



Joelle Pomranning Olsen, Captain Kyle Singer (kayaker for Kathy), Brian Mahoney, Troy Baker, Kathy Farrell Guizar, Bryan Bissett (kayaker for Joelle)

Slam the Dam – or what happens in Vegas stays in Vegas

By Kathy Farrell-Guizar, Walla Walla Masters

Four Walla Walla Masters swimmers traveled to Las Vegas, Nevada to compete in the “Slam the Dam” Open Water event held October 6. Joelle Pomranning Olsen (27) and Kathy Farrell Guizar (40) swam the 8K with the help of two volunteer kayakers from Nellis Air Force Base; Troy Baker (45) swam the 2.4 mile race which started an hour later; Brian Mahoney (52), Masters swimmer ‘for the day’ swam in the 1.2 mile event which conveniently began after his teammates had finished. All four swimmers competed in distances surpassing previous efforts. Final results can be found on the Slam the Dam website:

<http://www.slamthedam.com/>

Other activities were enjoyed throughout the day and night, but will not be mentioned in this article... as the evidence “stayed in Las Vegas.”

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Troy Baker and Kathy Farrell Guizar of Walla Walla Masters upon completing their final swim in the 2012 USMS postal championship series.

Bob Bruce Deconstructs Freestyle in Moscow, Idaho

The Chinooks kicked off their evening swim practices with a 4-hr freestyle clinic in which Bob Bruce, coach of the Central Oregon Masters, combined theory with practice. We learned the hand signals he used to correct our body position through multiple drills. Bob told us to toss the kickboards and practice kicking on our sides to help with rotation. And he really stressed the importance of high elbows, stretching long and rotating the elbow to catch before the power part of the stroke. Now we have 5 practices a week to put it all together. Thanks, Bob!

Participating in the Postal Championship Series

On the weekend of November 9th, two Walla Walla Masters swimmers completed their first Postal Series Challenge. Troy Baker and Kathy Farrell Guizar swam 6,000 yards in 1:46:27.16 and 1:28:28.16 respectively. This followed their 3,000 yards swim the previous weekend (Troy 48:47.94 and Kathy 43:57.62). The series started in January with an hour timed swim. Kathy swam 4,205 yards and Troy swam 3,750 yards; neither had swum an hour without stopping previously. The second and third challenges required swimming in a 50m pool so the duo traveled to Pendleton, OR (the closest Olympic-sized pool to Walla Walla) and with the help of teammates Joelle Pomranning Olsen and Brian Mahoney completed each a 5,000 meter and 10,000 meter swim on two separate weekends. (Kathy: 1:25.35 5K and 2:51:12.99 10K); (Troy: 1:40.07 5K and 3:45:43.00 10K). The 5,000 and

10,000 swims must be completed between May 15 and September 15. The final two swims, 3,000 and 6,000 in a 25 yard or meter pool, usually are completed between September 15 and November 15 but because of the devastation back East due to Sandy, the deadline was extended to November 25. Final results are pending at this time.

Troy and Kathy invite any other LMSC members interested in competing in the 2013 series to contact them.

WHEN ARE THE POSTAL CHAMPS?

ONE HOUR SWIM – JAN 1-15
5 & 10 KM – MAY15-SEP 15
3000 & 6000 YD – SEP 15-NOV 15

SEE
[HTTP://WWW.USMS.ORG/LONGDIST/LDNATS13/](http://www.usms.org/longdist/ldnats13/)
FOR ONLINE AND PAPER
ENTRIES, SPLIT SHEETS AND
OTHER RESOURCES

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The newsletter of the Inland Northwest LMSC

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Letter from the IWMSC Chair

By Paige Buehler

The 2012 USMS registration year ended on October 31. The Inland Northwest LMSC was just 6 swimmers shy of hitting 400 members for the year. Well, now we have a new goal! But it's more fun to look at the growth rates: 10% from 2011, 17% from 2010, and 52% from 2007 (5 yrs ago). What a great testament to the dedication of our team and club volunteers, our LMSC's board of managers and especially to our coaches for providing such strong programming at a pool near you.

The Board approved the 2013 budget that includes funds to replace our aging meet computer, to hold a breaststroke clinic and to send two delegates to the USMS annual convention in Anaheim, CA (can you say "Disneyland!")

Speaking of which it's not too late to get nominated to the board. We have teleconferences every other month to discuss LMSC business and coordinate swimming activities across our region. In addition to officers, each registered Local Club and each team within the Hydropower Masters Swim Club (regional club) has a delegate to the Board.

Enjoy the holidays this winter. See you in the (happily climate-controlled) water!



USMS Convention Report 2012

By Troy Baker, Vice chair – IWMSC Board of Managers (Walla Walla Masters), pictured at left with Sandi Rousseau and Ginger Pierson (Oregon LMSC) at the convention banquet.

Each year USMS delegates convene to discuss and vote on proposed changes to our rules and legislation. This year the convention was held in Greensboro NC where the 2012 USMS National SCY Championships were held. Every other year is either a rules year or legislation year. 2012 was a rules year; be sure to check out the 2013 USMS Rules book for all the approved changes. (www.usms.org/rules) This was my first experience at convention and as a new delegate I was fascinated with the efficiency of the process though I'll admit Thursday morning was a little overwhelming. The House of Delegate meetings held the US Masters convention on

course and the individual committee meetings provided the avenue for which decisions would be made during the final House of Delegates Meeting on Saturday afternoon. Each day started with either a dry land or pool workout after which the meetings began. Zone and Committee meetings filled the majority of the day on Thursday along with a very informative Sports Medicine presentation to finish off the day. The information covered in the presentation can be found on the FINA.com site under the Sports Medicine Section and it's definitely worth checking out. Friday was filled with committee and House

of Delegate meetings along with workshops. I attended the "Practice Safe Swimming" and the "Partnering with USA Swimming" workshops (materials have been posted to www.usms.org/admin/conv/2012). Saturday was a day filled with committee meetings and the final House of Delegate meeting at which the proposed rule changes were

US Aquatic Sports
U.S. Masters Swimming,
USA Diving,
USA Synchronized Swimming,
USA Water Polo, and
USA Swimming

voted upon. The US Aquatic Sports Banquet was that evening where annual

awards were presented to athletes and coaches from all the represented Aquatic Sports governing bodies. Of course the USMS stole the show with our award presentations! Thanks to the board for the opportunity to represent our LMSC at the 2012 convention.

Brute Squad Set Challenge

It's 2250 yards but for the Brute Squad it's the quality of the yards, not the quantity, that counts. Swim a 400 IM, a 200 Fly and a 1650 Free and you can count yourself a member.

The Hydropower Masters Swim Club has always done well in the Brute Squad Postal in large part because it was created in the Inland Northwest by former WSU Masters swim coach, Doug Garcia. This year Doug decided not to hold the postal event, but the Moscow Chinooks Masters and Wenatchee Valley Masters didn't let that stop them. Instead they swam the Brute Squad set and invested the money they would have paid for a postal event in food for donation to their local food bank. Even Doug's new team in Ft. Collins, CO took the challenge to see who could get the most participants and collect the most food. Here are the results!

Wenatchee Valley: 8 Brutes, decided not to collect food

Moscow Chinooks: 30 Brutes, 249 lbs food

Ft. Collins Vortex: 15 Brutes, 250 lbs food

"You are the Brute Squad!" –
Miracle Max in *The Princess Bride*



Moscow Chinooks coach, Matt Edde, grabs another bag of food to weigh while Emilie Edde and Paige Buehler calculate totals.

Other Northwest Zone meets and events can be found on the USMS **Northwest Zone Discussion Forum** via the following link:
<http://forums.usms.org/showthread.php?t=20089>

Thanks to Doug Jelen for providing the results of his exhaustive research of Northwest Zone Meets and posting them on the Northwest Zone Discussion Forum.

Inland Northwest LMSC Officer Nominations & Elections

The Inland NW LMSC is the regional governing body for US Masters Swimming in Eastern Washington and Northern Idaho.

As a non-profit corporation, IWMSC needs a chair, vice chair, treasurer and secretary to meet state corporation laws and to be able to function efficiently. We also have appointed coordinator positions:

fitness, sanctions, newsletter, webmaster, open water, coaches, officials, registrar and Top 10.

Nominations for officers are actively being taken.

Contact Sean Murphy at IWRegistrar@usms.org to nominate yourself or another USMS member prior to February 1, 2013.

UPCOMING EVENTS
In the Inland Northwest LMSC

Wenatchee Winter Invitational

Sunday, January 13
Wenatchee High School Pool
Wenatchee, WA

Breaststroke Clinics

Saturday, Feb 9, 10-2
Kroc Center. CdA, ID
Sunday, Feb 10, 10-2
TCCC, Richland, WA

Lake City Masters Spring Splash

Saturday, March 9
Salvation Army Kroc Center
Coeur d'Alene, ID

Inland NW Masters Championships

Sat & Sun, April 6-7
University of Idaho Swim Center
Moscow, ID

Register ONLINE for events & meets

Go to www.inlandnwmasters.org
Current events are on the home page