

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

Welcome to 2021...does it feel different than 2020? Not yet, I think! Unfortunately, competitions in PNA are still on hold because of the state limitations regarding how many people can safely gather. I'm thankful that pools were spared during the governor's latest closure of gyms, restaurants, etc. While pool time is limited and there are many restrictions, it is still a joy to be able to swim.

Teammates of mine who work in medical fields have received their COVID-19 vaccinations and hopefully those "shots" will trickle down to those of us who want and need them sooner rather than later. My disabled husband and I (as his caregiver) are hoping to be on a priority list; no news on that so far. Meanwhile, we mask up and keep our contact with others limited as much as possible.



PNA was able to help a number of clubs and workout groups with COVID financial assistance (which was partially "matched" by USMS). Additionally, many clubs/wogs applied to PNA for reimbursement of their 2021 USMS registration fees. It's great to see that 22 of our workout groups have registered with USMS (last year we had 25). Please note a couple changes in our workout group's acronyms: Seattle Metropolitan Aquatic Club (formerly CAAT) is now SMAC and Peninsula Masters Swimmers (formerly SARC) is now PMS.

Finally, registration for individual USMS memberships has been underway for some time now. If you haven't registered, you're likely receiving occasional reminders from USMS. I hope you will support your clubs/wogs and PNA by registering as soon as possible. Please remember that we have funding available to assist members who need financial assistance through the Fred Wiggin Fund (more info [at this link](#)).

PNA Calendar

1/1 to 2/28—[U.S. Masters Swimming 1-hour ePostal National Championships](#)

2/1 to 2/15—[USMS Winter Fitness Challenge](#)

[Search USMS Calendar of Events](#)

Board Officer Nominations Deadline

By Hugh Moore, PNA Board Member

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

The PNA Board typically meets six times a year. At least four of those meetings are conference calls and the in-person meetings allow call-in capability. Board members' responsibilities are to serve on the board and perform the duties associated with their role. More information about the duties can be found in our [Bylaws](#) and [Job Descriptions](#).

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

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

Do you want to get more involved in PNA? We suggest you consider serving on the board, whether as an elected officer, appointed board member, or a non-voting coordinator. If you're interested, please contact a member of the Nominating Committee. We can answer your questions via email or arrange a phone call.

Nominating Committee Contacts:

Stephanie Hiebert - ravenlou@gmail.com

Hugh Moore - hugh.moore.hm@gmail.com

Steve Peterson - speterson@bandwagon.net

Social Media Coordinator Needed

PNA is in need of a Social Media Coordinator.

Our first Social Media Coordinator, Isaac Contreras, has maintained our Facebook and Twitter accounts for the last few years and his contributions have been greatly appreciated. Unfortunately, Isaac is no longer available to continue in the position, so PNA is seeking a new coordinator.

Please contact Sally Dillon at salswmr@comcast.net if you are interested in taking on this volunteer position.

Board Meeting Highlights

PNA Board Annual Meeting
Conference call on Nov 7, 2020

- President Sally Dillon sent a questionnaire to all PNA coaches regarding their current pool situation. Responses ranged from a couple of workout groups who are practicing every day with multiple sessions to workout groups who are not even back in the pool yet.
- Total Assets as of August 30, 2020 are \$64,320.26.
- Final count for 2020 membership was 1,488 total swimmers (736 men, 752 women). This compares to 1,807 for 2019. Due to this decrease, PNA will lose one delegate to the National Convention in 2021.
- Steve Peterson agreed to be the interim Social Media director.
- Jane Moore and Robert DeWard were elected to be the Appointed Directors for 2021.
- The board is working to finalize a new PNA logo and a new, improved PNA website.

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 - Jane Moore
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 - open
Webmaster - Steve Peterson



Welcome New Swimmers!

Arnett, Kathryn
Ascioti, Frank
Balk, Megan
Batdorf, Casandra
Brannen, George
Burgess, Melissa
Cabarcas, Alan
Campbell, Emma
Christenson, Lori
Conery, Ian
Crane, Adam
Cunningham, Rod
Currie, Gretchen
Delgadillo, Susana
Durante, Bruno
Dusky, Emily
Erickson, Steven
Esterhay, Sally
Fetty, Bridget

Flynn, Tom
Francis, Kate
Gawley, Sony
Gracner, Barbara
Grisham, Jennifer
Hamel, Nathalie
Hansen, Mike
Hart, Julia
Heike, Darrell
Hernandez, Lee
Hilt, Jennifer
Hobbs, Kathleen
Holt, Christopher
Hovde, Lynn
Hupperich, Wendy
Huynh, Ashley
Johnson, Lori
Kaloudi, Katerina
Kavesh, Daniel

Keown, Bailey
Lietzan, Erin
Lindus, Felicia
Lunsford, Jonn
Malagon, Ixtla
Martin, Rachel
McMillan, Kristin
Merrill, Kathryn
Metcalf, Sharon
Miller Carpenter, Gretchen
Moore, Scott
Morgan, Tara
Morlan, Spencer
Nygren, Nancy
Peroza, Ramses
Provalenko, Brandon
Radman, Monique
Randahl, Mickey
Ratliff, Amalie

Richmond, Dustin
Rigney, Mackenzie
Rosenboim Pazik, Tagel
Sanford, Andrea
Singer, Mary
Smith, Patricia
Snare, Crystal
Southwell, Jacqueline
Squires, Matthew
Suleiman, Lila
Teachout, David
Tebeau, Craig
VanStone, Jayna
Vilbrandt, Patrick
Walsh, Teresa
Williams, Patricia
Williams, Vickie

Dawn Musselman Award Nominations

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



Dawn Musselman

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

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

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

Submit your nomination by Saturday, March 20 to PNA Webmaster Steve Peterson, speterson@bandwagon.net. If you have questions, call Steve at 360-692-1669.

Past recipients of the Dawn Musselmen Inspirational Swimmer Award

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

PNA Coach of the Year Nominations

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

Submit your nomination by March 20 to PNA Coaches Chair Kathleen Brooks at kathleen.mary.brooks@gmail.com. If you have questions, call Kathleen at 206-802-8874. Previous recipients of the Coach of the Year Award will serve on the selection committee.

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

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

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

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



Past recipients of the Coach of the Year Award

2020 – Calvin Milbach, Thunderbird Aquatic Club
 2019 – Brad Hering, Stanwood-**Camano WA “Y”**
 2018 – Pete Colella, North End Otters
 2017 – Wendy Neely, Blue Wave Aquatics
 2016 – April Cheadle, Bainbridge Aquatic Masters
 2015 – Paul Ikeda, Orca Swim Team
 2014 – Joel Dodds, Mukilteo YMCA
 2013 – April Cheadle, Bainbridge Aquatic Masters
 2012 – Becca Watson, Lake Washington Masters
 2011 – Ken Rice, West Coast Aquatic Masters

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

Swimmer Spotlight

She Never Looked Back - An interview with Sarah Welch
With Tom Walker of TWIM

There is nothing quite like the feeling of stepping up on the blocks before a race. It is truly an exhilarating instant, punctuated with gusts of acute anticipation and yes, sheer terror. A lightning rush of swirling thoughts and emotions flashes in our brain. We have summoned the interior wherewithal and courage to stand up right then and there and Go for It! This very act is symbolic of life itself. This moment is the result of our conscious decision to let it rip and embrace the opportunity to soar, much like jumping of a plane, hopefully with a parachute that works!

This is indeed an act of bravery and so it mirrors the finest aspirations of the human spirit. Most of us can look back to these moments of decision, of resolve, that were the small and large turning points in our lives. We can recall the inspiration that swimming has provided for us at every step of the way, guiding us always onward, stroke by stroke.

And speaking of indomitable spirit, I first spotted Sarah Welch a few hundred meets ago, a quiet, brown-haired lady who was killing all the butterfly events in competition after competition. In more recent times, I would see her working the desk at every meet, handing out goodie bags to those first-timers or dragging out stacks of equipment from the pool following one of our meets, after we had all departed in a state of comfortable bliss.

I grew to find that Sarah has been doing so much behind the scenes to support this great organization of ours. She is an individual who has contributed on all levels to PNA, USMS, and to this sport we adore. She has served on the PNA board, acted in many volunteer roles over the last 20 years and of course, has left her resounding imprint as a swimmer! Just look at the record books under butterfly, any distance!

In this way she lives the joy, passion, and determination that define us as Masters athletes and she continues to roll out her dauntless energy on our behalf, to our next event, to our next swim, our next challenge. In short, this is one exceedingly focused Lady! She is indeed a triple-threat player who plays all positions and gives it her all wherever she can. At a fateful moment in the past, she was set afire by the spirit of Masters swimming. Sound familiar?

At that fateful moment she decided to never look back...

TW: So how did it all start for you, swimming that is?

SW: After not learning to swim for many summers in polluted Lake Washington (1952-56- **smart kid, wouldn't put her face** in the water!), I learned to swim at the Seattle downtown Y and began with summer league swimming in the Bay Area as a 12 year old. I joined the AAU San Mateo Marlins by age 15 ending at high school graduation as typical of so many girls in those days.

TW: Who were your mentors early on?

SW: Ray and Zada Taft, my coaches at San Mateo Marlins taught me good stroke technique. Masters swimmers know them as early founders of USMS and Hall of Fame inductees.

TW: How and when did you discover Masters Swimming?

SW: I always loved swimming. I dabbled in synchro at UC Davis, my alma mater. Upon returning to Seattle in 1970 I **began lap swimming at Seattle U's pools. In 1980 I took a job in the other Washington (D.C.) and found an apartment**

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Swimmer Spotlight (cont)

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right across the street from the pool at Eastern Market on Capitol Hill where lap swimming introduced me to the local Masters team. I quickly identified 'swim team' activity and joined the D.C. Masters team. I swam a few meets and had a great workout experience. Back in Seattle, I returned to SU lap swimming. In 1992, a Rainier Beach Pool lifeguard mentioned that LC Nationals would be held at the new Aquatic Center in Federal Way. Should I enter? I quickly applied for USMS and registered for the meet. Thank you, Zena Courtney, PNA Registrar at the time who helped me get my entry in. I still have no idea how I made up my entry times! Placing in the top 10 for all five of my events convinced me that I wanted to find a Masters team. Amazingly enough, Swim Seattle was working out every morning at Seattle U. I never looked back.



TW: Tell us a bit about your time as a Masters swimmer.

SW: By 1997 my Masters swimming story took off in two different directions. With PNA hosting SCY Nationals, I joined the organizing committee as Volunteer Coordinator. Soon after, I joined the PNA Board where I served for the next 20 years. Thank you to Lee Carlson of the Mercer Island Redwoods who invited me to participate. About the same time, Swim Seattle Coach Kiko VanZandt encouraged me to take national competition seriously, believing in my ability to achieve national rankings. At the 1997 SCY Nationals, through her coaching, I place 3rd in the 200 fly. From then on I was hooked on attending at least one USMS National meet a year.

Once I retired from my 30-year career in 2005, I committed to making the most of my swimming. With coaching support from Lisa Dahl, who added dry land training to my program and the enthusiasm to travel internationally, I achieved the highest level I may ever reach in competition. In 2008 at the FINA XII World Masters Swimming Championships in Perth, AU, I earned gold in the 200-meter fly. I set my only national record in the 100 SCM fly at the Annual Long Beach meet that same year. Swimming gave me the opportunity to swim and compete internationally in Perth, Riccione Italy, Montreal, and Kazan Russia and all over **Canada. I'm so grateful to meet and find friendships with swimmers in far flung places and experience a myriad of other places and cultures!**

TW: What do you feel that swimming gives you, especially Masters Swimming? How does it inform your being? Why is it important to you?

SW: **I simply love to swim. At different times such as an overwhelming job or emotionally tough time, I'd realize that I'd dropped swimming from my priorities. Once I identified that loss, I'd be on the road to balance and recovery.**

Volunteering with Masters Swimming has also been a way for me to contribute using my skills to an organization that means a lot to me. From organizing PSM relays to leading the USMS Diversity and Inclusion Committee, my volunteer work is a way to give back.

TW: What are your goals as a swimmer at this point?

SW: **For now, my goals are to be able to swim. I want to train and to stay in shape. I've had injuries in the past years with a couple hip replacements and shoulder repairs. Through swimming and working out, I want to stay fit.**

When we are able to compete again, I hope to do so. Times are slower, the competition faster, but I love the camaraderie and **friendships as well as the challenge and competition of our local and national meets. Perhaps Japan in 2022. After all, I'll age up!**

TW: Tell us a bit about your time in PNA.

SW: I shared a bit in my earlier answers. During 20 years on the Board of PNA I felt I offered my financial and organizational experience to further the work of PNA. We met a number of challenges from helping save pools being closed by the County, to

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Swimmer Spotlight (cont)

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separating the PNA Club and creating Puget Sound Masters as a separate entity to hosting nationals and making our local meets work well. After 20 years it was time for me to move off the Board and focus on my USMS Committee and the Puget Sound Masters Board, of which I am a member.

TW: What do you do when you are not swimming?

SW: I split my time between Seattle and Cathedral City (CA). With so few **pools open in Seattle, I'm spending the winter in the Coachella Valley** swimming outdoors on a one person/lane reservation basis-for 45 minutes.

But it's swimming!

In Seattle I spend endless hours in my very large garden and volunteer as a forest steward in my neighborhood urban forest. I tangle regularly with the Seattle Parks Department over their management of natural areas.



TW: Any parting thoughts?

SW: The future of Masters Swimming is in reaching younger swimmers. We need to create opportunities and invitations to young people to join Masters on their terms. What are we doing to engage the graduates of our high school swim teams to Masters? Where are former age group swimmers hanging out? Do these former swimmers who might be **"burned out" understand that in Masters, you can swim when you want and as much as you want? How does your group look to a younger swimmer—how would they feel about joining one of our workouts?** (Joining a bunch of over-55-ers might not be their idea of fun.) How can we include them with their busy schedules, not having a car and maybe parenting youngsters? What can you do to create opportunities that work for the swimmers of our future?

That's my challenge to all of us.

PNA Progressive Records

PNA Historian Walt Reid is continuing to work on the PNA Record Progression Project. The short course meter (SCM) records from 1979 to 2020 are complete and have been posted to the PNA web page.

You can find these record progression documents at swimpna.org under Member Services, Records, Historical (Pre-2012) or click on the links below:

[SCY Chronological Record Holders \(Female\) 1975-2020](#)

[SCY Chronological Record Holders \(Male\) 1975-2020](#)

[SCM Chronological Record Holders \(Female\) 1979-2020](#)

[SCM Chronological Record Holders \(Male\) 1979-2020](#)

Did you know that PNA held its first SCM Meet November 3, 1979 at the Tacoma YMCA? This was six years before USMS officially recognized SCM Records and Top10 starting in 1985. In fact, PNA held three SCM meets prior to 1985. These meets are posted on the PNA web page.

Another interesting fact is that at the November 22, 1981 meet (also held at the Tacoma YMCA) PNA offered a 500-meter free event instead of the usual 400-meter free. (This only occurred once in the PNA history and Reid is unsure why PNA chose that distance.) Therefore Chris Thomsen and Becky Bennett, the winners of that unusual event, are listed as the 500-meter free PNA record holders in the SCM progressive records.

Reid next plans to start work on the PNA Long Course Meter (LCM) records progression.

Bernardo's All Stars

Bernardo's All Stars crossed into winter with a party! Now that pools are open again on a limited basis, many folks are getting some laps in with maybe a solo set or two. The average time allotted for each reserved swim is about 45 minutes, which is not a whole lot of time for a substantial workout. More than that, something vital has been missing from these pool swims: The camaraderie and support of the team.

No one could have predicted that the COVID-19 lockdowns would still be going on, or that a big percentage of the Bernardo's All Stars Masters swim team would still be swimming in the Puget Sound into **the winter. But that's exactly what's transpiring. At 2 pm Dec. 21,**

to mark the winter solstice, a dozen All Stars once again entered Commencement Bay from Jack Hyde Park. They came together as a tribe to share in an activity perhaps too often taken for granted. People showed up in festive attire, including homemade face masks, and brought hot cocoa, cupcakes, and other treats to enjoy—all accompanied by the tropical sounds of a steel drum **Caribbean Christmas album! The social distancing, wind, and rain didn't mute the cheer or laughter at all.**

As the swim began, folks with similar speeds banded together in groups to get competitive, as swimmers naturally do, and push each other just as it used to be in the pools pre-pandemic. Higher than usual pulse rates were universally reported! It's hard to do that by one's self, and it felt pretty damn good.

Back on land, the swimmers swapped stories and personal perspectives as is the custom after each open water swim and **continued to banter playfully in the rain as they slowly packed up their gear, knowing they'd be back at it in just a couple days.** As the last of them arrived back home, snow started to fall. In that moment the All Stars head coach Chad Hagedorn realized: We will indeed get through all this! Safely, of course, and having fun all the while!

Next up for Bernardo's All Stars? Hell Week year 5! That will be fun, too! Hell Week has become a last week in December tradition, and while the coaching staff have made virus-related adjustments, the team will continue with this difficult yet inclusive contest that challenges swimmers to earn prizes for logging 12-20+ miles in a week. This year, instead of New Year's Day 100x100s in the pool, swimmers will cap off Hell Week with wetsuit-less Polar Bear Plunges!



Hering to coach in Arizona

A Thank You to Coach Brad Hering of SWYM
by Tom Walker of TWIM

If there was ever an individual crackling with explosive aquatic energy, it is Coach Brad Hering of SWYM, Mr. Irrepressible! I should say he is more like a mega-kilowatt **power station!** I have had the honor of his friendship for a few years now and I've come to know him as a truly marvelous teacher and tremendous coach. He is indeed completely infused with an incredible passion for every aspect for our sport and radiates that dauntless enthusiasm outward to everyone fortunate enough to know him. **He wouldn't say that, I mean "fortunate" enough to know him, but I would.** This one-man cyclone is also an elite Masters swimmer and has had a long career full of competitive and coaching achievements. We have been blessed to have him here with us for several years, but he has at last ditched us for sunshine and a Head Coaching role in Arizona. **Can't really blame him for that, at least the sunshine part!**

One of the most memorable things about my journey through Masters swimming these last 35 years has been the opportunity to get to know many of the magnificent individuals who coach, compete and volunteer as members of USMS. I think that among those our coaches hold a special place in all of our hearts and serve to inspire us on so many different levels. These are the men and women who have poured an immense amount of time, commitment, and passion into making us better, not only as swimmers but as individuals. For me (and I think for all of us) they have provided tremendous inspiration and have had a **huge impact on our lives. Great coaches, I've found, are people who are committed to the whole person, to excellence on every level.**

And our friend Coach Brad Hering of SWYM most certainly ranks among that number. He has had such a positive impact on so many of us here in PNA over the years and he exemplifies what it means to be a swim coach. Yes, he has abandoned us for the sunshine, but again, can we blame him?

Here are a few "exit" questions...

TW: Why did you devote your life to coaching?

BH: I had so many great coaches and mentors in my life. I originally wanted to be a teacher, but after working as assistant coach at Arizona State University with Ron Johnson, I was hooked on coaching.

TW: What inspires you as a coach?

BH: I enjoy coaching every age in swimming. Seeing the faith of a 5 year old, trusting me in the great blue, is one of the most rewarding things to experience. Coaching a 58 year old blind lady, who never learned how to swim, inspires me to the fullest. Coaching adults who **never swam in their lives and suddenly they've learned all four strokes**



Hering was PNA's
Coach of the Year for 2019

Brad's ability to offer advice and encouragement without overwhelming or intimidating swimmers is amazing. It does not matter what your skill level is, he simply starts where you are and continually provides the next steps to help his swimmers improve their technique and enjoyment of the sport while creating a culture of belonging. - Tracy Landalen (SWYM)

Over these last three years, Brad was a coach, mentor, and friend to me. As a coach, he always shows such patience with us beginners. He pushed me to try my hardest and to be a champion of our sport. His passion for swimming is so evident when he is coaching. He makes every workout fun and is always so supportive. - Renee Barrie (SWYM)

Brad has the gift of connecting with everyone and conveying his vast knowledge, tips, and tricks. His personal accomplishments in swimming and coaching add to the positive atmosphere that surrounds him. I feel honored to have had him as a coach and a teacher/mentor. - Steve Fogg (SWYM)

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Hering to coach in Arizona (cont)

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and love competing. I pray daily for inspiration to motivate people to be more efficient and enjoy the water as a lifetime sport.

TW: And of course I had to ask him what moments were some of his most memorable during his time with us here in PNA!

BH: Coaching SWYM!! Relays!! Mixed relays, National relays with Carl Haynie, Dan Phillips and Bruno Souviraa-Labastie, Coach of the Year 2019, Working with Steve Fogg, April Cheadle, Thomas Walker and more! The Feb 2020 Starts and Turns clinic - sponsored by TWIM - was so much fun!! One of my last good memories before Covid! The PNA Masters comradery is contagious and always a blessing!!

TW: What did you most enjoy while working with our Masters community and what was the most rewarding aspect of that experience?

BH: I really enjoy watching the progression of adult swimmers as they learn the science of swimming. I especially love hearing the phrase, 'I never thought I could do that stroke or flip turn!' Also, when you hear your **swimmers promoting swimming and watching them enjoy what you've enjoyed for over 50 years!**

TW: Finally, I asked him to tell us about his new gig there in the land of sunshine.

BH: Arizona Christian University is a place where the coaches love the Lord and really invest in the student athletes, mentally, physically, and spiritually. I am privileged to give scholarships for swimmers around the world based on character, not just athletic talent.

My family is really enjoying swimming outside again and reuniting with family and friends! I hope to be back in beautiful Washington in the summers! Blessings all and Happy New Year!

*Swimming with him on relays is a real treasure. His enthusiasm is absolutely infectious. And Brad is so **generous with his swimming tips; it's just another component that makes him an excellent coach. He never tires when I ask him "How do you do that?!"** - Carl Haynie (TWIM)*

Brad Hering has been a great teammate and friend since we met in 2017 at Spring Nationals in Riverside, CA. He had just returned to competitions and was working back into his high speed form. As he got more and more into it we were able to do some great relays together. Those have been wonderful memories. - Dan Phillips

Brad's personality, his skill set, and his passion for swimming was what made SWYM the congenial and inclusive swim team that it was. In a relatively brief four years, the camaraderie among team members and the level of skill that developed throughout the team was tribute to his leadership. We were indeed blessed to have had him for a coach and I wish him all the best on his new endeavors. - Fern Herbert (SWYM)



*I was seeking a new Swim fitness regimen when I **scheduled a meeting with Brad at the Stanwood Y...** our meeting was in the pool. I'm so grateful for the time he was my coach. Thankful for the encouragement and friendship we shared. - Loretta Johnson (SWYM)*

2021 1-hour ePostal

By Sally Dillon, PNA Postal Swim Coordinator

The ultimate virtual event is taking place during January and February. The 1-Hour ePostal has traditionally been the most popular of USMS's National Championship postal swims. Obviously, the challenge for those of us who would like to participate will be getting a full hour in a pool. If you think you can manage that, I encourage you to line up someone to count your laps and record your splits so you can complete the swim and enter online.



Your age is determined as of December 31, so many people will "age up" to a new age group on January 1. We all become a year older (as per USMS Long Distance rules) on January 1 - even those with a New Year's Eve birthday. Someone turning 39 on December 31 becomes a 40-year-old the next day in the eyes of USMS for competition in long distance and meter meets. That poor soul doesn't even get to enjoy the last year in their 30's!

The pool must be 25 yards or 25 meters (a conversion for metric pools takes place during registration). As is the case for all postal events, you will swim first and then enter online. Splits must be recorded at each 50 interval. This year's 1-Hour ePostal event is being hosted by our neighbors to the south, Oregon Masters. I'm sure they'd appreciate our participation and support! For more detailed event information go to [this link](#); registration opens 1/1/21.

Clubs will organize relays using swimmer's results. PSM swimmers should contact Sally Dillon at salswmr@comcast.net if they intend to swim the event.

2020 3000/6000-yard & 5K/10K ePostals

By Sally Dillon, PNA Postal Swim Coordinator

The 2020 USMS ePostal championships took place regardless of the fact that most pools across the country were closed or had limited use.

For the 3000/6000-yard ePostal, events could be swum any time between September 15-November 15 and it was great seeing an entry from Puget Sound Masters. David Tempest (70) completed the 3000-yd event in 44:06.56 and took 4th place in the 70-74 age group. Congratulations to David for making the effort to compete!

In looking at results I was actually shocked to see that swimmers were able to compete in the 5K/10K event, which had to be swum between June 1 and September 30. Typically these events must be swum in a 50-meter pool and amazingly, 41 swimmers found pools open in that distance. Nationally, there were 20 women and 21 men who entered the 5K while four women and three men completed the 10K. None of these swims can be done in less than an hour so just getting enough pool time to complete the swims was an accomplishment!

