

# SPLASHMASTER

Volume 9 Number 4

November/December 2006

## Put Some Power Into Your Stroke

BY: RYAN HITE, BS, CSCS, USAT

IT IS NOT A QUESTION THAT SWIMMING is considered an endurance sport and requires an athlete to push physical limits for minutes or even hours on end. Much of the training that goes into a swimmers routine consists of logging long yards in a pool or possibly the occasional speed workout in the water. Unfortunately, many swimmers shy away from an extremely beneficial form of training- land based resistance training to increase power. Typically endurance athletes such as swimmers fear that using resistance training as an exercise modality will add unwanted body mass and reduce endurance performance. This is not the case. The large quantity of yards that swimmers log in a week does not warrant excessive gains in muscle mass. Similarly, gaining weight in the form of muscle takes an increased amount of calories. Without adding extra calories to an athlete's diet, it is very difficult to gain weight.



Another misconception in the swimming world is that endurance events do not require power. Power is defined as producing a certain amount of work

see **POWER IN YOUR STROKE** on page 6

### Inland NW Masters Calendar

#### January 1, 2007

New registration year begins, have you renewed your membership? See page 11.

#### January 10, 2007

Entry deadline New Year's Splash Swim Meet, Spokane. Entry form on page 5.

#### January 20, 2007

**New Year's Splash Swim Meet, Spokane.** Deck entries taken.

**Inland NW Masters Board Meeting,** following Spokane Club Meet,

#### February 14, 2007

Entry deadline Sweetheart Meet, Wenatchee. Entry form on page 7.

#### February 24, 2007

**Sweetheart Meet, Wenatchee.** Deck entries taken.

#### March 21, 2007

Entry deadline, Inland NW Masters Short Course Yards Champs, Pullman, entry form in next issue of the *Splashmaster*.

#### March 31-April 1, 2007

**Inland NW Masters Short Course Yards Champs, Pullman,** deck entries not taken.

#### May 17-20, 2007

USMS Short Course Yards Nationals Weyerhaeuser King County Aquatic Center, Federal Way, Washington

#### July 15, 2007

Steve Omi Swim, Lake Coeur d'Alene, Idaho

#### August 4, 2007

USMS 1-3 Mile Open Water Championships Sandpoint Long Bridge Swim, Lake Pend Orielle, Idaho.

## YOUR USMS REGISTRATION IS ABOUT TO EXPIRE

All memberships in United States Masters Swimming expire on December 31. Renew your membership today to keep receiving the *Splashmaster*, *USMS Swimmer Magazine*, all the events listed below and more! Registration form on page 11.

### Inside This Issue

- Results from Worlds, and Chinook Meets
- USMS convention news
- 2007 USMS Registration Form
- WSU Masters Brute Squad Postal Meet entry form
- Meet entry forms for Spokane Club and Wenatchee



## Inland Northwest Masters

Local Masters Swimming Committee Board and Team Representatives full contact information available online [www.InlandNWMasters.org](http://www.InlandNWMasters.org)

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Send editorial comments to: Doug Garcia, Editor

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# USMS Convention Wrap Up

USMS held its annual organizing convention in Detroit in September. Among the most important actions taken by the House of Delegates was to approve a \$5 membership fee increase set to take place for the 2008 membership year. Other actions take included:

### USMS Awards

- Ransom J. Arthur Award: Sally Dillon, Pacific Northwest
- Coach of the Year: Sue Welker, Naperville Waves Swim Club, Illinois
- Newsletter of the Year: West Hollywood Aquatics, Dan Adams, Editor
- Raleigh Area Masters National Championship Meets Award: Michael Moore, Pacific
- June Krauser Communications Award: Lynn Hazlewood, Potomac Valley
- 2007 Rule Book dedication: Local Organizing Committee for XI FINA World Masters Championships
- USMS Club of the Year: YMCA Indy SwimFit - Mel Goldstein, President
- David Yorzyk Award: Charlotte Davis, Pacific Northwest

- Dorothy Donnelly Service Award: Marcia Benjamin, Pacific; Connie Barrett, Southern Pacific; Kathy Casey, Pacific Northwest; Tom Boyd, Southern Pacific; Mo Chambers, Southern Pacific; Debbie Cavanaugh, Florida Gold Coast; Randy Crutchfield, Indiana; Sue Haugh, North Carolina; Laura Kessler, Lake Erie; Fritz Lehman, North Carolina; Hugh Moore, Pacific Northwest; Jon Steiner, Pacific; Mary Pohlmann, Illinois; Patricia Tullman, Florida; Walt Reid, Pacific Northwest

### 2008 Championships awarded to:

Short Course Yards: University of Texas, Austin, TX, April 24-27 (tentative); Long Course Meters: Mt. Hood Community College, Mt. Hood, OR, August 14-17; One Hour Postal: YMCA Indy SwimFit; 3000/6000 Postal: Swim Louisville; 5K/10K Postal: COMA; 2 Mile Cable: Virginia Masters; 1 Mile Open Water: Connecticut Masters; 1-3 Mile Open Water: Wisconsin Masters; 3-6 Mile Open Water: COMA; 6+ Mile Open Water: Clemson

## Twenty-Eight—Count 'Em—Reasons Why You Should Compete in a Swim Meet

Many swimmers have never competed in a meet or do so only infrequently. That's a shame, because there are many reasons to compete regularly. In fact, Lee Carlson, Pacific Northwest Aquatics's meets chair, has identified 28 reasons to take the plunge. Here they are:

- Savor the experience
- Challenge yourself
- Support your teammates
- Meet new friends
- Renew old friendships
- Collect on a bet or dare
- Get the adrenalin going
- Swim a new event
- Swim a different distance
- Swim a new stroke
- See if you can keep your goggles on at the start
- Swim the race smartly
- Execute the stroke smoothly
- Measure your conditioning program
- Cheer for swimmers you know
- Have your kids or grandkids come and watch you for a change
- See if you can establish a personal best time
- See if you come close to a best time
- See if you are maintaining your times
- Hold your best pace for a 400, 500 or longer
- Find out what a negative split is
- Feel the sheer joy of it
- Honor those swimmers who keep swimming year after year and serve as an inspiration for us all
- Feel the pain stop at the end of the race
- Enjoy the warm-down after the event
- Choose your favorite food and beverage afterward without feeling guilty
- Enjoy the fellowship with your teammates

From the PNA Wet Set Newsletter.

# Chinook Spawning Swim Meet RESULTS

September 30, 2006, Moscow, Idaho

## WOMEN'S EVENTS

### Women 30-34

<b>50 Yard Freestyle</b>			
1 Strand, Tara	32	MCM	30.43
2 Guettler, Brenda	30	MCM	31.64
<b>100 Yard Freestyle</b>			
1 Heusser, Amy	31	UNAT	1:18.62
<b>50 Yard Backstroke</b>			
1 Guettler, Brenda	30	MCM	38.66
<b>100 Yard Backstroke</b>			
1 Heusser, Amy	31	UNAT	1:32.43 (U)
<b>50 Yard Breaststroke</b>			
1 Guettler, Brenda	30	MCM	41.23
<b>100 Yard Breaststroke</b>			
1 Heusser, Amy	31	UNAT	1:41.78
<b>50 Yard Butterfly</b>			
1 Strand, Tara	32	MCM	34.52
2 Guettler, Brenda	30	MCM	38.15
<b>100 Yard Butterfly</b>			
1 Heusser, Amy	31	UNAT	1:39.20
<b>100 Yard Individual Medley</b>			
1 Guettler, Brenda	30	MCM	1:19.53
<b>200 Yard Individual Medley</b>			
1 Heusser, Amy	31	UNAT	3:27.02

### Women 35-39

<b>100 Yard Freestyle</b>			
1 Buehler, Paige	38	MCM	1:08.40
<b>100 Yard Backstroke</b>			
1 Buehler, Paige	38	MCM	1:23.16
<b>100 Yard Breaststroke</b>			
1 Buehler, Paige	38	MCM	1:33.93
<b>100 Yard Butterfly</b>			
1 Buehler, Paige	38	MCM	1:23.44
<b>200 Yard Individual Medley</b>			
1 Buehler, Paige	38	MCM	2:56.54

### Women 45-49

<b>50 Yard Freestyle</b>			
1 Planck, Suzanne	46	MCM	41.31
<b>50 Yard Backstroke</b>			
1 Planck, Suzanne	46	MCM	49.70
<b>50 Yard Breaststroke</b>			
1 Planck, Suzanne	46	MCM	55.06
<b>50 Yard Butterfly</b>			
1 Planck, Suzanne	46	MCM	48.21 (U)
<b>100 Yard Individual Medley</b>			
1 Planck, Suzanne	46	MCM	1:41.62

### Women 50-54

<b>50 Yard Freestyle</b>			
1 Adams, Mary	51	LCM	39.38
<b>100 Yard Freestyle</b>			
1 Bell, Deborah	54	MCM	1:25.56
<b>50 Yard Backstroke</b>			
1 Hair, Margaret	51	LCM	37.37
2 Adams, Mary	51	LCM	49.49
<b>100 Yard Backstroke</b>			
1 Hair, Margaret	51	LCM	1:21.46 (I)
2 Bell, Deborah	54	MCM	1:43.69
<b>50 Yard Breaststroke</b>			
1 Cosens, Barb	50	MCM	44.21
2 Adams, Mary	51	LCM	50.23
<b>100 Yard Breaststroke</b>			
1 Hair, Margaret	51	LCM	1:23.79 (I)
2 Cosens, Barb	50	MCM	1:35.01
3 Bell, Deborah	54	MCM	1:47.71
<b>50 Yard Butterfly</b>			
1 Adams, Mary	51	LCM	47.96
<b>100 Yard Butterfly</b>			
1 Bell, Deborah	54	MCM	1:45.65
<b>100 Yard Individual Medley</b>			
1 Adams, Mary	51	LCM	1:38.67
<b>200 Yard Individual Medley</b>			
1 Bell, Deborah	54	MCM	3:31.85

### Women 85-89

<b>50 Yard Freestyle</b>			
1 Rudolph, Jean	85	MCM	1:17.60 (I)
<b>50 Yard Backstroke</b>			
1 Rudolph, Jean	85	MCM	1:13.73 (I)
<b>100 Yard Backstroke</b>			
1 Rudolph, Jean	85	MCM	2:44.68 (I)
<b>50 Yard Breaststroke</b>			
1 Rudolph, Jean	85	MCM	1:35.90 (I)
<b>100 Yard Breaststroke</b>			
1 Rudolph, Jean	85	MCM	3:28.42 (I)

## MEN'S EVENTS

### Men 25-29

<b>100 Yard Freestyle</b>			
1 Donolo, Marcos	31	WSU	58.35
<b>100 Yard Backstroke</b>			
1 Donolo, Marcos	31	WSU	1:11.30
<b>100 Yard Breaststroke</b>			
1 Donolo, Marcos	31	WSU	1:17.20
<b>100 Yard Butterfly</b>			
1 Donolo, Marcos	31	WSU	1:11.23

<b>200 Yard Individual Medley</b>			
1 Donolo, Marcos	31	WSU	2:27.70

### Men 40-44

<b>50 Yard Freestyle</b>			
1 Garcia, Doug	44	WSU	32.10
<b>50 Yard Backstroke</b>			
1 Garcia, Doug	44	WSU	41.65
<b>50 Yard Breaststroke</b>			
1 Garcia, Doug	44	WSU	40.10
<b>50 Yard Butterfly</b>			
1 Garcia, Doug	44	WSU	40.41
<b>100 Yard Individual Medley</b>			
1 Garcia, Doug	44	WSU	1:25.82

### Men 45-49

<b>50 Yard Freestyle</b>			
1 Johnson, Brian	45	MCM	27.40
2 Lamar, Thomas	45	MCM	29.60
3 Gerke, Charles	47	MCM	30.93
<b>100 Yard Freestyle</b>			
1 Ridgway, Eric	45	SWAC	1:05.57
2 Gerke, Charles	47	MCM	1:08.34
<b>50 Yard Backstroke</b>			
1 Johnson, Brian	45	MCM	30.34
2 Lamar, Thomas	45	MCM	34.66
<b>50 Yard Breaststroke</b>			
1 Johnson, Brian	45	MCM	33.45
2 Gerke, Charles	47	MCM	36.18
2 Ridgway, Eric	45	SWAC	36.18
4 Lamar, Thomas	45	MCM	38.55
<b>100 Yard Breaststroke</b>			
1 Ridgway, Eric	45	SWAC	1:19.79
2 Gerke, Charles	47	MCM	1:25.07
<b>50 Yard Butterfly</b>			
1 Johnson, Brian	45	MCM	28.52
2 Lamar, Thomas	45	MCM	31.94
<b>100 Yard Individual Medley</b>			
1 Johnson, Brian	45	MCM	1:06.42
2 Ridgway, Eric	45	SWAC	1:14.73
3 Lamar, Thomas	45	MCM	1:15.16
4 Gerke, Charles	47	MCM	1:20.38

<b>200 Yard Individual Medley</b>			
1 Ridgway, Eric	45	SWAC	2:49.07

### Men 65-69

<b>50 Yard Freestyle</b>			
1 Murray, Glen	67	MCM	40.59
2 Spomer, George	69	MCM	53.68
<b>100 Yard Freestyle</b>			
1 Spomer, George	69	MCM	2:07.75
<b>50 Yard Backstroke</b>			
1 Spomer, George	69	MCM	1:09.48
<b>50 Yard Breaststroke</b>			

1 Murray, Glen	67	MCM	44.39
<b>100 Yard Breaststroke</b>			
1 Murray, Glen	67	MCM	1:36.56

### Men 75-79

<b>50 Yard Freestyle</b>			
1 Bresko, William	78	UNAT	55.46
<b>50 Yard Backstroke</b>			
1 Bresko, William	78	UNAT	1:12.35
<b>50 Yard Breaststroke</b>			
1 Bresko, William	78	UNAT	55.54
<b>50 Yard Butterfly</b>			
1 Bresko, William	78	UNAT	1:10.62
<b>100 Yard Individual Medley</b>			
1 Bresko, William	78	UNAT	2:20.63

*see relay events on page 4*

## RELAY EVENTS

<b>Mixed 35+ 200 Yard Medley Relay</b>			
1 MCM			2:36.96
Buehler, Paige 38		Murray, Glen 67	
Bell, Deborah 54		Gerke, Charles 47	
<b>Men's 45+ 200 Yard Medley Relay</b>			
1 MCM			2:20.54
Johnson, Brian 45		Gerke, Charles 47	
Lamar, Thomas 45		Murray, Glen 67	
<b>Mixed 25+ 200 Yard Medley Relay</b>			
1 MCM			2:25.60 (U)
Johnson, Brian 45		Planck, Suzanne 46	
Lamar, Thomas 45		Guettler, Brenda 30	

### Codes

Inland NW Masters Record	(I)
NW Zone Record	(Z)
USMS Record	(U)
World Record	(W)
Unofficial	(X)
Disqualified	(DQ)

### Key for Teams

Lake City Masters	LCM
Moscow Masters	MCM
North Spokane Masters	NSM
Pacific Northwest Masters	PNA
Spokane Club Masters	SCM
Unattached	UNA
WSU Masters	WSU
Wenatchee Valley Masters	WVM
Yakima Valley Masters	YVM

# Lake City Swimmers Among Competitors at Worlds

## INDIVIDUAL POINTS

Pl Name Age Team Pnts

### Female Scores

1	Rudolph, Jean	85	MCM	50
2	Caseltan Lowe, Carrie	27	MCM	35
2	Planck, Suzanne	46	MCM	35
2	Buehler, Paige	38	MCM	35
2	Heusser, Amy	31	UNAT	35
6	Guettler, Brenda	30	MCM	31
6	Adams, Mary	51	LCM	31
8	Bell, Deborah	54	MCM	30
9	Hair, Margaret	51	LCM	27
10	Strand, Tara	32	MCM	14
11	Cosens, Barb	50	MCM	12

### Male Scores

1	Bresko, William	78	UNAT	35
1	Johnson, Brian	45	MCM	35
1	Donolo, Marcos	31	WSU	35
1	Garcia, Doug	44	WSU	35
5	Ridgway, Eric	45	SWAC	30.5
6	Lamar, Thomas	45	MCM	22
7	Gerke, Charles	47	MCM	21.5
8	Murray, Glen	67	MCM	21
9	Spomer, George	69	MCM	19
10	Fisher, John	25	MCM	7

## TEAM POINTS

Pl Team	Abrv	Points
1 Moscow Chinook Masters	MCM	465.5
2 WSU Masters	WSU	70
3 Lake City Masters	LCM	58
4 Sandpoint	SWAC	30.5
Unattached	UNA	70

Along with 5500 other swimmers, Lake City swimmers Cindy Clutter and Margaret Hair attended the XI FINA Masters World Championship held at Stanford University last August.

Checking in at Stanford and Avery Aquatic Center proved to be a struggle between feeding the parking meter, waiting in long lines and trying to get some swim time.

Both Clutter and Hair had personal bests in all their swims. They attributed their swims to inspiration from the high caliber of swimmers at the event; as well as their new Speedo fastskin suits. One unexpected challenge with the suits was getting into them. In the Stanford locker room they noticed they were not alone in this challenge.

With so many swimmers and lots of events, Cutter and Hair had plenty of time to enjoy the warm sunny days. The two did plenty of people-watching, studying swimmers in particular, and generally observing everything at the venue. In addition they also they took advantage of the symposiums held on health and fitness. They were at the pool early each day—translation good parking and good seats for viewing—which meant for long days. Each had a day where their only event was a 50 meter swim, occurring at 4:30 p.m. they chose not to leave the area for fear of missing an event.

After the first day, they were able to obtain a heat sheet for a few of the events, which made the watching more entertaining. Former Olympians set world records. A 90+ year old women dove from the block. (The oldest participant was 96 years old.) They watched Laura Val and Karlyn Pipes-Nielson, names seen many times in *USMS Swimmer Magazine*. Seeing them and other swimmers in the fast heats, Clutter and Hair realized they need another 6"-12" in height and 50 pounds in bulk to be able to compete at that level. Not all swimmers were "big girls" though. there were also the "everyday" bodies to be seen.

The four days of swimming were enjoyable. It was good they were not swimming the fifth day. By then, Cindy was experiencing nasal congestion and a double ear infection. The week was an experience which will be long and well remembered.

Other participants from Inland NW included Susanne Simpson, Sue Dills and Larry Krauser all from the Spokane Club Masters. See the complete results at the right.



## 2006 FINA World Masters Swimming Championships

Stanford, California

Event	Time	Place
<b>Clutter, Cindy (46, LCM)</b>		
200 Freestyle	2:58.89	56
800 Freestyle	12:33.65	45
50 Breaststroke	47.11	49
100 Breaststroke	1:44.90	52
<b>Dills, Sue (61, SCM)</b>		
200 Freestyle	2:46.63	4
800 Freestyle	11:54.21	1
100 Backstroke	1:34.86	9
200 Individual Medley	3:15.30	5
400 Individual Medley	7:06.92	2
<b>Hair, Margaret (51, LCM)</b>		
50 Freestyle	32.21	19
50 Butterfly	35.75	15
100 Breaststroke	1:36.59	25
200 Backstroke	3:24.98	26
200 Individual Medley	3:06.89	10
<b>Simpson, Susanne (46, SCM)</b>		
200 Freestyle	2:16.41	2
400 Freestyle	4:44.30	2
800 Freestyle	9:51.23	2
100 Butterfly	1:09.58	3
200 Butterfly	2:32.07	1
<b>Krauser, Larry (53, SCM)*</b>		
50 Freestyle	27.29	21
100 Freestyle	59.15	11
200 Freestyle	2:08.83	3
400 Freestyle	4:36.50	3
800 Freestyle	9:40.67	4

\*Krauser swam for Florida Gold Coast rather than Inland NW Masters.

SPOKANE CLUB MASTERS PRESENTS

# New Year's Splash Swim Meet

SATURDAY JANUARY 20, 2007

**Date/Times:** Saturday, January 20, 2007. Warm-up starts at 8:30 am, Meet starts at 9 am. Event 3 (200 Yard Freestyle Relay) not to begin before 10:30 am. *You will be contacted via phone should the meet schedule change.*

**Sponsor:** Spokane Club Masters. Sanctioned by Inland Northwest Masters Swimming (IWMSC) for United States Masters Swimming Inc. (USMS) Sanction number 3570120.

**Eligibility:** All swimmers must be currently registered IWMSC/USMS swimmers. New registrations (found in the *Splashmaster* or online) should be sent to Sue Dills or will be available at the meet. One event registrations will be taken at the meet for \$10.

**Rules:** All current USMS rules will apply. Certified stroke and turn judge will be present at all IWMSC sanctioned meets. Please consult the 2007 USMS Rulebook about proper stroke and turn rules. Events will be seeded slow to fast.

**Deadline:** All entries must be postmarked by January 10, 2007. Incomplete or late entries will be treated as "deck entries."

**Fees:** \$10 for entries sent before January 10, \$15 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.

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

**Relays:** Submit relay cards to the clerk of course during the warm-ups. Individuals must be signed up with the club they represent to have their relay points count for that club.

**Directions:** Spokane Club, 1002 West Main • From I-90 east, take the Maple St. exit, turn left onto Walnut St., follow the City Center signs, turning right onto 1st Ave., continue on 1st Ave., turning left onto Lincoln St., continue north for 3 blocks, turn left onto Main St., stay in left lane, continue west through one stoplight. Spokane Club will be on the right. From I-90 west take the Lincoln St. exit, continue north on Lincoln St. for 6 blocks, turn left onto Main St., stay in left lane, continue west through one stop light, Spokane Club will be on your right.

**Questions:** can be answered by Susanne Simpson 509-458-3982 or Todd Stoddard 509-838-8511

<b>Postmarked by:</b>	January 10, 2007
<b>Mail Entries to:</b>	Susanne Simpson 3117 S. Jefferson Spokane, WA 99203
<b>Entry Fee:</b>	\$10 prior to January 10 \$15 for Deck Entries
<b>Checks payable to:</b>	IWMSC

Name \_\_\_\_\_  Male  Female Birthdate \_\_\_\_\_ Age \_\_\_\_\_

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

Phone \_\_\_\_\_ USMS # \_\_\_\_\_ Inland NW Team \_\_\_\_\_

**Short Course Yard Times Please • Maximum of 5 Individual and 3 Relay Events.**

- |  |   |  |
|--|---|--|
| <p>1) 400 Y Individual Medley _____</p> <p>2) 1650 Y Freestyle _____</p> <p style="text-align: center;"><b>Second Warm Up</b></p> <p>3, 4 &amp; 5) 200, 400 &amp; 800 Freestyle Relay</p> <p>6) 50 Y Butterfly _____</p> <p>7) 100 Y Breaststroke _____</p> <p>8) 200 Y Backstroke _____</p> <p>9) 100 Y Freestyle _____</p> | <p>10) 200 Y Individual Medley _____</p> <p><b>10 Minute Break</b></p> <p>11, 12 &amp; 13) 200, 400 Mixed Freestyle Relay</p> <p>14) 50 Y Backstroke _____</p> <p>15) 100 Y Butterfly _____</p> <p>16) 50 Y Freestyle _____</p> <p>17) 200 Y Breaststroke _____</p> <p><b>10 Minute Break</b></p> | <p>18 &amp; 19) 200, 400 Medley Relay</p> <p>20) 200 Y Butterfly _____</p> <p>21) 100 Y Backstroke _____</p> <p>22) 200 Y Freestyle _____</p> <p>23) 50 Y Breaststroke _____</p> <p style="text-align: center;"><b>10 Minute Break</b></p> <p>24) 100 Y Individual Medley _____</p> <p>25) 500 Y Freestyle _____</p> |
|--|---|--|

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.

Your Signature \_\_\_\_\_ Date \_\_\_\_\_

## POWER IN YOUR STROKE *from page 1*

in a given amount of time. The sport of swimming requires a certain amount of work against a clock. In order for the work (the race) to be completed in a shorter amount of time, the swimmer must exert more power. For this reason, swimming does require power, but it must be approached slightly differently than traditional power training that might be done by a football, basketball, or volleyball player. Plyometrics and body weight exercises are a great way to introduce power and resistance training into an endurance athlete's routine.

Although it can be beneficial to load with heavy weights at certain points of the year, it is not necessary when beginning a resistance training program. Body weight exercises such as crunches, push-ups, pull-ups, and body weight squats can be extremely useful. One of the best ways to use these body weight exercises to increase power is to string them together in a circuit. Rather than doing a circuit at 8-12 repetitions per exercise, do a circuit for a specific time period. Start by choosing a work interval of 30seconds and a rest interval of 15-30seconds. During the work interval try to complete as many reps (with good form and control) of the exercise as possible. Again, this all comes back to the power component, by increasing the



amount of work done in a specific time period; an athlete will increase power output. When designing your own circuit-training workout, pick around five exercises and complete the circuit 2-3 times through. This should allow you to complete two different circuits in less than 30 minutes for a killer workout!

Another great way to increase swimming power is through the implementation of plyometrics. While some endurance athletes believe that plyometric training is reserved for basketball, football, and volleyball players; this is simply not the case. Plyometrics are a great way for teaching the body to produce more force efficiently. By this I mean the force that directly relates to producing more work in a shorter amount of time (i.e. power). Before going further into plyometric exercises, let's take a look at what plyometrics really are. In a nutshell, a plyometric is an exercise that utilizes a quick

countermovement to produce an explosive muscle contraction. One example of this is jumping. Before jumping, an individual first makes countermovement toward the ground to produce a more forceful vertical force. Think of the muscles like a rubber band. In order for a rubber band



to produce a forceful recoil, it must first be stretched. The same is true for muscles. To produce a more forceful contraction, the muscles must be first put on stretch by a quick countermovement. While some individuals get scared of plyometrics because they envision someone jumping onto a 48 inch box, plyometrics can be as low level as skipping and completed by athletes of all ages. Plyometric exercises

can be included in the circuit workouts described above or completed separately. Start by picking low level plyometric exercises such as skipping, two leg vertical jumps, one leg hops, jump rope, or clap push-ups (knees or feet on the ground).

The following is an example of a possible body weight circuit that involves some plyometric exercises to improve swimming power. Remember, at each station the goal is to complete as much work as possible with good technique during the work interval. Repeat this circuit three times through.

1. Body weight squat- 30seconds/rest 30seconds
2. Clap push-ups- 30seconds/rest 30seconds
3. Flutter kicks (lying on back, legs 12in off ground)- 30seconds/rest 30seconds
4. Pull-ups- 30seconds/rest 30seconds
5. Jump rope- 30seconds/rest 30seconds

Remember that this is only an example and that many different exercises can be used. The main principle to keep in mind is that by adding some plyometrics and by attempting to complete more work in a given time period power can be developed. This in turn will yield faster performances in the pool. Best of luck in your training!

**Editors Note:** *Ryan Hite (pictured below) graduated from Washington State University last spring and is now in Seattle doing professional training work with the Seattle Super Sonics and the University of Washington Athletic program.*



**WENATCHEE VALLEY MASTERS PRESENTS**  
**Wenatchee Sweetheart Meet**

**SATURDAY FEBRUARY 24, 2007**

**DATE/TIMES:** Saturday, February 24, 2007. Warm-up starts at 8:30 am, meet starts at 9:30 am. Event 3 (200 Yard Freestyle Relay) not to begin before 11 am.

**SPONSOR:** Wenatchee Valley Masters. Sanctioned by Inland Northwest Masters Swimming (IWMSC) for United States Masters Swimming Inc. (USMS) Sanction number 3570224.

**ELIGIBILITY:** All swimmers must be currently registered IWMSC/USMS swimmers. New registrations (found in the *Splashmaster* or online) should be sent to Sue Dills or will be available at the meet.

**RULES:** All current USMS rules will apply. Certified stroke and turn judge will be present at all IWMSC sanctioned meets. Please consult the 2007 USMS Rulebook about proper stroke and turn rules. Events will be seeded slow to fast.

**DEADLINE:** All entries must be postmarked by February 14, 2007. Incomplete or late entries will be treated as "deck entries."

**FEES:** \$10 for entries sent before February 14, \$15 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.

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

**RELAYS:** Submit relay cards to the clerk of course during the warm-ups. Individuals must be signed up with the club they represent to have their relay points count for that club.

**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). Follow Ferry until you hit Miller (note Ferry changes name to Russell). At Miller, Russell becomes Millerdale and the high school is on this corner. Turn left onto Miller, then turn right into the parking lot behind the high school and follow it to the end. The pool door is marked and will propped open.

**POSTMARKED BY:** February 14, 2007  
**MAIL ENTRIES TO:** Carolyn Magee  
 1580 South Miller  
 Wenatchee, WA 98801  
**ENTRY FEE:** \$10 prior to February 14  
 \$15 for Deck Entries  
**CHECKS PAYABLE TO:** IWMSC

**NAME** \_\_\_\_\_  **MALE**  **FEMALE** **BIRTHDATE** \_\_\_\_\_ **AGE** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_ **CITY, STATE, ZIP** \_\_\_\_\_

**PHONE** \_\_\_\_\_ **USMS #** \_\_\_\_\_ **INLAND NW TEAM** \_\_\_\_\_

**SHORT COURSE YARD TIMES PLEASE - MAXIMUM OF 5 INDIVIDUAL AND 3 RELAY EVENTS.**

1) 400 Y Individual Medley \_\_\_\_\_

2) 1650 Y Freestyle \_\_\_\_\_

If you are doing the 1650, would you be willing to share the lane with one other swimmer.  Yes  No

**SECOND WARM UP**

3) *Freestyle Relay*

4) 50 Y Butterfly \_\_\_\_\_

5) 100 Y Breaststroke \_\_\_\_\_

6) 200 Y Backstroke \_\_\_\_\_

7) 100 Y Freestyle \_\_\_\_\_

8) 200 Y Individual Medley \_\_\_\_\_

**10 MINUTE BREAK**

9) *Mixed Medley Relay*

10) 50 Y Backstroke \_\_\_\_\_

11) 100 Y Butterfly \_\_\_\_\_

12) 50 Y Freestyle \_\_\_\_\_

13) 200 Y Breaststroke \_\_\_\_\_

**10 MINUTE BREAK**

14) *Medley Relay*

15) 200 Y Butterfly \_\_\_\_\_

16) 100 Y Backstroke \_\_\_\_\_

17) 200 Y Freestyle \_\_\_\_\_

18) 50 Y Breaststroke \_\_\_\_\_

**10 MINUTE BREAK**

19) 100 Y Individual Medley \_\_\_\_\_

20) 500 Y Freestyle \_\_\_\_\_

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.

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

## MEMBER PROFILE



**Name:** Paige Buehler

**Age:** 38

**Team:** Moscow Chinook Masters

**How long swimming masters:** 1.5 years

**Occupation:** retired from corporate finance, now a full-time mom

**Favorite event:** 500 Freestyle

**Least favorite event:** 200 Breaststroke

**Favorite movie:** LA Story with Steve Martin

**Favorite food:** Sourdough Waffle

**Little known fact:** I worked for Intel in Portland and in Albuquerque. Originally from Beaverton. I can say the alphabet backwards faster than I can say it forwards.

**Before a race I:** try not to eat too much

**After a race I:** eat a lot

**Swim History:** Swam in high school and freshman year of college at The College of William and Mary in Williamsburg, Virginia. I waited too long to find and swim with a masters team. They didn't have a team in Albuquerque, and wished they did.

**Swim History:** We have a great group with the Moscow Chinook Masters, and recently we started evening workouts.

# Sports Psychology

BY JANI SUTHERLAND

Sports psychology isn't just for the elite athlete. It's for all of us!

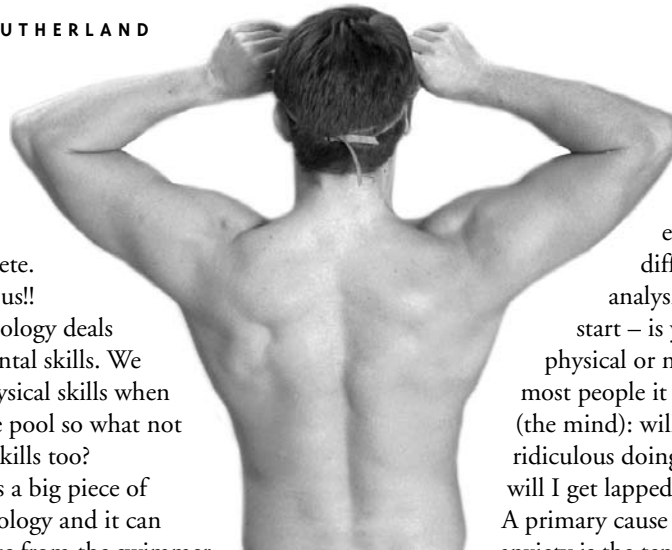
Sports psychology deals with our mental skills. We train our physical skills when we are in the pool so what not our mental skills too?

Anxiety is a big piece of sports psychology and it can affect all of us from the swimmer ready to move to a faster lane to those individuals going after national or world records. And it can affect those of us in between: should I swim in my first meet at my local pool, can I qualify for Worlds at Stanford?

One of the best definitions of anxiety is "a threat by uncertainty multiplied by importance." We usually don't get anxious if the outcome of an event is unimportant or if the outcome is certain. Anxiety isn't necessarily a bad thing, it shows we care about our performance. It is part of being human. The attempt to resolve uncertainty is part of our mission in life. Many are drawn to sport because of this uncertainty - how fast can I go, can I win?

There are 2 kinds of anxiety: physical (somatic) anxiety: increased heart rate and butterflies in the stomach. The other is mind (cognitive) anxiety: low self-esteem and negative thoughts. And no matter which type of anxiety you experience, how you react to it can be more important than the anxiety itself. In any performance an athlete will experience some anxiety (we're swimming how much fly?). The athlete's interpretation of anxiety is what's important and for each of us there is an optimum level of anxiety. We need to find that level. Finding the right level leads to confidence! A confident athlete uses their anxiety positively and that often leads to better performance.

How can we use sports psychology to improve our performance? There are no



general rules and everyone is different. Self-analysis is a good start - is your anxiety physical or mental? For most people it is cognitive (the mind): will I look ridiculous doing this IM set, will I get lapped in the 1000? A primary cause of cognitive anxiety is the tendency

to focus on results. We think about outcomes and these are powerful thoughts. Louise Friend, one of Britain's top sports psychologists, suggests event goals rather than outcome goals. Provide goals you can control: I will keep my head down when I am doing butterfly, I will be streamlined off the wall after my turns. Attention is taken away from the outcome of the race or event, which cannot be controlled.

Some athletes with cognitive anxiety use pre-race mental routines, visualizing a calm place or themselves executing a flawless stroke. Other people respond well to mantras - a word or phrase repeated over and over that blocks out other thoughts.

If your problem is somatic or physical anxiety, relaxation techniques are recommended. Deep breathing, stretching, shaking loose your muscles and meditation are all ways to reduce physical anxiety. Some people find chatting with friends reduces this type of anxiety.

Reducing anxiety is only half the battle. The crucial thing is to channel that anxiety positively into confidence. Confidence comes with experience and learning from past situations. When we train anxiety is usually low, and we gain confidence just by performing. Racing frequently will build confidence, again through experience. Find out what works for you, then go for it: move up a lane, swim a 200 IM.





**DATES:** November 1-December 31, 2006.

**EVENT:** Swim the 1650 yard Freestyle, the 400 yard Individual Medley, and the 200 yard Butterfly at one workout.

**SPONSOR:** Washington State University Masters Swimming. Sanctioned by Inland Northwest Masters Swimming (IWMSC) for United States Masters Swimming Inc. (USMS) Sanction number 3561231P.

**LOCATION:** Fitness/participation division, any pool (Meter swimmers should swim the 1500 Freestyle). Competitive division, your local short course yards pool. Conversion from meters will not be allowed.

**RESULTS:** Will be sent as a pdf to all swimmers as well as posted at [www.WSUMastersSwimming.org/BruteSquad](http://www.WSUMastersSwimming.org/BruteSquad) by January 28. Results will be available by mail if indicated on entry form.

**WHO:** Any 2006 or 2007 USMS registered swimmer. Swimmers can select from a fitness/participation division or a competitive division.

**SCORING:** Swimmers will be competing in USMS age groups for short course yards (18-24, 25-29, etc). • The combined time (the sum of the times for each of the three events) will determine placing. • Points will be given for first through fourth place in each age group, with points going towards club scoring. Clubs will compete in Women's, Men's and the Mixed categories. • All swimmers will receive a minimum of one point for participating in the event.

**RELAY TEAMS:** There will be three relay events 1) Women's, 2) Men's and 3) Mixed for each age group as outlined for short course yards (18+, 25+ etc). Relay teams will consist of four individuals, either all men, all women, or two men and two women. Individuals must have swum in the competitive division (swimming all three events) to participate in any of the relays.

**AWARDS:** First through Fourth place ribbons will be mailed to swimmers who have earned the recognition. First through third place clubs will receive certificates.

## Fitness/Participation Division

**RULES:** Swim the 1650 yard Freestyle, the 400 yard Individual Medley, and the 200 yard Butterfly all in one day. **Events can be swum in any order with as much rest between as desired, all three events must be swum in the same 24 hour day.** • All swimmers must be USMS registered for 2006 or 2007, and include a copy of their USMS registration with their entry.

**SCORING:** All swimmers will receive a minimum of one point for participating in the event. This point will count toward the club participation award.

**AWARDS:** Satisfaction of a job well done—not every one can swim these three events! • Points will be tallied for a club participation award. The club with the most swimmers completing the three swims win the club participation award.

## Competitive Division

**RULES:** Swim the 1650 yard Freestyle, the 400 yard Individual Medley, and the 200 yard Butterfly all in one day. **Events can be swum in any order with as much rest between as desired, all three events must be swum in the same 24 hour day.** • 2006 USMS rules will govern these events. • Drafting, flotation and propulsive devices (pull buoys, fins, paddles, wetsuits, etc.) are not permitted. • No more than two swimmers may share a lane, with each swimming on one side of the lane during the entire race (i.e., no circle swimming). • Swimmers are on their honor to swim each event as indicated in the USMS Rule Book—no one armed Butterfly. • Each swimmer must have a counter/timer to record cumulative splits for each events. Split sheets (see reverse side) must be kept for each swimmer and included with the entry. Splits need to be recorded to the nearest second and tenth for each 50. • Swimmers who change age groups during the meet may enter twice (paying twice), and must swim twice (once in each age group). • All swimmers must be USMS registered for 2006 or 2007, and include a copy of their USMS registration with their entry form.

<b>Postmarked by:</b>	January 5, 2007 to be received no later than January 10
<b>Mail to:</b>	Doug Garcia 1505 NW Kenny Dr Pullman, WA 99163
<b>Entry Fees:</b>	\$10.00 Competitive entry \$24.00 Competitive entry and shirt \$5.00 Fitness entry \$19.00 Fitness entry and shirt \$8.00 Relay Entry (\$2/swimmer) \$16.00 Shirt only
<b>Checks payable to:</b>	WSU Masters Swimming
<b>Questions:</b>	Contact Doug Garcia 509-332-1621 (before 9 pm PST) Dec 20-30 at 719-531-6961 (MST) <a href="mailto:douggarcia@usms.org">douggarcia@usms.org</a> <a href="http://WSUMastersSwimming/BruteSquad">WSUMastersSwimming/BruteSquad</a>

## Swimmer Information (PLEASE PRINT CLEARLY)

Name	<input type="radio"/> Male	<input type="radio"/> Female
<input type="radio"/> Please do not send me awards should I be eligible	<input type="radio"/> Please send me a printed copy of the results via the mail	
Birth date	Age	Date of swim
Address	City, State, Zip	
Phone number	Email address	
USMS #	USMS Club	
<input type="radio"/> Fitness/Participation Division	<input type="radio"/> Competitive Division	Three event total time

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.

Swimmers Signature	Date
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## Payment Information

<input type="radio"/> Competitive Entry \$10.00	<input type="radio"/> Competitive Entry and T-Shirt \$24.00	<input type="radio"/> Fitness Entry \$5.00	<input type="radio"/> Fitness Entry and T-Shirt \$19.00
<input type="radio"/> Relay Entry \$8.00	Circle shirt size S M L XL XXL	<input type="radio"/> Shirt Only \$16.00	<b>Total Amount Enclosed</b>

Checks payable to: WSU Masters Swimming. All entries to be postmarked no later than January 5, to be recieved no later than January 10.

Mail to: Doug Garcia, 1505 NW Kenny Drive, Pullman WA 99163

## Counter/Timer Information (PLEASE PRINT CLEARLY)

Name	Signature			
Phone Number	Email address			
<b>1650 Freestyle</b>	500	1000	1500	<b>400 Individual Medley</b>
50	550	1050	1550	50 Fly
100	600	1100	1600	100 Fly
150	650	1150	1650	150 Back
200	700	1200		200 Back
250	750	1250	<b>200 Butterfly</b>	250 Breast
300	800	1300	50	300 Breast
350	850	1350	100	350 Free
400	900	1400	150	400 Free
450	950	1450	200	

## Relay Team Information (PLEASE PRINT CLEARLY)

<input type="radio"/> Women's relay	<input type="radio"/> Men's relay	<input type="radio"/> Mixed relay	Relay age group	
Club name	Team name/number			
Name of Coach/Captain (who to send ribbons/certificates to)				
Coach/Captain address	City, State, Zip			
Coach/Captain phone	Coach/Captain Email			
Swimmer 1 name	Age	<input type="radio"/> Male	<input type="radio"/> Female	Three event total time
Swimmer 2 name	Age	<input type="radio"/> Male	<input type="radio"/> Female	Three event total time
Swimmer 3 name	Age	<input type="radio"/> Male	<input type="radio"/> Female	Three event total time
Swimmer 4 name	Age	<input type="radio"/> Male	<input type="radio"/> Female	Three event total time
Four swimmer total team time				

# United States Masters Swimming & Inland Northwest Masters 2007 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, and will not be sold for junk email)		

Date of Birth	Age	Sex
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### Club Affiliation

- Inland NW Masters       WSU Masters       Unattached (means you will not be able to participate in relays at any USMS meet.)

### Team Affiliation

- Lake City Masters       Moscow Chinook Masters       North Spokane Masters       Sandpoint West Athletic Club  
 Spokane Club Masters       Spokane Masters and Tri       Wenatchee Valley Masters       Yakima Valley Masters  
 Unattached team (means you will not be able to participate in relay events at Inland NW Masters meets, but can still participate in relays at zone or national meets as part of the Inland NW Masters club.)

Questions about registering with the right group, talk with your local coach, team rep, or contact the Inland NW Masters registrar.

- I am a certified USA Swimming Official       I am a certified high school swimming official       I coach Masters Swimmers

## Benefits of Membership Include:

⇒ *USMS Swimmer Magazine* for the length of the membership    ⇒ the *Splashmaster* newsletter, other mailing and emails from Inland Northwest Masters Swimming    ⇒ Secondary accident insurance    ⇒ Coached workouts in locations nationwide.

**Where do my registration fees go?** ⇒ \$20.00 to United States Masters Swimming (\$7.00 for *USMS Swimmer Magazine*)  
⇒ \$10.00 to Inland Northwest Masters Swimming Committee for local programming and communications.

## 2007 UNITED STATES MASTERS SWIMMING MEMBER REGISTRATION (Membership will expire 12/31/2007)

Please check appropriate level • You may start renewing or registering for 2007 memberships on November 1, 2006

- Individual Registration \$30.00       Couples Registering together \$55.00       Senior Registration (age 60+) \$27.50  
 Late Year Registration \$18 (for those registering in September & October 2007, to expire on December 31, 2007)

## SWIMMING ENDOWMENT FUNDS (Please consider making a donation one or both of these 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	Amount Enclosed
Mail check and form to:	Sue Dills	
	639 N. Riverpoint Blvd. #3W	
	Spokane, WA 99202	

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

# Swimmers Ear

ROBERT V. WIGGINS, M.D., F.A.C.S.

Swimmers ear, or *otitis externa*, is an infection involving the outer ear canal. It is an infection of the skin, and is usually caused by bacterial or fungal micro-organisms. The ear canal has the thinnest skin of the entire body and as a result is more vulnerable to injury and infection. *Otitis externa* is commonly known as swimmer's ear because the most common factor in its development is moisture in the ear canal. This can result from frequent water exposure, such as swimming, but also from showering or living in a very moist environment. Other factors may be ear wax or debris which traps moisture in the ear canal. In addition to moisture, other causes of this kind of infection are trauma to the skin of the ear canal or skin disorders. Scratching one's ear canal with cotton applicators, car keys or bobby pins can also injure the skin and lead to *otitis externa*. Eczema, an allergic skin condition, can also lead to *otitis externa*.

Symptoms may include pain, itching, pressure, discharge and hearing loss. In more severe cases there may be visible redness or swelling of the outside of the ear and pain radiating in to the neck and jaw. The opening of the ear canal is often quite tender to touch. *Otitis externa* can

be one of the more painful infections to experience.

Most cases of swimmer's ear can be treated successfully with ear drops. These may be an antibiotic/steroid combination or an acidifying agent such as acetic or boric acid. The key to successful treatment is to keep the ear dry, which often necessitates careful cleaning of the ear canal to remove wax or infected debris. This is generally done by an ear, nose and throat specialist using a suction device and an operating microscope. If there is a significant amount of wax or debris present in the ear canal, the ear drops will not be effective. More severe infections may require the use of systemic antibiotics. Swimmers should stay out of water until the infection is resolved.

Preventive measures include and thorough drying of the ear canal after water exposure. This can be done most safely with a hair dryer. Another method is to twist a tissue so it will enter the ear canal and wick the moisture out. Individuals prone to developing swimmer's



ear might consider using silicone ear plugs to minimize water exposure, as well as one of the over-the-counter products designed to dry the ear canal out after swimming, such as Swim-Ear, which is isopropyl alcohol.

Another preparation frequently recommended for this is a mixture of equal parts alcohol and vinegar. Pure ethanol would be ideal, but isopropyl alcohol will also work. Applying this to the ear canal with an eye dropper before and after swimming is often effective in preventing infection.

Skin conditions such as eczema or seborrhea may require the regular use of prescription medication in the ear canal to prevent the development of infection.

Swimmer's ear, an infection of the outer ear canal, can be prevented in the majority of cases by avoiding situations or treating conditions which disrupt or injure the skin of the external ear canal.

**Editors Note:** *Dr. Wiggins is a Ear, Nose and Throat Specialist in the Palouse region, and is a member of WSU Masters.*