

# SPLASH MASTER

## Getting Your Mind into Swimming

*Psychological Tool Box Important to All Swimmers*

By Doug Garcia

You've been going to the pool week after week, month after month. Or maybe your attendance at workouts have been less than consistent. No matter which category you may fall into, coaches, researchers and psychologist agree that athletes of all types need a tool box of psychological skills to work with. Tools such as goal setting, imagery, concentration and competitive mental preparation can have a positive effect on your overall swimming experience.

Let's face it, careers, family and travel all play a major role in your ability to succeed at swimming or other athletic activities. Over 90 percent of studies show that setting goals have a consistent and powerful effect on behavior.

Sure you've been told many times—maybe from parents, teachers, bosses or even a swim coach—to set goals. What's so important about setting goals? "It seems silly to spend time to sit down and write the things you already know you want to do. I just want to swim," you may say. "I set goals for my career but don't need to set goals for my recreation." This sounds

reasonable but is not true if you take a closer look.

Deep inside, we all need justification for everything we do. It's human nature to feel the need for accomplishment. The reward of completing a task worked hard at is something we all strive for, whether

it's in the working world or in our personal life. What are you trying to accomplish by swimming?

To be effective goals must adhere to some basic principles such as setting both process goals and outcome goals. Process goals indicate what you need to do to reach your outcome

goal. A process goal for losing 20 pounds (the outcome goal) would be to get to workout four days a week. By using both types of goals, you start to mentally develop a cause and effect process for goal setting.

Another principle that can aide the psychological skill of goal setting is setting both long-term and short-term goals. Many athletes fail to consistently set short-term or daily goals. Short-term goals can be as simple as making all the send-offs for a set, or doing flip turns at every wall. By

setting and achieving these smaller "daily" goals you start moving towards that long-term goal.

Many of us set long term goals—which for the fitness swimmer might include losing weight or improving on a regular test set. More importantly than just setting goals is setting goals that are attainable. To accomplish this, set multiple goals. By setting multiple goals when you've achieved one goal you start to see progress.

If your only goal as a competitive swimmer is to go :25 in the 50 Freestyle at the end of the season, you're setting yourself up for failure. Instead set times of a number of events, with some being more difficult than others to achieve.

Another psychological tool swimmers should utilize is imagery. By creating or re-creating an image in one's mind—a visual dress rehearsal—a swimmer can start to overcome some the obstacles to achieving goals.

*see Swimming Psychology on page 2*

### Benefits of Goal Setting

- > Motivate
- > Direct Attention
- > Increase Effort
- > Increase Persistence
- > Provide Feedback



What are you doing *today* to make yourself a better swimmer for *tomorrow*?

## Swimming Psychology from page 1

By using all the senses in both sport and non-sport situations, creating visual images that you're able to control becomes the key to enhancing imagery effectiveness.

In workouts, visualize good technique. Motivate yourself to do the workout: make the send offs that you know you can do. Don't doubt yourself. If you plan to compete, visualize swimming your events in workouts.

Finally concentration and mental preparation for competition. In workouts focus on the task at hand, utilize those daily goals and don't let your mind wander on that post-workout latte. Focus on the relevant not the irrelevant. If at a meet and the environment is filled with distracting irrelevant stimuli, turn your focus to the swimming task needed to accomplish your goal. Be a swimmer

and keep all else out of the water. Concentrate on the controllable items—if the pool is too cool for you, know that's out of your control and that your warm-ups and cool downs may need to be adjusted.

In competitions be aware of how you perform the best and what your "zone" of confidence feels like. Develop a pre-competition routine so that you're able to quickly get into your race strategy and zone of confidence.

These strategies and processes can work for swimmers at all levels. Recognizing all factor that relate to a successful performance and integrating psychological skills into both training and competition will aide your overall enjoyment of the sport.

*This article was written with information originally authored by Michael Collins of NOVA Aquatics, and Suzie Tuffey, Sports Psychology Director for USA Swimming.*

*"I have a certain warm-up that I do and a certain way I like to feel emotionally. Immediately before the race, I have pretty much of a pre-race ritual I follow where I visualize the race a couple of times, I do 10 slow breaths, relaxation stuff, then right before the start I do ten quick breaths."*

*—unnamed Olympic Athlete*

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# VIEW FROM THE CHAIR

by Susanne Simpson  
Inland Northwest Masters Chair

This is my first column as Inland Northwest Masters Swimming Committee Chair, I'm thrilled to write this after just returning from the short course nationals held in Santa Clara, California.

This was the fourth national swim meet I've attended—and wow—each year I come home in a state of awe. How fortunate we are that an organization such as USMS exists so that swimming in a high caliber meet such as nationals can become a reality for the almost 2000 masters swimmers attending this year.

I went to Santa Clara this year with three swimmers that were newbies to a national championship. It was even one swimmer's first meet in her entire life! I'd like to share with you some thoughts and experiences of these first timers.

I have to start with my first day experience with Barclay Klingel prior to swimming his first race at nationals and his first 1650. I was going to count for Barclay. Minutes before the race Barclay asked, "Susanne, before I'm on the 72nd length, will you do anything special?" "Barclay," I said, "the 1650 is 66 lengths you'll never see my counter reach 72." Barclay was thinking of a true mile, which is 72 lengths... boy was he glad that he asked that question.

Barclay had been a sporadic participant in workouts and he didn't have a strong commitment to include swimming as a routine in his daily life. Well, on the day the entry forms were due for nationals, Barclay's life changed. His commitment increased dramatically, he swam 38 out of the 41 remaining days until the meet and he lost 13 pounds! Barclay is "thrilled to be going forward... looking to beat his best high school and college times in the future."

Another newbie, Michael Veith, 55, also had an exhilarating first nationals experience. Attending the meet represented "the culmination of a year and a half of hard work swimming with a dedicated



group of masters swimmers." Mike met or approached his college times—35 years later! Much to Mike's surprise, he placed in the top ten in each of his four events at Nationals. He attributes this to what he calls the "geezer effect" not as many competitors still swimming at his age. I attribute it to all his enthusiasm, dedication and hard work.

Lastly, Catherine Julien, was not only attending her first National competition, but also her first swim meet ever. Catherine learned to swim as an adult only two years ago. She swam the 50, 100, and 200 Freestyle events at nationals and I was particularly impressed with her starts. She dove off those starting blocks like an old pro! When I asked her if she enjoyed her first nationals, Catherine said, "Enjoyed? Who wouldn't enjoy being around 1,000 men in Speedos?"

For all of you who haven't attended a Masters nationals yet... or and Inland Northwest swim meet, I encourage you to do so. Thanks to a great organization in USMS, we can all share some positive experiences while swimming... a life's passion.

*For more detailed results, see page 13.*

## Summer Events Calendar

*For additional information or entry forms for many of the Triatlons go to  
[www.racecenter.com](http://www.racecenter.com)*

**June 23-24—NW Zone Long Course Championships—Tacoma, WA**

**June 23-24—Swim Technique Camp—Mt. Hood Community College, Gresham, OR** email Bob Bruce at [bobbruce13@attglobal.net](mailto:bobbruce13@attglobal.net) or call 541-317-4851 for details.

**June 30—Righteous Richland Mt Bike Sprint Triathlon—Richland, WA**

**June 30—Pacific Crest Half-Ironman Triathlon and Endurance Duathlon—Sunriver, OR**

**July 8 & 15—Entry Deadlines for Long Course Nationals.** Must be post-marked by July 8 or received in Federal Way no later than July 15. You may register for this event online at [www.usms.org](http://www.usms.org)

**July 15—Valley of the Sun Triathlon—Yakima, WA**

**July 21—Titanium Man Triathlon—Richland, WA**

**July 22—Steve Omi Open Water Swim—Coeur d'Alene, ID** (entry form on the back page of this *Splashmaster*)

**July 29—Lake to Forest Triathlon—Sagle, ID**

**August 5—Troika Triathlon (Half-Ironman)—Spokane, Washington**

**August 12—Coeur d'Alene Triathlon—Coeur d'Alene, ID**

**August 16-19—USMS Long Course Nationals—Fedearl Way, WA** (entry form in the May/June issue of *Swim Magazine*, entry deadline is July 15)

**August 17—Aquaman Duathlon Richland, WA**

**August 18—Long Bridge Swim—Sandpoint, ID** (see entry form on page 8 in this issue of the *Splashmaster*)

**September 8 or 9—Palouse Sprint Triathlon—Moscow, Idaho**  
<http://stuorgs.uidaho.edu/~triclub>

**September 8—Whitefish Lake Swim—Whitefish, Montana.** Contact Holly Apple at 406-862-5869 or e-mail [smrtaple@digisys.net](mailto:smrtaple@digisys.net) Entry deadline is August 20.

**Swimmer Profile**

NAME: David Hellenthal

AGE: 40

OCCUPATION: Lawyer

SWIM CLUB: Spokane Club Masters

YEARS SWIMMING MASTERS: 9 years

FAVORITE EVENT: Triathlon, or the 1,000

WHY: As I get older I like the longer distance stuff as its more of a mental challenge. When I was younger I like the shorter faster events.

FAVORITE FOOD: Before dinner appetizers. I workout twice a day, and by the time I get home I am hungry, and the before dinner stuff is what I need to get me through until dinner.

FAVORITE MOVIE: it really evolves over time, but most recently the movie *I Dreamed of Africa*

FAVORITE MUSIC: Reggae

FAVORITE BOOK: *Ulysses*, by James Joyce

LITTLE KNOWN FACT: We all speak in a stream of consciousness way.

BEFORE A MEET I: take lots of deep breaths

AFTER A MEET I: a certain ravishness about it, whether it's eating or just celebrating about the accomplishment.

**“Why Compete?”**

By Emmett Hines

**Y**ou call yourself a fitness swimmer. You attend 2-4 workouts per week intending to get your heart rate up for a good period of time while enjoying a group atmosphere and, hopefully, improving your swimming technique and speed. Your doctor, your co-workers and friends, your significant other, numerous magazine articles and the conventional wisdom all hold that this kind of activity is good for you and you should do it (or something like it) for the rest of your life. You swim because it is good for you, not because you are one of those hard-core, competition-driven, yardage-crazy, lactate-hungry, racing animals in the fast lane.

“Therefore,” you conclude, “competition is not for me.”

Let's think through this for a moment. If we were to poll the ranks of “competitive” swimmers and inquire as to their desires regarding fitness, I suspect we would find little difference between your interests and theirs. Almost without exception, competitors call themselves “fitness swimmers” too. Why, then, do they enter events, pay entry fees, wear special suits, shave their bodies bald, drag themselves around the globe (or perhaps just across town) and generally subject themselves to the rules and rigors of the competitive experience?

In a word, motivation. When you train your body to perform an activity, it is natural to want to measure your ability from time to time. When you see improvement it spurs a desire for further advances through additional training. This training/feedback/training cycle continues to feed

upon itself, creating daily motivation to Just Do It.

Swimming in competition is a wonderful way to measure your ability. If your key desire is aerobic fitness, swimming the distance events in pool meets or doing open water swims are ideal. If your fitness goals include raw speed, power and explosiveness then sprint events are going to be appealing.

Planning ahead for a competition motivates you to train so that you will be prepared for the event. The extra adrenaline experienced during competition helps you to put forth your best effort in determining how good you really are at that moment. Improvements are realized in dropping minutes, seconds or tenths of seconds off your times from one competition to the next. Seeing these improvements provides motivation to go back to the workout pool and train for further improvements.

Besides feeding the training/feedback/training cycle, competition offers additional opportunities to learn from other swimmers that are going through the same experiences you are. Learning experiences in meets contribute to the motivation you take back to the training pool.

And perhaps most importantly, swimming in a meet occasionally provides much needed variety to your swimming experience.

So, if you concluded somewhere along the line that competition was not for you, I would urge you to rethink your position and perhaps attend one of the low-key meets this fall, like the Houstonian meet in October. You don't have to get hard-core. Just Do It cuz it's good for you.

*This Article first appeared in Schwimmvergnugen, the monthly newsletter of H2Ouston Swims. Emmett Hines is the head coach of H2Ouston Swims. He has coached competitive Masters swimming in Houston since 1982, is a Senior Coach for Total Immersion Swim Camps, holds an ASCA Level 5 Certification and was selected as United States Masters Swimming's Coach of the Year in 1993. His book, Fitness Swimming (Human Kinetics, publishers), is in its second printing and may be purchased through <http://H2OustonSwims.org>. Coach Hines can be reached for questions or comments at 713-748-SWIM or [ehines@bigfoot.com](mailto:ehines@bigfoot.com). ©H2Ouston Swims, Inc. 1997*



*Nutritional information for swimmers  
as compiled by Elin Zander, RD*

**T**here may be no disease that better illustrates the link between life long nutrition and exercise habits and our health than osteoporosis (fragile bones). Although we often think of osteoporosis as a disease of elderly women, it can also affect men and younger women. The statistics are frightening. It is estimated that only nine percent of women with the disease are actually diagnosed, and that over 20 million American women and eight million American men actually have osteoporosis. Approximately 1.5 million osteoporosis-related fractures occur annually. Many of these fractures are of the spine, resulting in decreased mobility and chronic pain. Hip fractures are also common. Up to 20 percent of adults with hip fractures die of related complications. Of the survivors, only 25-50% regain their previous abilities to function.

Like many diseases, osteoporosis is largely preventable for most us. Risk factors for the disease include: family



# *Diet, Exercise and Bone Health*

history of osteoporosis; thin or small frame; eating disorders; inadequate dietary intake of calcium and/or Vitamin D; sedentary life-style; smoking; and excessive alcohol intake. As a group, we probably don't have to worry about most of those risk factors, but many of us are probably not doing everything we could to prevent the disease.

Our prime years for building bone mineral density (BMD) are from the ages of eight to 16 years. It is essential that kids get enough calcium and Vitamin D in their diets, but unfortunately, this is the time when most kids prefer pop to milk. We continue to add BMD until about the age of 35. From then on we start to slowly lose bone mass, a process that accelerates in

women after menopause. Accelerated loss of BMD can also occur in premenopausal females who are not menstruating due to eating disorders and/or excessive exercise. Female athletes who lose their periods for an extended time can set themselves up for developing osteoporosis later in life or may even develop early osteoporosis, often manifested as recurrent stress fractures.

What can we do to minimize our risk? Although swimming most likely helps to maintain bone density, weight-bearing exercises like walking, running, cycling and strength training may be more protective. It might not hurt to add some cross-training, if you haven't already done so. Be sure that your diet is adequate in calories, calcium and Vitamin D. Most of us need at least 1,000 mg of calcium each day. (A list of common high-calcium foods is included below.) If you don't like milk products, then investigate other foods that are calcium-fortified, such as certain fruit juices and dry cereals. And last, especially if you are female, get your BMD tested—don't wait for your doctor to suggest it. Find out your risk for developing osteoporosis before you actually do. There are ways you can protect yourself from debilitating loss of bone mass and fractures.

## Common High-Calcium Foods

<i>Food</i>	<i>Portion</i>	<i>Elemental Calcium(mg)</i>
Milk	8 oz.	300
Yogurt	8 oz.	345-415
Ice Cream	1 cup	200
Cheese	1 oz.	200
Broccoli	1 cup	120
Salmon	3 oz.	165



# SWIM MEET RESULTS

2001 INLAND NW MASTERS CHAMPIONSHIPS

April 7 and 8, 2001 • Pullman, Washington

## WOMEN'S INDIVIDUAL EVENTS

### Women 19-24

50 Yard Freestyle			
Linnea Volker	20	0:27.32	WSU
Camille Williams	20	0:28.53	WSU
100 Yard Freestyle			
Camille Williams	20	1:03.79	WSU
Lisa Laughter	23	1:32.60	WSU
200 Yard Freestyle			
Linnea Volker	20	2:15.65	WSU
Camille Williams	20	2:23.09	WSU
50 Yard Backstroke			
Linnea Volker	20	0:32.03	WSU
Lisa Laughter	23	0:46.01	WSU
Jennifer Kegel	22	0:48.27	WSU
100 Yard Backstroke			
Linnea Volker	20	1:08.90	WSU
Jennifer Kegel	22	1:40.47	WSU
50 Yard Butterfly			
Camille Williams	20	0:37.23	WSU
100 Yard Individual Medley			
Lisa Laughter	23	1:47.01	WSU

### Women 25-29

100 Yard Freestyle			
Kelly Newell	27	1:11.75	WSU
1000 Yard Freestyle			
Kelly Newell	27	15:13.79	WSU

### Women 30-34

50 Yard Freestyle			
Jennifer Pollard	33	0:31.81	SWA
50 Yard Breaststroke			
Jennifer Pollard	33	0:37.26	SWA
100 Yard Breaststroke			
Jennifer Pollard	33	1:25.49	SWA
100 Yard Individual Medley			
Jennifer Pollard	33	1:21.26	SWA

### Women 35-39

50 Yard Freestyle			
Marsha Lutz	38	0:31.88	SWA
Tracey Lane	36	0:39.87	WSU
100 Yard Freestyle			
Marsha Lutz	38	1:13.45	SWA
50 Yard Breaststroke			
Marsha Lutz	38	0:42.31	SWA
Tracey Lane	36	0:48.40	WSU
100 Yard Breaststroke			
Marsha Lutz	38	1:35.61	SWA

### Women 40-44

50 Yard Freestyle			
Dodi Sykes	43	0:32.85	SWA

U = Unofficial Time  
I = Inland Northwest Record  
Z = Northwest Zone Record  
N = National Record  
W = World Record

All records pending verification

Julianne Parnell	43	0:33.41	SWA
Katherine Wolverton	41	0:33.50	WSU
100 Yard Freestyle			
Dodi Sykes	43	1:10.42	SWA
Katherine Wolverton	41	1:17.73	WSU
200 Yard Freestyle			
Dodi Sykes	43	2:35.30	SWA
500 Yard Freestyle			
Linda Klein	43	7:04.37	WSU
Catherine Murphy	44	7:14.97	WSU
50 Yard Backstroke			
Loretta Dragoo	40	0:36.06	WSU
Julianne Parnell	43	0:39.84	SWA
Dodi Sykes	43	0:40.81	SWA
100 Yard Backstroke			
Loretta Dragoo	40	1:19.07	WSU
100 Yard Breaststroke			
Linda Klein	43	1:26.46	WSU
200 Yard Breaststroke			
Linda Klein	43	3:09.70	WSU
50 Yard Butterfly			
Julianne Parnell	43	0:35.93	SWA
100 Yard Individual Medley			
Loretta Dragoo	40	1:18.63	WSU
Linda Klein	43	1:21.87	WSU
Dodi Sykes	43	1:25.47	SWA
Julianne Parnell	43	1:25.97	SWA
Catherine Murphy	44	1:27.14	WSU
200 Yard Individual Medley			
Linda Klein	43	2:59.22	WSU

### Women 45-49

100 Yard Freestyle			
Cindy Cilyo	46	1:07.64	UNA
500 Yard Freestyle			
Mary Adams	46	8:18.75	UNA
1650 Yard Freestyle			
Cindy Cilyo	46	DQ	UNA
50 Yard Backstroke			
Margaret Hair	46	0:36.74	LCM
50 Yard Breaststroke			
Margaret Hair	46	0:39.19	LCM
Mary Adams	46	0:42.08	UNA
100 Yard Breaststroke			
Marie Glynn	47	1:51.38	WSU
200 Yard Breaststroke			
Marie Glynn	47	3:56.68	WSU
50 Yard Butterfly			
Margaret Hair	46	0:33.13	LCM
Mary Adams	46	0:40.39	UNA
Marie Glynn	47	0:52.24	WSU
100 Yard Individual Medley			
Margaret Hair	46	1:15.69	LCM
Mary Adams	46	1:27.01	UNA
200 Yard Individual Medley			
Margaret Hair	46	2:45.33	LCM
400 Yard Individual Medley			
Margaret Hair	46	6:08.79	LCM

### Women 50-54

50 Yard Breaststroke			
Diana Leake	54	0:41.80	SWA
50 Yard Butterfly			

Diana Leake	54	0:35.12	SWA
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100 Yard Individual Medley			
Diana Leake	54	1:24.33	SWA

### Women 55-59

1650 Yard Freestyle			
Suzanne Dills	55	21:51.16	PNA
200 Yard Breaststroke			
Suzanne Dills	55	3:21.65	PNA
200 Yard Butterfly			
Suzanne Dills	55	3:06.74Z	PNA

### Women 60-64

50 Yard Freestyle			
Marvel Kimball	64	0:38.431	WSU
100 Yard Freestyle			
Marvel Kimball	64	1:27.791	WSU
50 Yard Butterfly			
Marvel Kimball	64	0:55.93	WSU
100 Yard Individual Medley			
Marvel Kimball	64	1:51.44	WSU

### Women 70-74

50 Yard Freestyle			
Sr. Madonna Buder	70	0:49.48	UNA
100 Yard Freestyle			
Sr. Madonna Buder	70	1:50.75	UNA
1650 Yard Freestyle			
Sr. Madonna Buder	70	33:09.141	UNA
200 Yard Breaststroke			
Sr. Madonna Buder	70	4:56.741	UNA
200 Yard Individual Medley			
Sr. Madonna Buder	70	4:55.061	UNA

## MEN'S INDIVIDUAL EVENTS

### Men 19-24

50 Yard Freestyle			
Nicholas Jarman	20	0:23.27	WSU
Eric Smith	24	0:24.49	WSU
Lance Jones	21	0:26.38	WSU
100 Yard Freestyle			
Nicholas Jarman	20	0:52.99	WSU
Eric Smith	24	0:55.51	WSU
Lance Jones	21	0:59.53	WSU
200 Yard Freestyle			
Blane Webber	20	2:10.59	WSU
200 Yard Backstroke			
Blane Webber	20	2:24.52	WSU
50 Yard Butterfly			
Blane Webber	20	0:27.74	WSU
Lance Jones	21	0:30.75	WSU
100 Yard Individual Medley			
Blane Webber	20	1:03.23	WSU
Lance Jones	21	1:10.42	WSU
200 Yard Individual Medley			
Nicholas Jarman	20	2:08.16	WSU
Men 25-29			
50 Yard Freestyle			
Eric Arrivee	28	0:23.66	WSU
100 Yard Freestyle			
Eric Arrivee	28	0:54.45	WSU

### Men 30-34

50 Yard Freestyle			
Roy Berg	32	0:23.33	SCM
Brian Hall	30	0:32.20	UNA
100 Yard Freestyle			
Roy Berg	32	0:52.32	SCM
Ryan Moore	31	0:57.18	MCM
200 Yard Freestyle			
Ryan Moore	31	2:13.50	MCM
50 Yard Backstroke			
Ryan Moore	31	0:30.75	MCM
100 Yard Backstroke			
Ryan Moore	31	1:06.26	MCM
200 Yard Backstroke			
Ryan Moore	31	2:29.42	MCM
50 Yard Breaststroke			
Brian Hall	30	0:40.03	UNA
100 Yard Breaststroke			
Brian Hall	30	1:32.05	UNA
200 Yard Breaststroke			
Roy Berg	32	2:26.53	SCM
50 Yard Butterfly			
Brian Hall	30	0:41.08	UNA
100 Yard Individual Medley			
Ryan Moore	31	1:05.29	MCM
Brian Hall	30	1:22.59	UNA
200 Yard Individual Medley			
Roy Berg	32	2:05.13	SCM
Brian Hall	30	3:13.68	UNA

### Men 35-39

50 Yard Freestyle			
Mike Brosnahan	38	0:29.98	SWA
100 Yard Freestyle			
Mike Brosnahan	38	1:08.43	SWA
Christopher Mckay	37	1:12.51	WSU
200 Yard Freestyle			
Christopher Mckay	37	2:47.04	WSU
500 Yard Freestyle			
Christopher Mckay	37	7:35.89	WSU
1000 Yard Freestyle			
Christopher Mckay	37	16:04.38	WSU
100 Yard Backstroke			
Christopher Mckay	37	1:31.44	WSU
50 Yard Breaststroke			
Mike Brosnahan	38	0:38.77	SWA
50 Yard Butterfly			
Mike Brosnahan	38	0:36.78	SWA
100 Yard Individual Medley			
Doug Garcia	39	1:23.00	WSU
200 Yard Individual Medley			
Doug Garcia	39	2:59.38	WSU

### Men 40-44

50 Yard Freestyle			
Thomas Lamar	40	0:27.95	MCM
Virgil Crampton	40	0:33.23	WSU
100 Yard Freestyle			
Bernard Kingsly	42	0:56.99	UNA
Thomas Lamar	40	1:01.78	MCM

# Crazy Relays Highlight Championship Meet

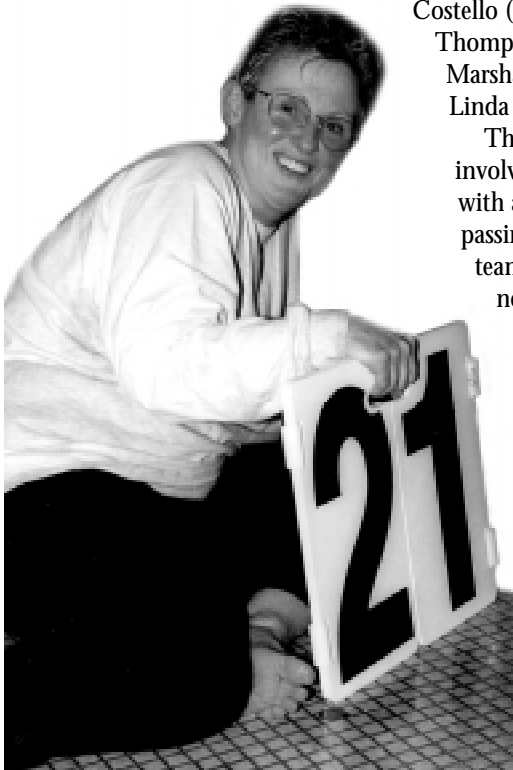
In addition to the normal slate of events scheduled for the championship meet, WSU Masters also included a few relays that combined members from various teams and awarded prizes of Starbucks or Baskin-Robbins gift certificates to the victors.

The first of the two relays required the team members to predict their total time. The race was done without the aid of a clock, except for the official. The winning team with a predicted time of 2:50 and an actual time of 2:50.98 was comprised of: Larry

Krauser (SCM), Michael Costello (WSU), Bill Thompson (WSU), Marsha Lutz (SWA) and Linda Klein (WSU).

The second relay involved swimming with a t-shirt and passing it along to teammates before the next leg of the race

continued. The winning team was comprised of: Nick Jarman, Tracey Lane Chris McKay and Lance Jones all of WSU Masters, and Eric Ridgway of the Sandpoint West Athletic Club Masters.



Marvel Kimball (WSU), counts laps for Sr. Madonna Buder (UNA) at the Championship Meet held in Pullman on April 7 and 8.

<b>1000 Yard Freestyle</b>		
Eric Ridgway	40	13:35.42 SWA
<b>50 Yard Backstroke</b>		
Ron Hartsoch	44	0:32.84 SCM
<b>100 Yard Backstroke</b>		
Ron Hartsoch	44	1:09.35 SCM
Thomas Lamar	40	1:14.21 MCM
<b>50 Yard Breaststroke</b>		
Eric Ridgway	40	0:33.35 SWA
<b>200 Yard Breaststroke</b>		
Eric Ridgway	40	2:41.57 SWA
<b>50 Yard Butterfly</b>		
Bernard Kingsly	42	0:27.02 UNA
Mike Berney	44	0:29.75 WSU
Virgil Crampton	40	0:40.88 WSU
<b>100 Yard Butterfly</b>		
Bernard Kingsly	42	0:59.75 UNA
Mike Berney	44	1:06.43 WSU
Thomas Lamar	40	1:10.24 MCM
Virgil Crampton	40	1:35.08 WSU

<b>100 Yard Individual Medley</b>			
Bernard Kingsly	42	1:03.48	UNA
Eric Ridgway	40	1:07.32	SWA
Thomas Lamar	40	1:12.18	MCM
<b>200 Yard Individual Medley</b>			
Bernard Kingsly	42	2:22.91	UNA
Eric Ridgway	40	2:33.45	SWA
Ron Hartsoch	44	2:49.02	SCM
<b>400 Yard Individual Medley</b>			
Bernard Kingsly	42	5:19.15	UNA

#### Men 45-49

<b>50 Yard Freestyle</b>			
Larry Krauser	47	0:23.54	SCM
William Thomson	48	0:25.98	WSU
Bernard Sauvé	46	0:26.97	WVM
Brian Lamb	49	0:31.41	WSU
<b>100 Yard Freestyle</b>			
Larry Krauser	47	0:51.73	SCM

William Thomson	48	0:59.20	WSU	WSU	19+	2:24.27
Bernard Sauvé	46	1:00.71	WVM	Loretta Dragoo	40	
Keith Hampton	47	1:07.03	UNA	Marvel Kimball	64	
Brian Lamb	49	1:14.55	WSU	Lisa Laughter	23	
<b>200 Yard Freestyle</b>						
Larry Krauser	47	1:58.23	SCM	Linda Klein	43	
Brian Lamb	49	2:51.94	WSU	SWA	25+	2:10.26
<b>500 Yard Freestyle</b>						
Larry Krauser	47	6:17.81	SCM	Marsha Lutz	38	
Brian Lamb	49	7:41.45	WSU	Julianne Parnell	43	
<b>1000 Yard Freestyle</b>						
Michael Costello	48	16:55.60	WSU	Dodi Sykes	43	
<b>1650 Yard Freestyle</b>						
Larry Krauser	47	18:45.38	SCM	Jennifer Pollard	33	
<b>100 Yard Backstroke</b>						
Keith Hampton	47	1:21.42	UNA	<b>Women's 200 Yard Medley Relay</b>		
<b>200 Yard Breaststroke</b>						
Bernard Sauvé	46	2:52.79	WVM	WSU	19+	2:42.06
Keith Hampton	47	3:16.59	UNA	Linnea Volker	20	
<b>Men 50-54</b>						
<b>50 Yard Freestyle</b>						
Scott Thompson	50	0:29.03	IEY	Marie Glynn	47	
<b>50 Yard Backstroke</b>						
Scott Thompson	50	0:34.11	IEY	Catherine Murphy	44	
<b>200 Yard Individual Medley</b>						
Scott Thompson	50	2:43.62	IEY	Lisa Laughter	23	
<b>Men 60-64</b>						
<b>50 Yard Freestyle</b>						
George Spomer	64	0:44.43	MCM	SWA	25+	2:37.46
<b>100 Yard Freestyle</b>						
George Spomer	64	1:37.86	MCM	Dodi Sykes	43	
<b>200 Yard Freestyle</b>						
George Spomer	64	3:36.62	MCM	Marsha Lutz	38	
<b>500 Yard Freestyle</b>						
George Spomer	64	9:48.43	MCM	Jennifer Pollard	33	
<b>1650 Yard Freestyle</b>						
George Spomer	64	33:12.58	MCM	Diana Leake	54	
<b>Men 70-74</b>						
<b>50 Yard Freestyle</b>						
William Bresko	73	0:46.95	UNA	WSU	35+	2:50.54
<b>100 Yard Freestyle</b>						
William Bresko	73	1:50.24	UNA	Loretta Dragoo	40	
<b>50 Yard Backstroke</b>						
William Bresko	73	1:05.04	UNA	Linda Klein	43	
<b>50 Yard Breaststroke</b>						
William Bresko	73	0:51.75	UNA	Marvel Kimball	64	
<b>50 Yard Butterfly</b>						
William Bresko	73	1:08.35	UNA	Tracey Lane	36	
<b>100 Yard Individual Medley</b>						
William Bresko	73	2:13.70	UNA	<b>Men's 200 Yard Freestyle Relay</b>		
<b>Men 80-84</b>						
<b>50 Yard Freestyle</b>						
Imre Schmidt	80	0:42.591	SWA	WSU	19+	1:56.41
<b>100 Yard Freestyle</b>						
Imre Schmidt	80	1:43.031	SWA	Nicholas Jarman	20	
<b>1650 Yard Freestyle</b>						
Imre Schmidt	80	37:46.78	SWA	Christopher Mckay	37	
<b>RELAY EVENTS</b>						
<b>Women's 200 Yard Freestyle Relay</b>						
WSU	19+	2:23.42		Michael Costello	48	
Jennifer Kegel	22			Lance Jones	21	
Tracey Lane	36			Mike Berney	44	
Kelly Newell	27			Brian Lamb	49	
Kathy Wolverton	41			<b>Men's 200 Medley Relay</b>		
				WSU	19+	2:26.42
				Lance Jones	21	
				Doug Garcia	39	
				Virgil Crampton	40	
				Christopher Mckay	37	
				WSU	19+	2:06.50
				Blane Webber	20	
				Eric Arrivee	28	
				Mike Berney	44	
				Brian Lamb	49	
				<b>Mixed 200 Yard Freestyle Relay</b>		
				WSU	19+	2:05.33
				Camille Williams	20	
				Doug Garcia	39	
				Tracey Lane	36	
				Eric Arrivee	28	
				WSU	35+	2:26.71
				Catherine Murphy	44	
				Virgil Crampton	40	
				Marie Glynn	47	
				Brian Lamb	49	
				<b>Mixed 200 Yard Medley Relay</b>		
				WSU	19+	2:06.47
				Linnea Volker	20	
				Lance Jones	21	
				Eric Arrivee	28	
				Camille Williams	20	
				WSU	35+	DQ
				Loretta Dragoo	40	
				Marie Glynn	47	
				Virgil Crampton	40	
				Doug Garcia	39	

# Long Bridge Swim



Wenatchee Valley  
Masters Presents

# Long Course Nationals Time Trials

Saturday July 7, 2001

**Date/Times:** Saturday, July 7, 2001, 7:00 am

**Sponsor:** Wenatchee Valley Masters.

**Eligibility:** All swimmers must be currently registered USMS. Swimmers from outside Inland NW Masters will need to provide proof of registration. New IWMSC/USMS registrations (found in the *Splashmaster*) should be sent to Elin Zander or will be available at the time trial.

**Rules:** All current USMS rules will apply. Stroke and turn judge/coaches will be present to aide you in learning proper stroke and turn rules. This is not an officially sanctioned event, times will not be considered official and will not be eligible for Top-Ten or other Inland NW, zone, or national records.

**Fees:** This is a free event.

**Reservations:** Please email or call Carolyn Magee or Doug Garcia with your reservations to participate in this event.

**Conduct of the Event:** There will be a warm up period, followed by time trials for each of the events noted below.

**Relays:** Relays will be pulled together from all wanting to participate, and will be inter-squad.

**For more details:** Contact Carolyn Magee at 509-662-6012 or email to wenswim@aol.com or Doug Garcia at 509-332-1621 or email to dagarcia@usms.org



**Directions:** Off Interstate 90 take Wenatchee exit, traveling through the town of Quincy and into East Wenatchee. Follow the signs to Wenatchee taking you across the Columbia River bridge. After crossing the bridge turn right onto Mission and get in left lane for immediate left on Ferry (first light). Ferry changes name to Russell. Follow Russell until you hit Fuller and turn right onto Fuller. The pool is in Pioneer Park at the corner of Fuller and Russell. If you pass the high school on the left, you've gone too far.

## Breaks will be taken after each relay event

- |                                |                                   |                                       |
|--------------------------------|-----------------------------------|---------------------------------------|
| 1) 50 M Backstroke _____       | 8) 400 Y Mixed Medley Relay _____ | 15) 50 M Breaststroke _____           |
| 2) 200 M Butterfly _____       | 9) 400 M Individual Medley _____  | 16) 200 M Backstroke _____            |
| 3) 100 M Freestyle _____       | 10) 400 M Freestyle _____         | 17) 100 M Butterfly _____             |
| 4) 400 M Freestyle Relay _____ | 11) 100 M Breaststroke _____      | 18) 400 M Mixed Freestyle Relay _____ |
| 5) 100 M Backstroke _____      | 12) 50 M Butterfly _____          | 19) 800 M Freestyle _____             |
| 6) 50 M Freestyle _____        | 13) 200 M Backstroke _____        | 20) 1500 M Freestyle _____            |
| 7) 200 M Breaststroke _____    | 14) 400 M Medley Relay _____      |                                       |

# Season End Awards and New Officers Presented at Pullman Banquet

Eric Ridgway opened the April 7, 2001 meeting in the absence of Chair Elin Zander. He acknowledged the efforts of the outgoing Board (Elin Zander, Nancy Taylor, and Marie Glynn) and welcomed the new officers (Susanne Simpson, chair; Brian Lamb, vice-chair; and Marie Glynn, treasurer). Scott Thompson was elected secretary, but withdrew his name earlier in the day. Larry Krauser was nominated for secretary and was confirmed by a simple voice vote by those present. Congratulations to the new officers!



*Most Dedicated,  
Elin Zander*

Eric expressed thanks on behalf of the LMSC to those who have put much time and effort into the LMSC. The thanks included Nancy Taylor, Elin Zander, Marie Glynn, Zach Taylor (computer operator), Doug Garcia (newsletter editor), and Margaret Hair (top ten/records).

Eric announced the summer lake swims in the area. The Steve Omi Swim is July



*Most Inspirational,  
Eric Ridgway*

22nd and the Long Bridge Swim is August 18th.

Margaret Hair presented the waterlog awards for those swimmers who swam in every meet this past season. They include Bill Bresko

(UNA), Mike Brosnahan (SWAC), Doug Garcia (WSU), Dodi Sykes (SWAC), and Marsha Lutz (SWAC).

High Point Male swimmer for the season was presented to Bill Bresko. Michael Veith was 23 points ahead of Bill prior to the champ meet. Fortunately for Bill, Michael did not participate in the meet. High Point Female swimmer is Susanne Simpson with many new Inland Northwest and Zone records to her name.

Most Inspirational Swimmer for the season was presented to Eric Ridgway for his enthusiasm for the Sandpoint Long Bridge Swim that draws over 200 swimmers.

Most Dedicated Swimmer was presented to Elin Zander for her involvement

and dedication to Inland Northwest Masters and to the national organization of United States Masters Swimming.

—Margaret Hair

## **Team Points for the Season**

Sandpoint West Athletic Club (SWA)	782
Washington State University Masters (WSU)	764
Wenatchee Valley Masters (WVM)	668
Spokane Club Masters (SCM)	467
Lake City Masters (LCM)	294
Moscow Chinook Masters (MCM)	217
Inland Empire YMCA Masters (IEY)	114

## **Seeking Information for Previous Award Winners**

We are compiling a list of the recipients of the Most Dedicated and Most Inspirational awards for the 1990s. If you received one of the awards or know someone who has, please send the name, award, and year achieved (if known) to Margaret Hair, 408 Vista Dr., Coeur d' Alene, ID 83815 or e-mail: ramgolf@gocougs.wsu.edu.

## ***What's a hundred?***

### CELEBRATING A HALF-CENTURY WITH A WORKOUT

The first length of the pool in a 100 yard swim has a magical quality. You have a strong push off the wall with clean streamlining, no hard breathing, and each stroke pulls you, glides you along a smooth conveyor of water. With each breath to the side, you can watch the water and the markers on the lane line slip by and disappear behind you. You're swimming smooth and fast.

After a flip turn, and you start back strong, but the breathing is starting to be more of a chore and the stroke length has lessened slightly. The water from your first length is now choppy. Another turn, and now it's just 50 yards to swim. This time, you push a little harder to keep up the

pace. At the far end, a quick turn with a gasp for air and you're gone again. For the last length, there's more kick and you reach farther and push back harder. Under the flags, and you slip in one last long stroke under the water into the wall.

The time is 1:33, that matches within a couple of seconds all fifty of the 100 yard swims in the last hundred minutes. Fifty by one hundred yards swum with fifteen of your fellow Master swimmers on an early Saturday morning, it's a nice way to start the next half century.

— Brian Lamb

*As part of its monthly routine, WSU Masters announces all birthdays. In addition, this*

*year WSU Masters asked for goals for each swimmer who wanted to have something to work towards. Brian Lamb's goal for his 50th birthday celebration was to swim 50 x 100 at 2:00.*

*"After pumping the event for two-weeks, I thought that no one would show up. To my surprise, we had 16 swimmers in attendance that morning, ten of which finished the workout," remarked WSU Masters coach Doug Garcia.*

*Two swimmers, Mike Berney and Ed Davis kept a 1:30 pace and did 6500 yards. Beginner swimmers Howard Grimes and Marianela Lopez completed the set by doing 75s at 2:00.*



**INLAND NW RECORD FALLS AT ZONE MEET:** *Four Oregon Masters swimmers, who all happen to be teachers, smashed a 10 year old Inland NW Masters record for the Women's 25+ 800 yard Freestyle Relay. From the left: Jennifer Butcher, teaches at the Washington State School for the Blind in Vancouver Washington (which is part of Oregon Masters); Lisa Gorsline, teaches at Mollala High School in Portland; Jennifer Stadstad, teaches at Calipooia Middle School in Portland; and Anicia Criscione, teaches at Mt. View Elementary School in Portland. The four did not know each other prior to the meet nor did they realize they were all teachers until after the race.*

## *Inland Northwest Swimmers compete at Zone and National Championship Meets*

**F**ive Inland NW Masters swimmers traveled to Santa Clara, California for the 2001 USMS National short course yards championship meet. The mid May meet, held annually at various locations throughout the country, had nearly 2,000 participants. Because of the number of participants, meet organizers limit the number of events for each swimmer to three, with an additional three events based on qualifying times. Those participants from Inland NW Masters and their results included:

**Susanne Simpson** (41, SCM): 1650 Freestyle, 2nd @ 17:57.65; 200 Freestyle, 2nd @ 1:56.94; 50 Butterfly, 4th @ 27.88; 500 Freestyle, 3rd @ 5:14.62; 200 Butterfly, 2nd @ 2:10.34; 100 Butterfly, 2nd @ 59.72.

**Bernard Kingsly** (42, UNA): 50 Butterfly, 25th @ 26.60; 100 Butterfly, 19th @ 58.83; 50 Breaststroke, 20th @ 30.71; 100 Individual Medley, 19th @ 1:00.40; 200 Butterfly, 13th @ 2:17.42; 100 Freestyle, 26th @ 53.29.

**Larry Krauser** (47, SCM): 1000 Freestyle, 3rd @ 10:28.03; 200 Freestyle, 1st @ 1:49.84; 50 Freestyle, 2nd @ 22.56; 500 Freestyle, 5th @ 5:01.35; 100 Freestyle, 2nd @ 49.41.

**Michael Merrell** (53, UNA): 200 Breaststroke, 5th @ 2:34.86; 50 Breaststroke, 67th @ 31.82; 100 Breaststroke, 7th @ 1:10.25.

**Michael Veith** (55, SCM): 1650 Freestyle, 3rd @ 20:18.02; 200 Freestyle, 7th @ 2:07.42; 50

Freestyle, 8th @ 25.10; 500 Freestyle, 9th @ 5:53.39; 100 Freestyle, 10th @ 56.61.

Other swimmers who participated from the Inland NW area included Suzanne Dills (who will soon be our new registrar), Catherine Julien and Barclay Klinge.

Four swimmers from Inland NW Masters were among the 200 plus swimmers from all over the NW who competed in the NW Zone Championships. The meet was held in Portland on April 7 and 8, and was the last short course yards meet before the USMS short course championships.

Competing in the women's 40-44 age group was new Inland NW swimmer **Judy Kelsch** (40, IEY). Judy who recently moved to the NW from New Jersey, swims at the Coeur d'Alene Tribal Wellness Center. Her times include: 50 Yard Freestyle, 2nd @ :28.44; 200 Yard Freestyle, 3rd @ 2:16.67; 500 Yard Freestyle, 3rd @ 6:17.93; 50 Yard Butterfly, 3rd @ :31.40; 100 Yard Butterfly, 3rd @ 1:11.43.

**Robin Durant** (45, YVM) competed in the women's 45-49 age group in the following events: 500 Yard Freestyle, 1st @ 7:11.32; 50 Yard Backstroke, 2nd @ :43.34; 200 Yard Breaststroke, 3rd @ 3:32.55; 200 Yard Butterfly, 2nd @ 3:43.77; 200 Yard Individual Medley, 2nd @ 3:16.69.

**Jeffrey Rigg** (25, LCM) of Coeur d'Alene who also swims at the swims at the Coeur d'Alene Tribal Wellness Center in Plummer, left the rest of his men's 25-29 age group in his wake finishing

an impressive first place in all his events including: 50 Yard Freestyle, :26.03; 100 Yard Freestyle, :57.04; 500 Yard Freestyle, 5:36.45; 1000 Yard Freestyle, 11:28.56; 50 Yard Butterfly, :27.77; 100 Yard Butterfly, 1:00.61.

**Doug Garcia** (39, WSU) who competed in the men's 35-39 age group and is coach/swimmer for WSU Masters was reported to have had the, "meet of the year, with two personal records" including the 200 Yard Individual Medley finishing 2nd @ 2:48.19 and 3rd in the 100 Yard Freestyle @ 1:04.36. Garcia also finished the 50 Yard Freestyle, 4th @ 28.80 and 6th in the 100 Yard Individual Medley @ 1:17.39.

### *Reminder to Zone and National Swimmers*

Did you swim at Zones in Portland or Nationals in Santa Clara or Calgary? If you break an Inland Northwest record while swimming at a Masters meet outside of the area, you are responsible for providing verification of the swim to the Records Committee. The verification should include a copy of the results showing your name, age group, date of the event or meet, distance, stroke, and the official time. This information is mailed to top ten chair Margaret Hair, 408 Vista Dr., Coeur d'Alene, ID 83815.

# BOARD MEETING MINUTES

COEUR D'ALENE TRIBAL CASINO

June 7 • Worley Idaho

**Attendees:** Doug Garcia, Brian Lamb, Marie Glynn, Susanne Simpson, Margaret Hair, Elin Zander, Larry Krauser

**Minutes** - Minutes were approved.

**Treasurer's Report** - The report was received. We have a positive income so far for the year of \$ 362.87. Our current reserves in the bank are \$ 2,460.63 in the checking account and \$2,118.76 in a CD.

**Registrar's Report** - As of today we have 230 registered Master's Swimmers, an increase of 42 over this time last year. The increases are coming from WSU Masters and Wenatchee Masters - Great Job, keep them coming!

**Newsletter Report** - The Editor is always looking for interesting articles from our swimmers. The number of newsletters per year will continue to be based upon our event schedule and will be reviewed throughout the year.

We are a not-for-profit organization and should receive a break on bulk mail rates. The Post Office is now asking for a copy of our non-profit certificate from the IRS. If anyone has seen it, please let one of the officers know. In the meantime, we continue to work with Jeanie Ensign at the USMS National Office at replacing it.

**Secretary's Report** - We are working with Dave Radcliff, our zone representative, to initiate our web site.

**Top Ten/Data Entry** - When anyone goes to a meet outside of our association, they need to send Margaret the results with their names highlighted for her to submit for Records and Top Ten (this includes Nationals).

**Meets/Sanctions** - It is important to note that when you have a meet you must get a Sanction and in order to get the Sanction you sign a contract with the LMSC.

Wenatchee Masters will be hosting a long course meet July 7 providing the LMSC receives their signed sanction contract. WSU Masters has offered to assist them.

Elin has not heard anything on this years Washington State Seniors Games. The LMSC has decided that we will not run the swimming portion for them this year.

**Equipment** - We need to make sure we have DQ slips at all meets.

**Officials** - Elin is looking into the logistics of certifying our own officials to USMS standards.

**Clinics** - The LMSC is looking at having a Fall Clinic. Brian Stack, coach of Manatee Masters in Oakland, CA, is interested in giving the clinic. Most likely two clinics will be held on one weekend, one clinic in Moscow/Pullman and one clinic in Spokane/Coeur d'Alene.

**Coaching** - Doug will be making a report to the USMS Coaches Committee that coaching in the Inland Northwest is sporadic with not many on-deck coaches.

**National Convention** - USMS pays for Elin's registration and expenses and the Zone is paying for Doug's registration and one-half of his expenses. Susanne will also be going to the convention. A motion was passed to reimburse Susanne for registration, airfare and one-half of a double occupancy hotel room and to reimburse Doug for one-half of his airfare and one-quarter of a double occupancy hotel room.

**New Business** - WSU Masters will be bidding to host the 2003 USMS 3000/6000 Postal Meet. The LMSC wholeheartedly supports WSU in this effort.

WSU Masters would like to see a USMS Rule Book change that would allow 18 year olds to compete in masters meets and practices. This has already been proposed to USMS and is in Committee. Meeting Adjourned

## You Might Be A Swimmer ...

- ⇒ If whenever you hear an electronic beep, you instinctively jump...
- ⇒ If you have rings around your eyes unrelated to the amount of sleep you got...
- ⇒ If waking up before dawn to exercise seems normal....
- ⇒ If jamming a piece of Styrofoam between your legs is not a kinky sexual activity...
- ⇒ If bugs die of chlorine poisoning when they land on your skin...
- ⇒ If you sport long, curling hair with split ends on your legs...
- ⇒ If the phrase "This set with fins" is better than hearing "You just won \$1,000"...
- ⇒ If you answer, "I don't need to" when someone asks when you showered last...
- ⇒ If you love a good lightening storm when practicing outdoors...
- ⇒ When you learn how to squirt water 15 different ways...
- ⇒ When your long-term goal is to slap your biceps on your lats...
- ⇒ When you wake up before 6 am for the free doughnuts

*Adapted from Jill Gellatly, Gulf LMSC. To be continued in a future Splashmaster.*

# 3000/6000 Entry Form

# **3000/6000**

# **Entry Form**

# 2001 United States Masters Swimming & Inland Northwest Masters Member Registration

Register with the name you will use for competition, please print clearly

Last Name			First Name			Middle Initial			For Office Use
Street Address			Apt.#						
City			State			Zip			
Phone (with area code)						Email: (to be used for online newsletter)			

# USMS 2001

Date of Birth                      Age                      Sex                      Today's Date

**Team Affiliation** (if left blank you will be considered unattached)

- Inland Empire YMCA                       Lake City Masters                       Moscow Chinook Masters                       Other \_\_\_\_\_
- Panhandle Masters                       Sandpoint West Athletic Club                       Spokane Club Masters                       Spokane Masters and Tri
- WSU Masters                       Wenatchee Valley Masters                       Yakima Valley Masters                       Unattached
- I am a certified USA Swimming Official                       I am a certified high school swimming official                       I coach Masters Swimmers

**Benefits of membership include:**

- ⇒ Subscription to *SWIM Magazine* for the length of the membership
- ⇒ Periodic mailings and emails from the Local Masters Swimming Committee (the *Splashmaster* newsletter)
- ⇒ Secondary accident insurance: in practices supervised by a USMS member or a USS certified coach or in USMS sanctioned meets where all swimmers are USMS registered.
- ⇒ Coached workouts in locations throughout the country when you travel

**Where do my registration fees go?**

- ⇒ \$15.00 to United States Masters Swimming (\$7.00 for *Swim Magazine* subscription)
- ⇒ \$10.00 to Inland Northwest Local Masters Swimming Committee

**2001 UNITED STATES MASTERS SWIMMING MEMBER REGISTRATION** (Membership will expire 12/31/2001)

- New Registration                       Renewal, my current USMS Number is \_\_\_\_\_
- Please check appropriate level*
- Individual Registration \$25.00                       Couples Registering together \$45.00                       Senior Registration (age 60+) \$22.50
- Late Year Registration \$15.00 (for anyone registering in September and October only, membership will expire 12/31/2001)

**SWIMMING ENDOWMENT FUNDS** (Please consider making a donation one or both of these swimming endowment funds.)

**United States Masters Swimming Endowment Fund**

In addition to my registration fee, I have enclosed \$ \_\_\_\_\_ for the USMS Endowment Fund


**International Swimming Hall of Fame Endowment Fund**

In addition to my registration fee, I have enclosed \$ \_\_\_\_\_ for the International Swimming Hall of Fame Endowment Fund

**Make check payable to IWMSC**

<p><b>Total Amount Enclosed</b> _____</p> <p><b>Make checks payable to: IWMSC</b></p>
---

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

**SIGNATURE**  \_\_\_\_\_ **DATE** \_\_\_\_\_

# SPLASHMASTER

Doug Garcia • Washington State University  
PO Box 645910 • Pullman WA 99164-5910

Bulk Mail  
U.S. Postage  
**P A I D**  
Pullman, WA  
Permit No.1

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## THE 8TH ANNUAL Steve Omi Memorial Open Water Swim

**Date:** Sunday July 22, 2001  
**Time:** Check in at 8:45 am. • Swim begins at 9:30 am.  
**Place:** 11th Street entrance to Sanders Beach,  
Lake Coeur d'Alene  
**Course:** One mile along Sanders Beach public Swim area to  
Couer d'Alene Resort Golf Course and back.  
**Fee:** \$25 includes cotton beach towel, or \$15 without towel  
(additional donations to the Steve Omi Scholarship  
accepted)

Sanctioned by Inland Northwest Masters Swimming for United  
States Masters Swimming Inc. (Sanction #3510722) • Must be 19  
years of age to participate • Wet suits permitted • For additional  
details contact: Margaret Hair at 208-667-3721, or email to  
rangolf@gocougs.wsu.edu or Nancy Taylor at 208-772-6753

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Daytime Phone \_\_\_\_\_

Email \_\_\_\_\_

Sex:  Male  Female

Age \_\_\_\_\_ USMS Number \_\_\_\_\_

*Please include a copy of your registration*

- Enclosed is my \$25 registration fee. Postmarked by July 19
- Enclosed is my \$15 registration fee, no shorts.
- Additional contribution to the Steve Omi Scholarship Fund

**Please make checks payable to: The Steve Omi Scholarship Fund**  
**Mail to: The Steve Omi Swim**  
**408 Vista Drive**  
**Coeur d'Alene ID 83815**

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

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Signature & Date