

Splashmaster

NEWSLETTER

VOLUME 13, ISSUE 3

SEPTEMBER 2010

Larry Krauser puts us on the map

Inland Northwest Masters were well represented at the FINA Masters World Championships held in Goteborg, Sweden, July 29 through August 7. Larry Krauser (57) of Spokane, WA and Cindy Clutter (50) from Coeur d' Alene, ID traveled to Sweden to compete in the swimming events. Larry also participated in water polo and open water swimming. Competing in the 55-59 year old age group, he was a World Champion in the 800 meter freestyle (10:02.83) and the 3K Open Water (38:50.7) besting all others in his age-group. Larry was also second in the 100 meter (1:00.56) and 200 meter freestyle (2:15.81) and fourth in the 200 meter backstroke (2:43.68). His water polo team, the KAOS Centurions, comprised of players from throughout the US, placed second in an entertaining gold medal game against the reigning World Champions from Germany.

Cindy's trip was a gift from her husband when she turned 50. What a great way to celebrate her new age group. She was 35th in the 100 meter free-

and 50th in the 100 meter breaststroke (1:49.88)

Congratulations to both Larry and Cindy. I'm glad we were so



Larry Krauser (2nd from left) at award ceremony at World Championships in Sweden. Great job, Larry!!!

style (1:24.64), 33rd in the 200 meter freestyle (3:01.06), 19th in the 800 meter freestyle (12:51.83). 43rd in the 50 meter breaststroke (49.32),

well represented. I'm sure the world now knows where Inland Northwest Masters come from. Way to go you two!!!!



Larry at the end of the 100 free

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Larry Krauser won the 3K open water swim and the 800 freestyle at the FINA Masters World Championships in Goteborg, Sweden

DATES TO REMEMBER

- Oct. 23 Sink or Swim Meet in Spokane at Whitworth (entry pg 8)
- Nov. 13 Pumpkin Power meet in Sandpoint—short course meters
- Possible meet in Tri Cities also in Nov. or Dec.
- Jan. 23 Winter Frolic in Wenatchee
- Mar. 5 Possible meet in Coeur d' Alene at the Kroc Center
- March 26-27 Inland NW Champs meet in Moscow
- April 9-10 Northwest Zone SCY Championships in Federal Way, WA

SWIMMER HIGHLIGHT**ALAN KIRPES (WVM)**

Alan Kirpes, age 52, has been swimming with Wenatchee Valley Masters for the past 7 years. Alan has done a fantastic job as our new LMSC treasurer. He works for Farmer Credit Union so working with money is not new to him.

Alan's has a unique start in the master's swimming world. About 7 years ago he was looking for some diversion outside of his stressful job, so he joined the local toastmasters. It was there he met Jack Bevier, another WVM who convinced him he should try swimming. Alan took him up on it and has been coming ever since. According to Alan, he struggled to swim 25 yards and had to rest after every lap. He has come a long way since then and conquered the 400 IM several years ago at the Wenatchee meet. He is very dedicated, swimming about 4 times every week. He says it is the people that keep him coming. This year he competed in the Wenatchee meet shortly after back surgery. His favorite events are 50's of everything except breaststroke. We are encouraging him to compete in the meets outside of Wenatchee also, so look for him in the water. Alan and his wife Annie have 2 daughters and a dog.

**Are you using the web?**

USMS and Inland Northwest Masters have great websites that can enhance your swimming experience.

www.usms.org

Get ideas for workouts, swimming skills and techniques, check on your times, fitness challenges and much more.

www.inlandnwmasters.org

Check results or meets and get entries for upcoming events.

Note from the Editor

Thanks to everyone, especially Larry, Amanda and Paige, who sent me information, pictures, etc. for the Splashmaster. I greatly appreciate it and invite every team to do the same. I would like to highlight swimmers other than WVM, so if you have a swimmer who you would like highlighted please let me know.

It was a great summer with all the open water swims and it looks like a full schedule for meets this winter. It's always so fun to see everyone at the meets. We hope to see many of you there. - Carolyn MaGee, editor

Inland Northwest Masters Swimming Committee - Board of Managers**Chair**

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Open Water Swims Highlight the Summer

Lewis Clark Neptunes Swimming hosted the inter-state, downstream 3/4-mile Snake River Challenge over the American Independence Day weekend in Clarkston, WA with age-group and Masters swimmers of all ages in attendance. While the water temperatures were not warm, very few wetsuits were seen on the hardy participants.



Event Director Ken Schuh giving instructions before the start of the swim.

The 3/4 mile swim was won by Ian Wheeler in 11:10.69.

Masters winner was Erin Craft in 13:14

Age division winners Female

- 12 & under Joelle Garrett 14:01.76
- 13-17 Courtney Schwiesow 12:03.93
- 18-25 Eric Craft 13:14.0
- 26-35 Tamara Coulter 13:18.65
- 36-45 Angela Bunce 14:20.96
- 46-55 Linda Snyder 13:28.20
- 56-65 Lori Clarke 15:39.44

Male

- 12 & under Jakob Christen-Cooney 11:36.61
- 13-17 Nate Endebrook 11:36.61
- 18-25 Ian Wheeler 11:10.69
- 26-35 Josh Dotson 17:13.97
- 36-45 Jamie Huminsky 14:04.55
- 46-55 Dave Strottmann 15:59.24



Running into the 61 degree Snake River water.

Snake River Challenge July 3

Steve Omi Swim July 17

Results Summary

Female

- Youth Anna Detar 22:06
- Adult Susanne Simpson 22:11
- Masters Maily Kress 28:03

Male

- Youth and Overall Winner Bryce Kananowicz 19:44
- Adult Ryan Driscoll 20:41
- Masters Larry Krauser 22:13

“And a Child Shall Lead Them...”
...out of Lake Coeur d’Alene

14 year old Bryce Kananowicz leads the pack finishing first overall in 19:44.



Eric Ridgeway checks his time as he exits the water.



Mary Adams smiling as she finishes the Steve Omi swim.

Long Bridge Swim

August 7

Overall winner—14 year old Bryce Kananowicz

Results

Females

- 12 and under Nicole Rozier 43:29
- 13-18 Peyton Bowen 40:30
- 19-29 Diana MacManus 46:33
- 30-39 Annie Warner 40:46
- 40-49 Lisa Valenti 46:10
- 50-59 Amy Mack 42:30
- 60-69 Connie Corson 1:04:47
- 70-79 Inger Aagesen 1:58:49
- 80+ Sister Madonna 1:17:42

Males

- 12 and under Aaron Law 42:37
- 13-19 Bryce Kananowicz 33:53
- 19-29 Aaron Fuller 39:35
- 30-39 Marcos Donolo 39:38
- 40-49 Edward Davis 38:29
- 50-59 Don Moravec 37:52
- 60-69 Pat McChesney 38:41
- 70-79 James Davies 53:29

Beautiful weather, perfect conditions led to great swims



Pictures taken from web site www.longbridgeswim.org

CdA Area Swim Team hosts the **CAST Classic** Open Water Swim August 14

The choice of a 2.5K, 5K, or 10K swim drew several people to Lake Coeur d' Alene on Aug. 14. The CAST Classic was held for the first time in this beautiful setting.

Female Winners

2.5K

Sidney Orr 39:54.60

Masters Suzanne Dills 42:41:05

5K

Kjirsten Magnuson 1:12:01.27

Masters Natalie Edge 1:10:57.27

10K

Lindsey LeValley 2:27:29.17

Masters Susanne Simpson 2:27:04.23

Male Winners

2.5K

Kyle Jones 38:19.87

Masters David Anderson 38:49.61

5K

Mason Shaw 1:05:21.00

Masters Kalen Darling 1:04:21.04

10K

Kirk Seymour 2:39:41.17

Masters John Van 2:23:42.22

Are we all inspired to jump in to the 10K for next year?



Marcos Donolo of HMS finishing his 10K swim.

Picture by Bonnie Hudlet.

WHEN SHOULDER HYPERMOBILITY IS A PROBLEM FOR THE SWIMMER

By Ross A. Hauser, MD

Athletes who participate in shoulder-stressing sports, such as tennis and swimming, often experience laxity, or looseness, in their shoulders, with female athletes normally having more shoulder laxity than male athletes. Certain sports stress different structures in the shoulder. Swimming tends to stress the anterior inferior structures (the front of the shoulder) during the backstroke and the posterior ligamentous support (the back part of the shoulder) during the pull-through phase of freestyle. The common denominator though, is excessive looseness of the shoulder joint.

The shoulder joint is essentially a free-floating ball suspended in a ring of ligamentous tissue. The rotator cuff muscles are the structures that move the shoulders. When the supporting structures of the shoulder become excessively hypermobile, the rotator cuff muscles are called upon to stabilize the shoulder, as well as move it. Eventually these structures fatigue and the swimmer is left with a rotator cuff tear, injury, or tendinopathy. In such a scenario, the real cause of the injury is shoulder joint hypermobility. If the training schedule is not altered and the swimmer continues training the same way, the swimmer may eventually suffer from shoulder misalignment, dislocations, or tears.

What can be done in this situation? There are four simple solutions when shoulder hypermobility goes from physiologic to pathologic and becomes a problem for the swimmer.

Stop dryland exercises that increase shoulder joint laxity. If a swimmer has a loose shoulder, then activities such as yoga and passive stretching of the shoulder should be discontinued.

Allow time for ligaments to tighten after workouts. Aggressive training exercises cause ligaments to elongate. If an athlete's training regimen is appropriate, sufficient time will be allowed for the exercised joint structures to remodel and repair. The amount of time required for this to occur is individualized for each swimmer. For the swimmer with shoulder hypermobility problems, swimming training hours may need to be reduced or the regimen may need to be altered. This might mean adding sets of backstroke instead of freestyle, which stress the opposite structures of the shoulders. Other times it may mean that rest days need to be incorporated into the swimmer's schedule.

Add appropriate strength training. The easiest way for an athlete to tighten up loose ligaments is to strength train. For swimmers with hypermobility issues, exercises that work all the shoulder muscles within a pain-free range, including the scapula stabilizers, should be incorporated. Strength training causes muscles to tighten, which can have a protective effect for the athlete with problematic hypermobility. Strength training of the shoulder should be not be attempted without first seeking the advice of health care practitioner with a rehabilitation/sports medicine specialty to get specific shoulder exercises, since just working shoul-

ders in the gym may aggravate a shoulder problem.

Assess your technique. You knew this one was coming. For the swimmer with a painful shoulder, certain technique skills must be checked to ensure that excessive stress is not being placed on the shoulder. This includes increasing body roll, maintaining a high elbow, and avoiding excessive elbow extension before beginning the hand in-sweep.

In any swimmer with significant pain, an accurate physical examination and diagnosis is important. If pathologic joint laxity is identified, all potentially contributing factors should be identified and altered if possible.

Ross A. Hauser, MD, 47, has completed numerous endurance swim events, in addition to five Ironman Triathlons. He received his undergraduate degree from University of Illinois. He graduated from the University of Illinois College of Medicine in Chicago and did his residency at Loyola/Hines VA in Physical Medicine and Rehabilitation. Dr. Hauser is the Medical Director of Caring Medical and Rehabilitation Services in Oak Park, Illinois

How I train Lincoln Djang

A Very Unusual Method of Swimming and Training

By Amanda Djang, Head Coach, 3 Rivers Masters

It has been said that there is no short cut to success, let alone setting a string of new World Records. People say that the formula for success is

determination and commitment,
a positive attitude, and
miles and miles of hard swimming.

Previously, Lincoln did this, but he was always tired. What I have found (as his wife and coach) is that the key ingredient to Lincoln's success as a Masters Swimmer is none of the above!

The change that I built into Lincoln's swimming workouts, training, and preparation is to allow Lincoln plenty of time recover - and plan his workouts accordingly. I try to be very aware of his workload and avoid those marathon sessions that push him past exhaustion.

Part of how I train Lincoln takes into consideration how his work is going, who else around him might be carrying a cold virus, what he's eating (and what he's not), how much work is needed by the house, the cars, and the twins' bicycles, and other factors of living life in general. The research that links training and stress on the body's illness and disease is correct! I help Lincoln avoid getting sick by FORCING HIM to swim recovery practices and not make problems worse. Yes, at times he does get frustrated with me, but so far, he hasn't yet complained about the results.

I stopped tracking his yardage, his weights, and almost everything

else. Lincoln is so motivated that those records were interfering with any progress he was making. Instead, we focus specifically on

Technique,
Flexibility,
Relaxation,
Stroke rhythm, and
Overall family health
and well being.

I keep tabs on only a few things.

General mood and sleep,
Muscle soreness, and

A mysterious factor that only a wife and a coach would know.



That's it! "The secret ingredient is that there is no secret ingredient!"
- Kung Fu Panda (2008).

[Ed. Note: Lincoln Djang, 3 Rivers Masters, broke the Men's 50-54 World Record in the 400 SCM Individual Medley with a time of 4:55.50. The previous record was 4:57.52 by Lorenzo Marugo of Italy in 2004.]

Amanda Djang of 3 Rivers Masters Swimming volunteered to serve as the Coaches Chair for the Inland NW LMSC. Many thanks, Amanda!

Words from the Chair

By Paige Buehler, Inland NW Masters Swimming Committee – Chair

Hello Swimsters,

Summer has sped by with some good sunny days sandwiched in by cooler, cloudy weather. During that time we've seen two open water swims sanctioned by both US Masters Swimming and USA-Swimming. The Lewis-Clark Neptunes hosted their second annual ¾ mile Snake River Challenge and Coeur d'Alene Area Swim Team hosted their first annual CAST Classic of 2.5k, 5k and 10k swims. Look further in the newsletter for details on and photos from those events.

A task force comprised of Treasurer Alan Kirpes, Vice Chair Matt Bronson and I met this summer by phone and email to hammer out a new structure for all of the fees we charge swimmers and clubs. They include our LMSC's portion of your USMS membership dollars; sanction fees for meets, open water swims and clinics; and club membership fees. The Inland Northwest Local Masters Swimming Committee (IWMSC- our little self-governing nook of USMS) Board of Managers will be voting on

these fee proposals at their September meeting. The hope is to give more autonomy to the clubs/workout groups that host events, pass along a couple of membership fee increases coming from USMS national, and, if approved, change the discounts offered by the LMSC to encourage younger swimmers to join USMS.

In mid-September I will be in Dallas, TX at the annual US Masters Swimming convention representing you all in the House of Delegates where I will be voting for new USMS At-Large Directors for the Board, voting on changes to the USMS rules of swimming, attending workshops and meeting with the Northwest Zone delegates. I'm also serving at the national level on the new LMSC Development Committee and will meet with that committee to discuss work we've done this summer, especially on membership retention.

One of the workshops I hope to attend is how to



"Recruit and Recognize Volunteers at the Local Level." Our current officers' terms end in March 2011. We are also in need of an Officials Chair. The primary responsibilities are to serve as a point of contact for the Officials Committee to disseminate information to counterparts in the LMSC and to provide information and feedback from the LMSC. It's a voting position on the IWMSC Board of Managers and attendance at bi-monthly board meetings (by teleconference) is requested. Please let me know if you are interested in volunteering in any capacity with our local Masters Swimming organization where we are best able to serve our fellow swimmers.

As the weather cools, see you in the pools!

[Ed. Note: Look for Paige's report from convention in our next issue.]

Spokane Waves Aquatic Team Masters organizes the 3rd annual



Sink or Swim Meet

Saturday, October 23rd 2010

Date/Times: Saturday, October 23th, 2010. Warm-up starts at 1, Meet starts at 1:30 pm.

Sponsor: Spokane Waves Aquatic Team. Sanctioned by Inland Northwest Masters Swimming (IWMSC) for United States Masters Swimming Inc. (USMS) Sanction number 03501023.

Eligibility: All swimmers must be currently registered US Masters swimmers. New registrations (found in the *Splashmaster*) should be sent to Mark Taylor or can be completed online: www.usms.org/reg.

Rules: All current USMS rules will apply. Certified stroke and turn judge will be present at all IWMSC sanctioned meets. Please consult the 2010 USMS Rulebook about proper stroke and turn rules, see online at www.usms.org/rules/. Events will be seeded slow to fast.

Deadline: All early entries must be postmarked by October 16th, 2010. Incomplete or late entries will be treated as "deck entries". **All Deck entries must be in before 1PM. Competition starts. 1:30**

Fees: \$20 for entries sent by October 16th, \$30 for "deck entries." Make checks payable to: IWMSC, cash will not be accepted with entry forms or at the meet.

Conduct of the meet: Each participant may swim five individual, and three relay events.

Relays: Submit relay cards to the clerk of course by 1:30 PM. Individuals must be signed up with the club they represent to have their relay points count for that club.

Awards: First-Third place ribbons will be available free of charge.

Directions: Swim is at the Whitworth University pool. Take I-90 east or west to exit 280. Take 395 North. Take a left on West Hawthorne Rd (there is a Shell station on your right.) Stay straight at the traffic lights. Take the second street on your right (College). Follow the road through the curve left, and then the curve right. Take your first left. The parking lot is on your right hand side, the pool is in the far right back.

Postmarked by: October 16, 2010
Mail Entries to: Diana Schuh
1112 E. Carlson Ln.
Spokane, WA 99208
Entry fee: \$20.00 prior to October 16
\$30.00 for Deck Entries

Name _____ Male Female Birthdate _____ Age _____
Address _____ City, State, Zip _____
Phone _____ USMS # _____ Club/Team _____ Email _____

Enter events using Yard Times • Maximum of 5 Individual and 3 Relay Events.

- | | | |
|--|---------------------------------------|-------------------------------------|
| 1) 400 Y Ind. Medley _____ | 6) 200 Y Backstroke _____ | 14a) 200 Y Medley relay _____ |
| 2) 1000 Y Freestyle _____ | 7) 50 Y Butterfly _____ | 14b) 200 Y Mixed Medley relay _____ |
| | 8) 200 Y Ind. Medley _____ | |
| Second Warm-up at Approx. 2:00 pm | 9a) 400 Y Freestyle Relay _____ | 10 Minute Break |
| | 9b) 400 Y Mixed Freestyle Relay _____ | |
| 3a) 200 Y Freestyle Relay _____ | | 15) 200 Y Freestyle _____ |
| 3b) 200 Y Mixed Freestyle Relay _____ | 10 Minute Break | 16) 50 Y Breaststroke _____ |
| | | 17) 100 Y Backstroke _____ |
| 10 Minute Break | 10) 100 Y Freestyle _____ | 18) 200 Y Butterfly _____ |
| | 11) 200 Y Breaststroke _____ | 19) 100 Y Ind. Medley _____ |
| 4) 50 Y Freestyle _____ | 12) 50 Y Backstroke _____ | 20) 500 Y Freestyle _____ |
| 5) 100 Y Breaststroke _____ | 13) 100 Y Butterfly _____ | |

RELEASE OF LIABILITY BY PARTICIPANT: 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 of the risks inherent in swimming (training & competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE SWIMMING PROGRAM OR ANY OTHER ACTIVITY INCIDENT THERETO, I HEREBY WAIVE ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, THE HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS Swimming.

Signature: _____ Date: _____

Printed Name: _____

United States Masters Swimming & Inland Northwest LMSC

Member Registration



2010

New Registration Renewal
USMS # _____

Last Name First Name Middle Initial

Mailing Address Apt #

City State Zip

Home Phone	Cell Phone	Email Address (<i>internal use only</i>)		Inland NW LMSC's Splashmaster newsletter is sent by email. Do you want a paper copy mailed to you? <input type="checkbox"/> YES <input type="checkbox"/> NO
Date of Birth	Age	Male/Female	Please check if you are a... <input type="checkbox"/> Masters swim coach <input type="checkbox"/> Certified swim official	
			Are you a member of... <input type="checkbox"/> YMCA <input type="checkbox"/> USA Triathlon	

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.

Use of Image/Likeness: I grant permission to US Masters Swimming and its affiliates to use my likeness and/or image in photographs, video, motion pictures, recordings, or any other record for legitimate purpose

Signature _____

Club Affiliation

- Unattached Club (no participation in USMS relays)
- Spokane Waves Aquatic Masters (SWAT)
- Lewis-Clark Neptunes Masters Club (LCNM)

Date _____

Questions about affiliating with the right Club/Team?

Talk with your coach, team rep, or the Inland NW registrar

Hydropower Masters Swim Club (HMS) - select a workout group/team within the club

- | | | | |
|--|--|---|---|
| <input type="checkbox"/> Lake City Masters | <input type="checkbox"/> Moscow Chinooks Masters | <input type="checkbox"/> Sandpoint West Athletic Club | <input type="checkbox"/> Fairchild AFB Masters |
| <input type="checkbox"/> Spokane Club Masters | <input type="checkbox"/> Spokane Masters Swim & Tri | <input type="checkbox"/> Tri-Cities Atomic Sturgeons | <input type="checkbox"/> 3 Rivers Masters Swimming |
| <input type="checkbox"/> Moses Lake Manta Rays | <input type="checkbox"/> Ellensburg Windy City Masters | <input type="checkbox"/> Wenatchee Valley Masters | <input type="checkbox"/> Unattached team (relays at zone/natl meets, none at Inland NW meets) |

Fees	Total
<input type="checkbox"/> Individual	\$35.00
<input type="checkbox"/> Senior (age 60+)	\$32.50
<input type="checkbox"/> Couples registering together (both sign)	\$60.00
<input type="checkbox"/> Late Year (Sept & Oct)	\$23.00
USMS Endowment	\$
ISHOF Endowment	\$
Total Enclosed	\$

Benefits of Membership

- ⇒ ⇒ *USMS Swimmer Magazine* subscription
- ⇒ ⇒ *Splashmaster* newsletter and communications from the Inland NW Masters Swimming Committee
- ⇒ ⇒ Secondary accident insurance
- ⇒ ⇒ Coached workouts in locations nationwide
- ⇒ ⇒ Avenues for competition and fitness events

Make check payable to: IWMSC
 Mail check & form to: Mark Taylor, Registrar
 714 Mabelle St.
 Moscow, ID 83843

Questions? Email mabelleray@yahoo.com

New team: 3 Rivers Masters Swimming – Tri Cities, Washington



(L-R) Sebastien Guillot, April Axtell, Sean Murphy, Amanda Moogie, Coach Amanda Djang, Anthony Tappin, Florence Kirchner, David Cabrey, Jason Hart, Lincoln Djang

3 Rivers Masters is a new USMS HMS workout group from the Richland Pasco Kennewick (Tri Cities) area.

3RMS is composed of all ages and skill levels of swimmers: competitive USMS swimmers, triathletes, health and wellness swimmers, and learn-to-swim adults. The members share a love of swimming, but have diverse occupations: retirees, scientists, engineers, teachers, and college students, to name a few. The program is designed for maximum schedule flexibility to meet the needs of its team members. Head Coach Amanda Djang is in her 7th year of coaching. Her certifications include ASCA Level 2, USA Age-Group, ASCA Certified Stroke Technician, and others. She is a registered coach with the World Swim Coaches Association; is pursuing certification as a USA-Triathlon coach; and is also an active board Member of Washington State PTA Region 12; besides owning her own small business.

Coach Djang's main goal is to make 3RMS swimming the best possible experience for the team. This goal goes along with what USMS and HMS are striving for (Serve, Educate, and Build) specifically, **Serve**

Be involved with 3RMS development at the local-, regional-, national-level, and beyond.

Educate

Produce swim clinics for USMS members and individualized 3RMS lesson plans.

Build

Be consistent with the 3RMS training plans - regardless of skill level.

3RMS has a good start in competition. Its very first swim resulted in new World- and USMS-records. It has also recorded several USMS Top-10 swims and Inland Northwest Masters LMSC records.

However, the most significant accomplishment of our team comes from the adults, who have overcome their fear of water to become swimmers, the triathletes whose time drops, and most importantly, the ones who have discovered the magic and joy of swimming.

Splashmaster

IWMSC'S NEWSLETTER

714 Mabelle St.
Moscow, ID 83843

To the Swimming Household of



Moscow Chinooks having a hard workout.