so my parents signed me up. I started racing on the team at age 5. Swimming became even more of a factor in my life when I turned 11. At that time, my younger brother was diagnosed with cancer (leukemia). The pool and the swim team became my "babysitter" because of all the time my parents spent at the hospital with my brother. He eventually passed away when I was 12. Swimming was a good way for me to deal with all that was going on. I didn't communicate much when this was going on. Swimming was great because while I was around people, I was able to stick my head in the water and not have to hear or deal with what was going on around me.

A year later, when I turned 13, I was diagnosed with lupus. I spent more than 2 months in the hospital. Recovery rate was roughly 10%. However, I did not succumb. Upon leaving the hospital, I spent my 8th grade year in bed in traction, that entire year on a speaker box in my bedroom. Swimming was the best sport for me because it was low impact and worked my joints, helping me to recover. The more I recovered, the more I swam. I swam on my high school swim team (Worcester Academy, Worcester, MASS). Thereafter, I attended college (St. Lawrence University, Canton NY) and was part of the 1976 Division III National Championship Team. After graduation, I moved to Bermuda where I spent 2 years working as a marine biologist. While there I did several projects for National Geographic, dove off the Calypso with the Cousteaus, and pioneered the projects for detecting and tracing oil spills from ships and tankers. While there, I got interested in the law and ended up leaving Bermuda in 1980 and coming to Washington for law school. While in law school I began to hear about Masters Swimming.



TW: So, when did you first take the plunge, Mr. Freeborn?

SF: I attended law school at the University of Puget Sound in Tacoma. While attending school, I lived several blocks from the Tacoma YMCA on Pearl Street. I would swim there in my spare time and heard they had a Masters Swim Team. Mike Stipek was the coach. He kept bugging me to join. Finally, during my last year of law school, when I figured I wasn't going to flunk out and determined it was safe to do something other than study, I joined the Tacoma Y Masters Team. I swam my first Masters Meet in November 1984. The meet was in North Kitsap. I swam my first Masters National meet during the summer of 1986 at Mt. Hood, Oregon.

TW: How and when did you get involved with PNA?

SF: I started serving on the PNA Board relatively soon thereafter. I was mentored by Hugh and Jane Moore, assisting them with the PNA Championship Meet and with every National meet that has been held at the KCAC. Since the KCAC opened in 1990, I have been either the assistant director (to Hugh) or the meet director. Until this year's COVID shutdown, I never missed running a PNA Championship Meet. Over the years, I have also held numerous positions on the PNA Board, including the position of PNA president. I believe this was in the early 90's. Now as you know, I have been for some time heavily involved

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Swimmer Spotlight (cont)

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with BWAQ and am currently its president.

TW: What made you decide to be a contributor and what do you find most satisfying about it?

SF: Swimming has been very good to me. So much so that I want other people to have the opportunity to experience the same joy and good health that comes from the sport. Over the years I have watched the organization grow. The people who are part of Masters are all very special people. When I see their enjoyment during the PNA Championship Meet and how much they appreciate the work that I and the rest of the volunteers put forth, it makes me feel good. I don't think anyone takes for granted our volunteer efforts and this is very rewarding. Simply put, I like the people who are Masters Swimmers!

TW: What is it that keeps you coming back?

SF: The people who are part of the organization; the opportunity to travel around to different places and compete with other great people; the beauty of the different swim venues; and my belief that a lifetime of swimming brings with it a lifetime of good health.

One of the first PNA shirts I got had a logo on the back. It said: "Masters Swimming – FUN – FITNESS – FRIENDSHIP". That pretty much says it all.

TW: How has Masters Swimming and the sport itself informed your life?

SF: I truly believe that were it not for swimming I would not be here today. I do not believe that I would have survived the lupus. I have been completely medication free for almost 20 years. I attribute my good health to good diet, good sleep and no vices (except one: swimming). Like the movie "Happy Gilmore," I like to go to my "happy place" and that is either the pool or the great outdoors of open water swimming.

Masters Swimming has also allowed be the opportunity to give back and hopefully pay forward to future generations of Masters Swimmers. I truly believe that there is no better sport because, as can be seen from the age of some of our members, swimming is truly a lifetime sport. As long as you can breathe, you can swim!

TW: What are your personal aquatic goals at this point, looking to the future?

SF: Perhaps my biggest goal is simply to continue to be involved and experience (hopefully) continued good health to allow me to keep swimming.

TW: What is your vision for the future of PNA?

SF: Longevity. My vision is for PNA to remain a healthy organization and continue to grow both financially with increased membership and participation. I would also like to see the organization try to do more for the "disabled" swimmer—try and make swimming more inclusive and accessible to this population.

TW: So Steve, what do you do when you are not getting your kicks down on Highway 66?

SF: I share a law practice with my wife, Sue, to whom I have been married since 1984, which is the same year I joined Masters Swimming. I continue to be father to three adult daughters (all three having experienced the joys that come with swimming; all three having competed – 2 at the collegiate level). I am now enjoying swimming with my



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South Whidbey Parks Clinics a Success!

By Teresa Forsyth, Whidbey Adventure Swim Race Director

With the WAS (Whidbey Adventure Swim) being more of a WASN'T this year thanks to the pandemic, the South Whidbey Parks and Aquatics Foundation focused on our bi-annual open-water swim clinics. Could we still hold them in COVID times?

We knew there was a need. The Foundation was already receiving multiple inquiries about the clinics: "Hoping you can hold your swim clinics again this year!" and "The pool is closed and I want to learn to swim outside!"

There is only one year-round swimming pool on the south end of Whidbey Island, privately owned and operated by an athletic club. One of the main goals of the Foundation is to build a public pool, available and open to the entire South Whidbey community. With the athletic club pool closed, we knew lots of folks with little or no experience would be taking to the open water.

Needless to say, we really wanted to hold those clinics!

But we also knew social distancing guidelines were tantamount in our planning. "Safety first!" has always been our motto, but this year especially so, and in completely new and different ways. If we couldn't accommodate the social distancing guidelines, the clinics wouldn't happen. There were many hours of planning, discussion, and questions asked. Basically, we Zoomed our hineys off.



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Swimmer Spotlight (cont)

(Continued from page 9)

granddaughter, who is now also swimming and competing at the club level.

I also enjoy kayaking, camping (not RV camping), and hiking. As you may also be aware, I am heavily involved with the medically fragile community, and am a founder of Ashley House, which has been in existence for 31 years. I am currently its board president. Having had a medically fragile child of my own (died when he was 3), I know the importance of advocating for this population. Our annual budget has grown to 9.2 million dollars in 2020. This organization continues to grow with exposure worldwide. This organization keeps me busy. Like Masters Swimming, my involvement with Ashley House has been extremely rewarding. It is the legacy I leave to my son.

In a nutshell: I have had a lot of life experiences, good and bad. Swimming, Ashley House, and my friends and family, all provide me with the opportunity to "Pay it Forward."

South Whidbey Parks Clinics a Success! (cont'd)

“We were fortunate to live in Island County, an area that transitioned to Phase 3 in June,” said Marni Zimmerman, the Foundation President. “Though our plans had to be flexible in case social distancing guidelines changed. We let everyone know that we might need to cancel last-minute if that happened.”

Clinics were held in early July, with two four-hour classes offered over a two-day period. Before meeting in person, the Foundation held an informational meeting via Zoom for folks that had shown an interest in the classes. It gave us the opportunity to explain the class format, the COVID precautions that would be taken, and answer any questions.

The first class, held at Goss Lake, focused on lake swimming. The second class was held the following day at Seawall Park and focused on salt-water swimming, including tides, currents, and wind conditions. Both clinics covered the basics of open-water safety, proper gear, situational awareness, sharing the water with critters, race tips, and places to swim. Participants were also provided with online resources for additional information.

Matt Simms, an experienced open-water swimmer and Whidbey resident for more than 20 years, taught both sessions. “I knew the clinics would be especially relevant this year, so I’m thrilled we were able to make it happen,” he noted. “Everyone showed amazing energy and enthusiasm, and all the smiles at the end of the day told the story.”

Conditions for the lake clinic were cloudy but calm. Everyone in their properly spaced chairs brought blankets and wool hats for the post-swim discussion. The second clinic at Seawall was sunny, but the wind brought some chop and challenge to the first-timers. But even a pod of orcas passing by didn’t deter anyone from getting in.

According to post-clinic feedback, all swimmers who attended appreciated the clinics being held, and they felt safe while attending.

“I am grateful for what I learned today,” responded Kate Poss. “I came away with a humbleness at the power of the sea, and inspiration by your positive energy, which is so needed in these days.”



Covid Relief Program

A USMS COVID-19 RELIEF PROGRAM is offering some financial support to Clubs and Workout Groups (WGs) to help them restart or continue their programs. USMS developed a framework that may provide USMS clubs and WGs with grant money to help resume operations as quickly as appropriate in their areas, based on local, state and federal guidelines.

GRANT FRAMEWORK:

- Available to USMS registered Local Clubs and Workout Groups:
- Clubs and WGs apply for funding through the LMSC and provide supporting statements. Complete the [grant application](#), which includes contact information, written statements, and documentation. Provide as well, a [completed W-9 form](#) for your club. Submit completed paperwork directly to the PNA Treasurer on or before November 15, 2020.
- If approved, PNA will provide Clubs and WGs a stipend of \$10 per registered swimmer, based on the membership count as of May 31, 2020.
- USMS will match LMSC funds up to \$5 per USMS-registered member per USMS-registered club and up to \$8 per USMS-registered member per USMS-registered Gold Club.
- USMS will base their member counts on the May 31, 2020 numbers registered to that group.
- Relief should be based on short-term needs or hardships related to COVID-19, new social distancing guidelines, and/or requirements to re-start Masters programming.

Examples:

- A shortfall in reserves and cash flow due to loss of revenue for recurring monthly expenses including coaches pay and administrative expenses. Inability to pay coaches due to loss in revenue.
- Need for additional lane space to accommodate swimmers due to social distancing guidelines.
- Need to rent space at an alternative facility due to longer-term closure of current pool (e.g. many high school and college facilities are closed until at least the fall).
- Need for funds to cover additional hours for coaches to be on deck due to social distancing guidelines.
- Need for funds to cover costs associated with requisite facility lifeguards due to social distancing guidelines.
- Need for funding to cover additional insurance requirements required by the facility.

USMS has assured us that there are enough funds available, therefore a group need not rush into applying. However, we ask that clubs which are not in need not apply for grants. This will ensure that USMS and its LMSCs can deliver support where needed most. Funds provided under this program are meant to help clubs get restarted, but it is recognized that the grant funds are unlikely to meet all needs. Clubs with greater needs should look to their members and local communities for additional assistance.

Please send your completed applications to PNtreasurer@usms.org or mail to PNA, Box 12172, Seattle, WA 98102-0172