

# Splashmaster

VOLUME 13 ISSUE 4  
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## Tips from the Top

What does it take to break a world record? Attention to detail, good technique and smart training strategies. If you have ever wondered what the fastest "older" swimmers in the world think about when they swim, then read on.

### Butterfly

Long, strong, and keep your head down! This is especially important as you tire, as you may shorten your stroke, leave your head up longer for air and drip your hips, causing drag—Laura Val, 59

Butterfly is all about rhythm, and the underwater kick is all about moving your whole body. If you improve your dolphin kick, I promise...you will be a better dancer!—Misty Hyman, 31

The key to good butterfly technique is to hold your stroke together while building your endurance with short training distances such as sets of 25s.—Lisa Dahl, 48

I like looking for opportunities to rest in all of my races. My favorite resting spot in fly is during the recovery. I try to relax my hands and arms as the recover. Not only does this save energy—I feel like it improves my catch—Mike Ross, 42

### Backstroke

Keep those hips and legs up! Also, flex your ankles so your feet feel like they are "scooping" water to help speed you along.—Betsy Jordan, 73

On the start, I focus on the back of my hands and try and get them to push off as fast as possible. If my hands get away quickly, my feet will follow.—Rich Burns, 67

Are you faster underwater or above water? Time a series of 25s, experimenting with the number of kick you do. I am stronger on top of the water, so I resist the temptation to stay under.—Sheri Hart, 39

### Breaststroke

When I swim breast, I find that I can think about the pull OR the kick, but not both.—Susan von der Lippe, 44

Breaststroke has become a power stroke with a "catch" similar to butterfly followed by a forceful in-sweep. There is tremendous power here, but many Masters do not emphasize it enough.—Bob Strand, 64

"Eyes, Exhale, and Late": Keep your eyes looking down when you extend forward, exhale prior to lifting the head to ensure a quick, clean breath, and try a "late" timing of the kick. The later you put the kick, the smaller it will be—since you will be rushed to finish it—and this can help limit resistance.—Glenn Mills, 48

### Freestyle

Play with toys such as a snorkel and a pull buoy to emphasize good hip rotation. Also look forward to watch your catch. You should see your elbow high, a straight wrist and fingers pointed at the bottom.—Mike Mann, 56

I keep my head down by watching the tiles on the bottom of the pool. On the flip, I look at my feet touching the wall before I push off. This keeps my head in the right position for quick rotation.—Jane Asher, 79

Remember to squeeze your butt muscles (glutes) when you push off the wall to take the curvature out of your lower spine and for better streamlining.—Rich Abrahams, 65

I am working on a longer reach through better hip rotation. I am also digging down deeper to get a soled grip on that still water.—Jim McConica, 60

### Training

Since most Masters workouts are an hour long, make the most of it by working on your wall, stroke technique or race strategy. Weed out the garbage yardage and focus on quality.—Dawn Heckman 33

When I am at my most broken-down and tired, I hammer my sets the hardest and do my best to achieve race pace, either by time or by feel. This gives me the confidence to attack my race.—Alex Kostich, 40

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Author's note: All participants polled for this article have set a FINA world, FINA Masters world or USMS national record in their specialty.

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**Our own Sister  
Madonna Buder has  
an autobiography  
out, "The Grace to  
Race"**

## DATES TO REMEMBER

- Jan. 23 Winter Frolic in Wenatchee
- March 5 Meet in Coeur d'Alene at the Croc Center SCM
- March 26-27 Inland NW Champs meet in Moscow
- April 8-9 Northwest Zone Championship at Federal Way
- April 28-May 1 USMS Spring Nationals, Mesa, AZ

**SWIMMER HIGHLIGHT****SISTER MADONNA BUDER**

Our own Sister Madonna Buder had her autobiography published in October. It is entitled, "The Grace to Race: The Wisdom and Inspiration of the 80-year-old World Champion Triathlete Known as the Iron Nun." Sister Madonna has long been a strong supporter of our Masters swim program and comes to as many meets as she can possibly fit in her busy schedule. Now with book signings to do, no telling when we will see her.

Sister Madonna started training at the age of 48. One of the Fathers told her it was a way of tweaking "mind, body, and spirit" and for the relaxation and calmness it can bring an individual. I'm sure he had no idea what was ahead for Sister Madonna. Hawaii Ironman had to open up a new age group when she turned 75, as she was the first woman that old to ever finish the Hawaii event. Now that she is 80, I know she is shooting for that to become a new age group also.

She also still holds Inland Northwest swimming records clear back to the 70-74 age group. She has several freestyle and breaststroke records in the 75-79 age group. I'm sure she will now start to rewrite some of the records in the 80-84 age group also.

She is pictured here receiving her award at the Long Bridge Swim in Sandpoint, ID.

Congratulations, Sister Madonna. We are proud to have you as a part of our association.

**Inland Northwest Masters Board of Managers****Inland Northwest Masters**

[www.InlandNWMasters.org](http://www.InlandNWMasters.org)

**United States Masters Swimming**

[www.usms.org](http://www.usms.org)

**Board****Chair**

Paige Buehler (MCM)

814 Mabelle St

Moscow, ID 83843

208-892-1328

[swim@galacticnorth.net](mailto:swim@galacticnorth.net)

**Vice Chair**

Matt Bronson (FAFB)

7315 N. Pine Rock St

Spokane, WA 99208

[suzymatt@aol.com](mailto:suzymatt@aol.com)

**Treasurer**

Alan Kirpes (WVM)

1528 Apollo Pl.

Wenatchee, WA 98801

509-662-5595

[alan.kirpes@farm-credit.com](mailto:alan.kirpes@farm-credit.com)

**Secretary**

Kristen Heath (WVM)

1520 S. Miller St.

Wenatchee, WA 98801

253-906-1580

[kristen.heath@gmail.com](mailto:kristen.heath@gmail.com)

**Registrar**

Mark Taylor (MCM)

714 Mabelle St

Moscow, ID 83843

208-882-5336

[mabelleray@yahoo.com](mailto:mabelleray@yahoo.com)

**Past Chair**

Michael Hartley (WVM)

1503 Songbird

Wenatchee, WA 98801

509-663-8484

[hartley.m@mail.wsd.wednet.edu](mailto:hartley.m@mail.wsd.wednet.edu)

**Top Ten & Lake City Rep**

Margaret Hair (LCM)

408 W. Vista Dr.

Coeur d' Alene, ID 83815

208-667-3721

[Margareth20@frontier.com](mailto:Margareth20@frontier.com)

**Meet/Sanctions**

Brian Johnson (MCM)

285 Pintail Lane

Moscow, ID 83843

208-883-4949

[johnsonb@uidaho.edu](mailto:johnsonb@uidaho.edu)

**Splashmaster Editor**

Carolyn MaGee (WVM)

1580 S. Miller St.

Wenatchee, WA 98801

509-662-6012

[wenswim@aol.com](mailto:wenswim@aol.com)

**Coaches**

Amanda Djang (3RMS)

PO Box 585

Richland, WA 99352

509-528-1113

[swim.3rivers@hotmail.com](mailto:swim.3rivers@hotmail.com)

**Officials**

Wes Bratton

1714 Darby

Richland, WA 99352

[wbratton7@gmail.com](mailto:wbratton7@gmail.com)

**Webmaster**

Brian Carhart

1215 S Mountain View Rd. #202

Moscow, ID 83843

208-819-4245

[briancarhart@gmail.com](mailto:briancarhart@gmail.com)

**Club Representatives****LC Neptunes Masters**

Nicole Engledow

20228 Clearwater Dr.

Lewiston, ID 83501

208-843-2768

**Spokane Waves Aquatic Masters**

Harm-Jan Steenhuis

12424 N. Perry St.

Spokane, WA 99218

**Hydropower Masters Swim Club****Team Reps****Lake City Masters**

Margaret Hair

208-667-3721

[Margareth20@frontier.com](mailto:Margareth20@frontier.com)

**Moscow Chinook Masters**

Daniel Hurley

[mcm@galacticnorth.net](mailto:mcm@galacticnorth.net)

**Sandpoint West Athletic Club**

Robin Helm

208-255-7360

[robinhelm@wildblue.net](mailto:robinhelm@wildblue.net)

**Central Washington Univ Swim Team**

Ellora Wahle

509-899-0401

[wahlee@cwu.edu](mailto:wahlee@cwu.edu)

**Ellensburg Windy City Masters**

Candi Eslinger

509-925-4925

[sling-candi@charter.net](mailto:sling-candi@charter.net)

**Fairchild AFB Masters**

Matthew Bronson

509-327-7794

[suzymatt@aol.com](mailto:suzymatt@aol.com)

**Gonzaga Swim Team**

Zach Kubin

970-596-7039

[zkubin@zagmail.gonzaga.edu](mailto:zkubin@zagmail.gonzaga.edu)

**Moses Lake Manta Rays**

Steve Harger

509-350-0570

[Stephen\\_harger@yahoo.com](mailto:Stephen_harger@yahoo.com)

**Spokane Club Masters**

Larry Krauser

509-455-7789

[larry.krauser@kcgl.net](mailto:larry.krauser@kcgl.net)

**Spokane Masters Swim & Tri**

Karen Carlberg

509-624-6989

[karencarlberg@comcast.net](mailto:karencarlberg@comcast.net)

**3 Rivers Masters Swimming**

Sean Murphy

509-783-0765

[kennewick.murphy@gmail.com](mailto:kennewick.murphy@gmail.com)

**Tri City Atomic Sturgeons**

Wes Bratton

509-628-8190

[wbratton7@gmail.com](mailto:wbratton7@gmail.com)

**Wenatchee Valley Masters**

Shirley Schreiber

509-884-4540

[canineheaven@charter.net](mailto:canineheaven@charter.net)

## A ReNewed Team Joins the Meet Circuit

### Lake City Masters Expanding with Team Kroc

Kroc Corps Community Center added a Masters swim program last February to its activities offered. Along with the coached workout, there were numerous draws for area swimmers including clean water and constant temperature along with the state-of-the-art 10 lane, 25 yd Myrtha Pool® (think Olympic caliber pool). Underestimating the pent up demand, 3 lanes were assigned to the Masters program. Forty swimmers showed. The number of lanes quickly increased to 5 lanes with an average of 30 swimmers now participating each morning. The hope is the program will continue to grow with additional workouts offered at various times of the day.

The highlights of the Kroc program for many swimmers are the social activities, including the post-swim Friday coffee, seasonal parties and lake

swims. Lake City has long been known for their coordinated bathing attire at swim meets with some Kroc participants exhibiting the trend at workouts. The fashion motto is “we may not be fast, but we look good.” Coordinated swim attire is not a requirement; however the suit patrol will discreetly inform a co-swimmer if their suit is too thin and translucent.

With the expanded group, Lake City made a strong showing at the Pumpkin Power Meet in Sandpoint winning its first meet in over 10 years. The group feels this is only the beginning of Lake City/Kroc Masters rivaling Wenatchee Valley Masters and Moscow Chinook Masters at meets as word spreads of the fun to be had at swim meets. The team is working with the Kroc Center on the details for hosting a meet in March.

Submitted by Margaret Hair

*A small contingent, obviously before their attire coordination effort*



**Remember to register for 2011 before Dec. 31, 2010. You can register online at [www.inlandnwmasters.org](http://www.inlandnwmasters.org) or by sending in the enclosed application!!!!**

Elections for Chair, Vice Chair, Treasurer, and Secretary will be held this year. Amanda Djang (coach for 3RMS) is heading up the election committee. If you or anyone you know would like to serve in any capacity please contact Amanda. If you would like to nominate someone else on your team, don't hesitate. We need lots of help in many capacities.

**USMS Spring National Championship Meet (short course)**  
**April 28-May 1, 2011 in Mesa, AZ. Order of events and qualifying times can be found at [www.usms.org/comp/nationals.php](http://www.usms.org/comp/nationals.php)**

## It's time for...."Christmas in the Bahamas"!!!

(An aquatic journey by Lee Vierling, made possible by the dreaminess brought about by the lack of sleep we all experience on a regular basis.)

1. You decide it's time to WARM UP with a nice winter trip to the Bahamas!!
2. Ahhh, what a trip this will be. You still can't quite believe it only cost 400 FREE-quent flier miles to take this magnificent little holiday. What a great deal!! Who cares if the trip is on Bermuda Triangle Airways, anyways?
3. Upon arriving at the airport, however, you discover the "catch". The flight attendants inform you that your airplane's wing is broken (just a "minor malfunction", you are assured), and that the only chance of fixing it is for you to use a huge BUTTERFLY-shaped DRILL that MUST BE 100 YARDS LONG!! And you have to do it with just ONE ARM AT A TIME!
4. Finally the plane is fixed. Hooray! It's off to the Bahamas! After all that fix-it work on the plane, though, you fall asleep and the trip goes by super fast—in fact you feel like you only FLY -- 100 YARDS!
5. After touching down, you decide it's time to unwind with a little round of GOLF\*. It's a "Par-3" course, and every hole is 50 YARDS LONG. You have a great time GOLFING 9 "HOLES". Be sure to add up all your strokes and times and take a nice 20 SECOND REST between each hole—after all, there's a brand new opening on the PGA tour this season!
6. Being a little warmer than the chilly pool, you decide you deserve a little playtime scuba-diving in the Caribbean. You forget your credit card at the beach so can't rent the scuba gear, but being a hearty swimmer, who needs gear?? What the heck, you just go ahead and SWIM UNDERWATER for 25 YARDS. It's so much fun that you do this TWICE!!
7. While "scuba" diving, you see lots of cool fish, and with one of your lane partners you decide to mimic their behavior by swimming SHARKS AND MINNOWS for 100 YARDS. Grab on tight and don't let go!
8. After all this activity, it's time to relax a bit, don't you think? So you decide to tell a few stories during a nice 100 YARDS of SOCIAL KICK. Be sure to mix in those different kick strokes!
9. Time sure does fly, and sadly, it's time to hop back on that airplane to fly home to little Moscow, Idaho (or whatever cold place you live). So off you go—asleep again during the flight so that it seems to be only that you FLY 50 YARDS before arriving back home!
10. After the hot-n-steamy Bahamas, your body really does COOL DOWN back in the good ol' north-west. Whew, what a trip!!

HAPPY HOLIDAYS!

\*Golf = stroke count + time in seconds. Aiming for a low score means speed with distance per stroke.

**If you have a favorite workout you would like to share, please email it to the editor and we can all enjoy it. Thanks to Moscow Chinooks for their fun Trip to Bahamas workout this month. May everyone have a joyous holiday season and set new goals for the coming year.**

# From Our Chair

Greetings Swimmers!

First, I'd like to thank Spokane Waves Aquatic Masters for doing such a great job of kicking off the meet season in October. Second, I'd like to give a huge pat on the back to Robin Helm and the Sandpoint West Athletic Club Sharks for hosting their November short course meters meet which was just shy of DOUBLING the number of participants from last year. The on-deck hot tub was quite a perk!

There are two new swimming groups in the area both tapping into the collegiate-aged swimmers. Central Washington University Swim Team (CWST) has re-formed and are looking forward to more opportunities to compete at meets locally. Gonzaga University Swim Team (ZAGS – what else?) are building their program with much the same goals. Welcome to our neck of the USMS woods!

I promised to report on the new fee structure that the Inland NW LMSC Board of Managers voted into place on September 9, 2010.

## Registration Fees:

USMS has been steadily increasing its individual membership fee by \$2 each year since 2009 as part of the plan to take the organization to a new level of service to the members. This includes: the more frequent, timely and comprehensive communications that the national office sends out and has available on the website; the coaching services such as SwimFest; and increased efforts on marketing partnerships. In 2008, IWMSC increased the 2009 individual membership fee by \$5 to avoid making annual increases. As we considered the 2011 registration fee, we also looked at the discounts that we have been offering. With our newsletter communications going out primarily by email, householding mailings to couples registering together is no longer an efficiency that it was. We also wanted to attract more members in the 18-24 age range whose finances are typically just getting a foothold. Thus our fee and dis-

count schedule for the 2011 registration year (which began Nov. 1, 2010) looks like this:

Individual membership	\$40
Late Year membership (Sep-Oct) valid thru 12/31	\$30
Junior membership (age 18-24)	\$36
Senior membership (age 60+)	\$36

## Sanction Fees:

Currently, meets and other events (open water, clinics, etc.) are sanctioned by IWMSC for USMS. This means that there is a guarantee that we follow USMS rules and liability insurance is provided for the event. But IWMSC has also been the one setting and collecting the meet entry fees. To allow hosts more autonomy with their events, IWMSC has established an \$8/participant sanction fee for all events (except Champs meets \$10.) The host can set their fee to include that, to exceed that, or even to be free and they pay IWMSC from their reserves depending on the financial goals of the event. These fees and the changes to the rules to match the changes in responsibilities and goals go into effect on January 1, 2011.

Finally, at our last Board meeting we brainstormed about goals for 2011. Those we adopted are 1) to have prizes at meets/events, 2) create and send out a new USMS member kit, 3) work with local programs and sanction a meet in the Tri-Cities, 4) outreach to Yakima to reinstate their workout group, and 5) strengthen our communications to our members (continuation of 2010 goal). If you have ideas for any of our goals, especially the first two, please talk with your team/club rep or contact me directly.

Looking forward to seeing you in Wenatchee, Coeur d'Alene, Moscow or all three sites of our next meets!

Paige Buehler, IWMSC Chair



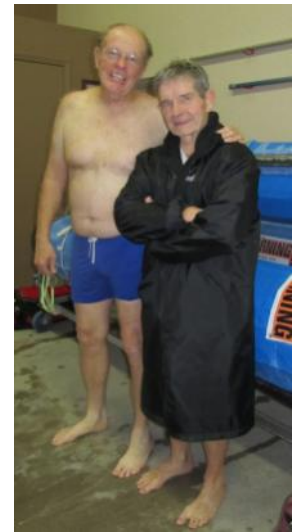
A competitive relay race at Sandpoint. It's OK Paige, the water isn't over your head.



The oldest competitor at Sandpoint, 88 yr. old Charlotte Sanddal from Montana Masters.



Breaststrokes Eric Ridgeway and Mike Hamm before the race. I wonder who will win?



Pat MaGee & Jack Bevier—2 friendly Wenatchee competitors.



Spokane Waves warming up after their swims.



MCM team rep, Dan Hurley, cooling down after a hard race.



Peony Munger racing her 200 breaststroke

# USMS Convention Report

By Paige Buehler – Inland NW Delegate  
Sept. 14 – 19, 2010  
Dallas, TX

Much to my dismay, I got bumped from my 5:30am flight out of Lewiston and didn't get to the convention hotel until 9:50pm CDT.

On Day 2 I swam at Southern Methodist University at 5:30am with Nadine Day leading our lane in IM sets.

I started the day of meetings at the Northwest Zone meeting led by Zone Chair, Wes Edwards, attending his first USMS convention. LMSC updates included:

Oregon to host the USMS National Open Water 1-mile Cable Championships at Foster Lake near Salem on July 3, 2011. Snake River has "money because of postals." They have increased from 2 to 4 clubs this year.

Utah hosting SCM Zone Champs November 12-13.

Mark Gill came in to let us know that national office is looking for hosts for SwimFest 2011. "Bids"/LOIs are due 10/15. Needed is exclusive use of a 50 meter pool for Saturday/Sunday with classroom space and possibility of an open water venue.

After the zone meeting we discussed the pros/cons of the proposed age determining date rules.

## House of Delegates I

Executive Director Rob Butcher's address highlighted our opportunities as an organization:

Membership retention (currently 35% turnover)

Open Water ("We own the pool but open water events are another story." 180K participants in 850+ events in 2009, most not USMS. Average age 35 = USMS's target demographic.)

Build the Endowment/Foundation

Protect the brand: "We're no longer the sleeping giant." We've awoken the sponsors to the value of the USMS brand. We must consider the impact of our actions.

Committees that met on Wednesday gave reports.

Attended the Long Distance rules open forum and then the Social hosted by North Texas LMSC.

Most decisions happen in the House of Delegates. During Session II we recognized and remembered members who have passed away during the past year. Inland NW delegate(s) should know of anyone in our LMSC prior to convention.

We elected At-large Zone Directors to the Board of Directors.

The NW Zone director is Hugh Moore from PNA.

More committee reports including Recognition & Awards announcing...

The Dorothy Donnelly Service Awards – where I was surprised to find I had won one of the 15 honors to recognize volunteers around USMS. So did Doug Garcia, formerly of WSU Masters and now with Vortex Masters in Ft. Collins, Colorado; Jill Wright, registrar for the Snake River LMSC (southern Idaho region); Ellen Parchen, registrar for Montana LMSC; and my buddy Victor Buehler (no relation except in spirit!) who has served as convention coordinator for several years.

Club of the Year: AGUA Masters (Asphalt Green Masters) Foundation: \$10M goal in 2011. Foundation start up costs \$175K across 2010 (overbudget request approved by BoD) and 2011 (in proposed/approved budget).

House of Delegates III: More committee reports. Highlights in "Opportunities/Items of Note."

House of Delegates IV: the big, final meeting where we vote on lots of stuff.

*Voted on the Orders of Events for National Championships 2012-2014*

*Voted on Legislation* – emergency legislation year so very few items.

Reaction to sexual abuse/misconduct within the USA-Swimming organization as follows:

Adding to Unsporting Conduct: 402.4.6 Any nonconsensual sexual conduct, pater of unwelcome sexual advances, or other inappropriate sexually oriented behavior or action by a USMS member toward a member of any other person participating in any capacity whatsoever in the affairs or activities of USMS. - APPROVED

Adding 402.4.8 Being permanently banned from membership by a member corporation of United States Aquatic Sports. - FAIL

Adding Swimwear Restrictions (Articles 102.14.2 thru 102.14.6) to 202.2.1 Recognition – APPROVED

Adding Article 203 Open Water Sanction. The whole article is new and I was pleased to see that the sanctions will be made to the LMSC in which the event is to be held and the fee set by the LMSC (and not USMS National Office). The legislation also deletes 301.2.1 and 301.2.2 regarding sanctions - APPROVED

Changing the liability release requirements from 301.3 to 203.1.1 and 203.1.2. - APPROVED

## *Voted on Rules*

Of significance

R52 – Records and Tabulation 105.3.8 supporting data for records achieved must be sent in within 90 days of the end of the season as stated in 105.1.2.

R48 – 105.2.2 Split times shall be considered for Top 10 times if the time meets the requirements for an official time (previously: if recorded by fully automatic timing equipment, making it more stringent than setting a FINA World record.) To maintain consistency, 105.3.6 split times for USMS national records and 103.13.3 methods by which records and Top 10 times can be achieved will also be modified.

R10 – Changing the backstroke turn to allow gliding would make it different from FINA rules and require referee's visual verification. While many people liked the idea, it was defeated so record setting wouldn't be an issue.

R11 – Age determining date (change to age at 12/31 for SCY) FAILED

R12 & R13 – Changing SCY relays to sum of ages (like SCM & LCM) FAILED

(Convention Report—cont.)

R64 – 105.1.7 Pool Measurement – when a moveable bulkhead is used, the length of the course must be confirmed prior to the start of the meet and laser measuring devices are allowed – AP-PROVED

*Voted on Open Water Rules*

Of significance

Much of this year's open water rules was an effort to separate the existing rules for Long Distance/Open Water into distinct sections:

- 302 Open Water Events
- 303 Conduct of Competitive Open Water Events
- 304 Conduct of Non-Competitive Open Water Events,
- 305 Long Distance Pool Events
- 306 Conduct of Postal Events
- 307 National Open Water & Long Distance Championships

LD20 - 303.1 Scoring Divisions – except nat'l champs, scoring divisions are at the discretion of the event director... Then standards are defined, including swimwear scoring divisions.

LD36 - 303.6 Swimwear for Open Water Events

In general we now have Category I and Category II swimwear.

Category I: swimsuit, cap or caps (incl. Neoprene), and goggles.

Caps can't extend to neck/shoulders. Also nose clips, ear plugs, wristwatches and grease allowed. No arm bands. Definition of swimsuit matches pool rules. Exceptions allowed along lines of pool rules.

Category II: swimwear not meeting Category I requirements.

Wetsuits allowed when water temp does not exceed 78 deg F (which is consistent with USAT). No speed, buoyancy, pace or endurance aids unless in designated events where all swimmers can use them.

LD104 – 305.5.1C

A fee of \$3 (previously \$1) per individual open water entrant and \$1 per postal entrant and a performance bond of \$200 shall be paid to USMS.

*Workshops I attended*

**How to use the Internet and Social Media to Grow Your USMS Program**

This was very well attended and had a decent message. The idea of using social networks is that more than one person is contributing to the information and “pump you up” messages. Any program should have a Facebook/Twitter/YouTube administrator who can make sure contributions are staying positive about the program, providing accurate information and “building affinity.”

**Learn Manage Serve Communicate (aka L.M.S.C.)**

- The few notes I wrote down have a couple of gems of ideas.
- To serve more of our membership we should be branching out our group events from just swim meets. Hosting a Swim-Fest or other clinics would be a place to start.
- Communicating to not just our members but some of our non-members as well. Many of the masters coaches in our LMSC are USA-Swimming coaches and members but not USMS members. To make sure they are in the loop on our communications like Swimmer Magazine, Splashmaster and even just our every-so-often emails, perhaps the LMSC should pay for those few individuals.

*Opportunities and Items of Note from Committee Reports*

Fitness Education had one bid for the 2011 Check-off Challenge postal event. Federal Way Masters (PNA) stepped up for 2010 and had a \$1,140 profit. This may be low hanging fruit to host and put a little money in the coffers.

History & Archives had a monumental year for updating records and other historical data. Walt Reid (also of PNA) is working on an additional National Records database which will show a chronological history of achievement so that each person setting a record is named with the date set, rather than overwriting the info with the most recent record-holder.

Coaches created a Masters Coaching certification for entry levels. They suggest that LMSCs sitting on sizable cash reserves invest in their coaches by sponsoring certifications. There was discussion in the coaches committee about whether to require coach certification (currently we just need a “USMS member supervisor” at our events/practices/etc.)

Sports Medicine/Science committee talked a lot about how they were opposed to any drug testing for performance enhancing drugs in masters swimming. The rationale is that many masters swimmers are on medications for medical reasons and those medications can contain drugs that show up as performance-enhancing. What they don't want to do is give any person a reason to stop taking their medications which may endanger their life just to be able to pass a drug test before they set a national record.

Records & Tabulation is still working on End-to-End Event Management (E2EEM) which is understood by me in the same way I understand how nuclear fusion works. Streamlining data flow is the best I get. The good news is that there may be a possible pilot of the system by the end of the year and it could be online by February 2011. That committee is also working on the pool length certification database.

If anyone has any questions or would like more information about any item in this report, please don't hesitate to contact me. Additionally, there is a wealth of information in the reports posted on the USMS website at [www.usms.org/admin/conv/2010](http://www.usms.org/admin/conv/2010).



At House of Delegates: Donn Livoni (MT), Paige Buehler (IW), Karen Morrison and Jill Wright (Snake River LMSC)

# Meet Results

The Short Course season is off to a great start with a yard meet in Spokane and a meter meet in Sandpoint. We so appreciate the efforts of these two groups to host such well run meets. The enthusiasm seems to grow with each meet. Be sure to put our upcoming meets in Wenatchee, Coeur d'Alene (short course meters), and Moscow on your calendar. It is always so fun to see everyone as well as go for PR's with every swim.

**WANT TO SEE THE FULL RESULTS BY EVENTS? PLEASE VISIT WWW.INLANDNWMASTERS.ORG AND CLICK ON THE "EVENT RESULTS" LINK FROM THE LEFT MENU.**

*Check out My USMS at [www.usms.org](http://www.usms.org) to see all of your swims compiled in one place!*

## SWAT 3rd Annual Sink or Swim Meet Spokane, WA—10/23/2010

### Team Scores

Place	Team	Points
1.	Spokane Waves Aquatic Team	315
2.	Moscow Chinook Masters	299
3.	Wenatchee Valley Masters	292
4.	Lake City Masters	199
5.	Central Washington Swim Team	136
6.	Moses Lake Manta Rays	92
7.	Lewis Clark Neptunes Masters	59
8.	Fairchild AFB Masters	49
8.	Sandpoint West Athletic Club	49
10.	Spokane Club Masters	35
11.	West Kootenay Masters Swim Club	33

## SWAC 2nd Annual Pumpkin Power Meet Sandpoint, ID—11/13/2010

Place	Team	Points
1	Lake City Masters	LCM 440
2	Moscow Chinook Masters	MCM 318
3	Sandpoint West Athletic Club	SWAC 306
4	Spokane Waves Aquatic Masters	SWAT 190
5	Wenatchee Valley Masters	WVM 186
6	Montana Masters	MM 180
7	West Kootenay Masters	WKM 75
8	Spokane Club Masters	SCM 50
9	Pacific Northwest Masters	PNA 30
9	Fairchild Afb Masters	FAF 30
11	Moses Lake Manta Rays	MLMR 22
12	Gold Coast Masters	GOLD 21
13	Hydropower Masters-UNAT	HMS 4



The Coeur d'Alene team greatly increased in numbers at the Sandpoint meet becoming a dominant force. They were the meet champions. Congratulations on a job well done!





Checking in at the Sandpoint Pumpkin Power Meet—Nov. 13.



Tom Lamar and Sammy Hammerly of Moscow Chinoooks Masters at the Sandpoint Pumpkin Power Meet—Nov. 13.

## 5 Reasons to Swim Masters

5. To lose weight.
4. To stay in shape
3. To stop the aging process.
2. To swim fast
1. And the number 1 reason we all swim Masters is to make friends and have fun!

**We would like to welcome Ellora Wahle from Central Washington University and Zach Kubin from Gonzaga University. They are the team reps for new teams in Hydropower. Both are looking for venues to train and, especially, to compete in meets. CWU's team has already been to Bainbridge Island, WA for a meet and to the Spokane Waves Sink or Swim Meet. Zach came to the Sink or Swim meet, interested in finding out what Masters Swimming can offer. We're glad to have you both on board to help us understand what USMS and the Inland NW LMSC can do to meet your goals.**

**Hope to see you in Wenatchee!!**

Middle Distance Workout from Crawfish Aquatics Master in Baton Rouge, LA

Warm up

Groups 1 & 2: 600 swim/400 kick with fins

Groups 3 & 4: 400 swim/300 kick with fins

Main Set

10 x 50 (25 drill, 25 kick) 10 sec. rest

10 x 50 on 1:00 (streamline past flags on start and turns).

6 on 2:45

Respective distances for groups 1-4: 200-175-150-125

6 on 2:30 with fins

Respective distance for groups 1-4:200-175-150-125

Warm down: 100

Totals (Groups 1-4) = 4,500-4,200-3,500-3,100

Quote for the day: "Do not simply be good—be good for something."

USMS had recently issued a clarification of the butterfly rule regarding recovery of the arms as follows: To be legal, the arm, from the shoulder to the wrist, must break the surface of the water NOT clear the water. Seeing air between the surface of the water and the arm is not required. If the top surface of the arm from the shoulder to the wrist breaks the water, that is legal. The underside of the arm from the armpit to the wrist does not have to break or clear the water for the recovery to be legal. Or as USA Swimming has previously explained. "It is not required that both arms be completely out of the water: (in reference to seeing air between the arms and the water). An analogy is a boat: it breaks the surface but is not completely out of the water."

# Wenatchee Valley Masters Presents a Winter Invitational

## Sunday January 23, 2011

**Date & Time:** Sunday, January 23, 2011. Warm-up starts at 9:30 am, meet starts at 10 am. Event 3 (200 Yard Freestyle Relay) not to begin before 11:00 am.

**Sponsor:** Wenatchee Valley Masters. Sanctioned by Inland Northwest Masters Swimming (IWMSC) for United States Masters Swimming Inc. Sanction # 303510123.

**Eligibility:** All swimmers must be currently registered IWMSC/U.S. Masters swimmers. Registration is available online ([www.usms.org](http://www.usms.org)) or will be available at the meet. Swimmers from outside IWMSC must provide proof of registration.

**Rules:** All current U.S. Masters rules will apply. Certified stroke and turn judge(s) will be present. Please consult the 2011 U.S. Masters Swimming Rulebook for current rules. Events will be seeded slow to fast.

**Fees:** \$20 for entries postmarked January 17, 2011. \$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 a maximum of five individual events and three relay events.

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

**Deadline:** All entries must be postmarked by January 17, 2011. Incomplete or late entries will be treated as "deck entries".

**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 be propped open.

**Lodging:** Home stays are available with members of the host team. If interested, contact Carolyn MaGee for more information, 509-860-1027.

<b>Postmarked by:</b>	<b>January 17, 2011</b>
<b>Mail Entries to:</b>	<b>Carolyn MaGee 1580 South Miller Wenatchee, WA 98801</b>
<b>Entry Fee:</b>	<b>\$20 prior to January 17 \$30 for Deck Entries</b>
<b>Checks payable to:</b>	<b>IWMSC</b>

Name \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ Birthdate \_\_\_\_\_ Age \_\_\_\_\_  
 Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_  
 Phone \_\_\_\_\_ USMS # \_\_\_\_\_ Club/ Workout Group: \_\_\_\_\_

### Short Course Yard Times Please • Maximum of 5 Individual and 3 Relays

1 400 Y Individual Medley _____	8 100 Y Individual Medley _____	15 50 Y Butterfly _____
2 1650 Y Freestyle _____	9 200 Medley Relay _____	16 100 Y Breaststroke _____
SECOND WARM-UP	10 MINUTE BREAK	17 200 Y Backstroke _____
3 200 Freestyle Relay _____	10 50 Y Backstroke _____	18 100 Y Freestyle _____
5 MINUTE BREAK	11 100 Y Butterfly _____	19 200 Y Individual Medley _____
4 200 Y Butterfly _____	12 50 Y Freestyle _____	20 200 Y Mixed Free Relay _____
5 100 Y Backstroke _____	13 200 Y Breaststroke _____	5 MINUTE BREAK
6 200 Y Freestyle _____	14 200 Y Mixed Medley Relay _____	21 500 Y Freestyle _____
7 50 Y Breaststroke _____	10 MINUTE BREAK	

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 MASTER SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERE TO, I HERBY 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 CLUB, HOSE 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.

Participant Signature \_\_\_\_\_ Date \_\_\_\_\_

**Lake City Masters**  
**Spring Splash**  
**Saturday, March 5th, 2011**

**Date/Times:** Saturday, March 5, 2011. Warm-up at 10:30 am.  
Meet starts at 11:00 am. Event 3 will not start before 12:30 pm.

**Location:** The Salvation Army Ray and Joan Kroc Center, 1765 W. Golf Course Rd., Coeur d'Alene, ID 83815

**Eligibility:** All swimmers must be currently registered USMS or MSC Swimmers. To register/renew with USMS visit [www.usms.org/reg](http://www.usms.org/reg) or [www.InlandNWMasters.org](http://www.InlandNWMasters.org) for the form. You may also register at the meet. **Include a copy of your registration card if registered outside Inland NW Masters.**

**Rules:** All current USMS rules will apply. Please consult [www.usms.org/rules](http://www.usms.org/rules) about proper stroke and turn rules. Events will be seeded slow to fast.

**Conduct of the Meet:** Participants are limited to five individual events (four individual events for deck entries) and three relay events.

**Check-in:** All deck entries must be checked-in by 10:45 am. Positive check-in required for 1500 free & 400 free. Deadline for 1500 free is 10:45 am. Deadline for 400 free is 2:00pm.

**Relays:** Submit relay cards to the clerk of course by 12:30 p.m. Individuals must be signed up with the club/workout group they represent to have their relay points to count for that club/workout group. Mixed relays require 2 men and 2 women.

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

**Fees:** \$20 for entries postmarked by February 24, 2011. \$30 for deck entries. Incomplete or late entries will be treated as deck entries. Make checks payable to: IWMSC. Cash will not be accepted with entry forms or at the meet.

**Sponsor:** Lake City Masters (LCM) of the Hydropower Masters Swim Club (HMS). Sanctioned by Inland Northwest Masters Swimming Committee (IWMSC) for United States Masters Swimming Inc. (USMS). Sanction number 03510305.

**Directions to The Salvation Army Ray and Joan Kroc Center Competition Pool:** From I-90 take the Northwest Blvd (exit 11). From exit ramp, turn North onto N. Ramsey Rd. and continue for .4 miles. Turn left onto W. Golf Course Rd.

**Questions:** can be answered by Margaret 208-667-3721.

**Note:** Nourishment will not be provided. Concessions available in the lobby. Please no food on deck.

<b>Postmarked by:</b>	February 24, 2011
<b>Mail Entries to:</b>	Margaret Hair 408 W. Vista Dr. Coeur d'Alene, ID 83815
<b>Entry Fee:</b>	\$20 prior to February 24, 2011 \$30 for Deck Entries
<b>Checks Payable to:</b>	IWMSC

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

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

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

**SC Meter Times · Maximum of 5 Individual (maximum 4 Individual for Deck Entries) and 3 Relay Events.**

1. 400 M Individual Medley _____	<i>10 Minute Break</i>	<i>10 Minute Break</i>
2. 1500 M Freestyle _____		
<i>Event 3 will start no earlier than 12:30 pm</i>	9a. 400 M Medley Relay _____	15. 200 M Breaststroke _____
	9b. 400 M Mixed Medley Relay _____	16. 200 M Butterfly _____
3a. 200 M Freestyle Relay _____	10. 100 M Breaststroke _____	17. 50 M Freestyle _____
3b. 200 M Mixed Freestyle Relay _____	11. 50 M Butterfly _____	18. 100 M Backstroke _____
4. 50 M Breaststroke _____	12. 100 M Freestyle _____	19. 200 M Individual Medley _____
5. 100 M Butterfly _____	13. 200 M Backstroke _____	<i>5 Minute Break</i>
6. 200 M Freestyle _____	14a. 800 M Freestyle Relay _____	20. 400 M Freestyle _____
7. 50 M Backstroke _____	14b. 800 M Mixed Freestyle Relay _____	
8. 100 M Individual Medley _____		

**DISCLAIMER:** The LCM, HMS, IWMSC, USMS are not owned or operated by The Salvation Army. This content and the conduct of its programs are not controlled or supervised by The Salvation Army Ray and Joan Kroc Center.

**LIABILITY RELEASE:** 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 \_\_\_\_\_

# Moscow Chinooks Masters Swimming of Hydropower Masters Swim Club hosts Inland Northwest Masters Championship Swim Meet 2011

## SATURDAY MARCH 26 & SUNDAY MARCH 27, 2011

**DATE/TIMES:** Saturday, March 26, 2011 warm-up starts at 11 am, meet starts at 12 pm, event #3 will not begin before 1:00pm.

Sunday, March 27 warm-up starts at 8:30 am, meet starts at 9:30 am, event #19 will not begin before 10:15 am.

**FACILITY:** University of Idaho Swim Center (Rayburn St., Moscow, ID) is an indoor pool with eight 25-yard competition lanes and a separate four-lane pool for warm-up/-down. Locker rooms adjacent to pool. Snacks/drinks for swimmers and volunteers provided.

**SPONSOR:** Moscow Chinooks Masters Swim Team of the Hydropower Masters Swim Club. Sanctioned by the Inland NW Masters Swimming Committee for USMS, Inc. #03510326.

**ELIGIBILITY:** All currently registered Masters swimmers. **Copy of membership card or proof of registration outside of Inland NW LMSC and USMS is required.**

**RULES:** All current USMS rules will apply. Certified stroke and turn judges will be present. Consult the current USMS Rulebook ([www.usms.org/rules](http://www.usms.org/rules)) for complete swimming rules.

**NO DIVING DURING WARM-UP EXCEPT IN DESIGNATED SPRINT LANES.**

**DEADLINES & FEES:** \$25 early fee by postmark deadline of March 19th. Deck entry by 11:15am Saturday and 8:45am Sunday is \$35. Make payment by check or money order payable to MCM. Cash will not be accepted.

**DECK ENTRY REGULATIONS:** Deadline for deck entry is 11:15am Saturday and 8:45am Sunday so that heats may be seeded in a timely manner. You may email the meet director your events and pay at the check in if you will arrive past the deadline.

**AWARDS:** First - third place ribbons will be available.

**RELAYS:** Submit relay cards to the clerk of course during each day's warm-ups for deck seeding. Individuals must be signed up with the club/team they represent to have their relay points count for that club/team. Mixed relays = 2 male + 2 female swimmers. \*The entries for Women's Relays and Men's Relays will be swum in combined heats.

**CONDUCT OF THE MEET:** Short course yards events will be seeded slowest to fastest. Participants may swim no more than six individual events with no more than five events in one day, plus four relay events.

**DIRECTIONS:** **1a.** From ID Hwy 95 come into Moscow and head west on Sixth St. toward the Univ of Idaho campus. **1b.** From Pullman on WA270/ID8 turn right at 2nd signal onto Perimeter Rd. then left onto Sixth St. **2.** Turn south on Rayburn St. and continue to parking lot #39 opposite the Kibbie Dome east side. Enter Memorial Gym and follow signs to the Swim Center. Obey all parking signs.

**SWIM GREEN:** Champs strives to be a no waste event. Please use provided recycling/compost bins and reusable containers for food/drink swimmers and spectators may bring.

**H.O.S.T. (House our Swimmers Tonight):** Moscow Chinooks are happy to house you (and your family) for the night. Contact the meet director. Nearby hotels are the Palouse Inn, Super 8 Moscow and the Best Western University Inn.

**QUESTIONS:** Contact Meet Director Steve McGeehan at (208) 301-1027 before 9pm PT or email [simcgeehan@gmail.com](mailto:simcgeehan@gmail.com).

<b>Early Fee Deadline:</b>	Saturday, March 19th postmark
<b>Check payable to:</b>	MCM \$25 (\$35 deck entry)
<b>Mail Entries to:</b>	Paige Buehler 814 Mabelle St. Moscow, ID 83843

### Saturday, March 26th

11am warm up, meet starts at Noon

1. 400 Y Individual Medley

2. 1650 Y Freestyle

Event #3 will not begin before 1:00pm

3. 200 Y Backstroke

4. 50 Y Freestyle

5. 100 Y Breast

6. 200 Y Mixed Medley Relay

10 Minute Break

7. 400 Y Mixed Medley Relay

8. 50 Y Butterfly

9. 100 Y Indiv Medley

10. 200 Y Freestyle

11. 100 Y Backstroke

10 Minute Break

12/13. 200 W/M\* Freestyle Relay

14/15. 400 W/M\* Freestyle Relay

16/17. 800 W/M\* Freestyle Relay

### Sunday, March 27th

8:30am warm up, meet starts at 9:30am

18. 500 Y Freestyle

Event #19 will not begin before 10:15am

19. 200 Y Butterfly

20. 50 Y Breaststroke

21. 100 Y Freestyle

22/23. 200 Women's/Men's\* Medley Relay

10 Minute Break

24/25. 400 Women's/Men's\* Medley Relay

26. 100 Y Butterfly

27. 50 Y Backstroke

28. 200 Y Breaststroke

10 Minute Break

29. 200 Y Indiv Medley

30. 200 Y Mixed Freestyle Relay

31. 400 Y Mixed Freestyle Relay

32. 800 Y Mixed Freestyle Relay

33. 1000 Y Freestyle

**SATURDAY EVENING SOCIAL:** The Inland NW Masters Swimming Committee annual meeting and awards banquet will be held at 5:30pm at San Miguel's Mexican Restaurant at 215 N. Main St., Moscow. Buffet dinner offering chicken, beef, pork and vegetarian choices with sides for \$15 per person (drinks separate—full bar and chocolate milk available.) Please include payment with your entry.

**LMSC AWARDS:** The Inland NW Masters Swimming Committee recognizes **Most Dedicated** and **Most Inspirational** swimmers and volunteers each year. **Send your nominations** to Margaret Hair ([margareth20@frontier.com](mailto:margareth20@frontier.com)) so we can recognize those who make a difference in and out of the pool. Thanks!!

**VOLUNTEERS TO TIME:** If someone is coming to the meet with you and would like to time \*and\* cheer for you, please contact the meet director.

# Moscow Chinooks Masters Swimming of the Hydropower Masters Swim Club hosts Inland Northwest Masters Championship Swim Meet 2010

Sanctioned by the Inland NW Masters Swimming Committee for USMS, Inc. Sanction #03510326

Name \_\_\_\_\_ Circle if this is your FIRST Masters swim meet: **Y**

Phone (\_\_\_\_) \_\_\_\_\_ E-mail address \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State/Prov \_\_\_\_\_ Zip \_\_\_\_\_

Male  Female Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_\_ USMS or MSC # \_\_\_\_\_

Team Name \_\_\_\_\_ Team Abbrev \_\_\_\_\_ LMSC \_\_\_\_\_

USMS Club Name \_\_\_\_\_ USMS Club Abbrev \_\_\_\_\_ or UNATTACHED

AGE GROUPS (Determined by your age as of 3/28/2010):

18-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59  
60-64 65-69 70-74 75-79 80-84 85-89 90-94 95+

RELAY AGE GROUPS: 18+, 25+, 35+, 45+,

55+, 65+, 75+, 85+, 95+. The age of the youngest relay team member shall determine the age group.

### Maximum of 6 Individual Events (up to 5 max in one day)

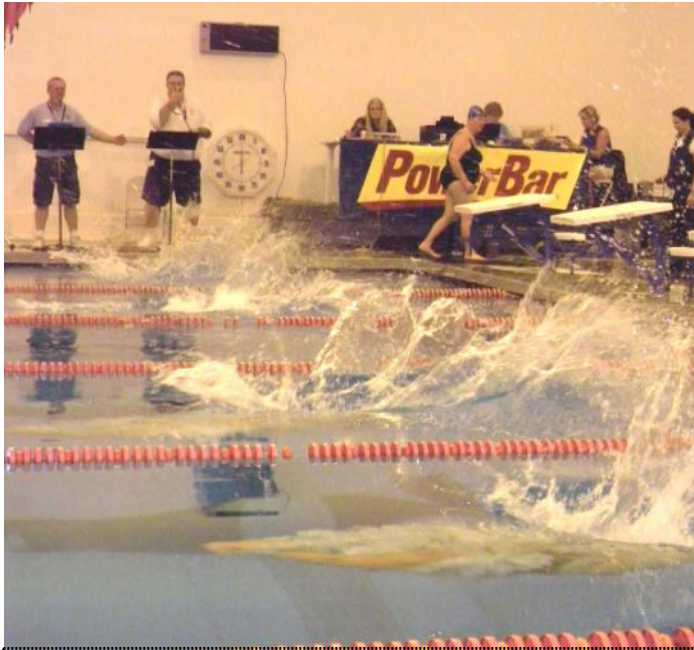
EVENT #	EVENT NAME	SEED TIME (yds) or NT if no time avail

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.

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

**Fees:** Early Bird Meet Fee \$25 \_\_\_\_\_  
Deck Entry Meet Fee \$35 \_\_\_\_\_  
Social Event Fee \$15 x \_\_\_\_ ppl \_\_\_\_\_  
**Total enclosed (no cash)** \$ \_\_\_\_\_

**Early Fee Deadline:** Saturday, March 19th postmark  
**Check payable to :** MCM  
**Mail Entries to:** Paige Buehler  
814 Mabelle St.  
Moscow, ID 83843



200 Freestyle at Spokane Waves Sink or Swim Meet—Oct. 23



Moscow Chinooks men's relay (Matt Edde, Tom Lamar, Dan Hurley and Brian Carhart) at Spokane Waves Sink or Swim Meet—Oct. 23



Montana Masters visiting the Sandpoint meet—Nov. 13  
Don Jelenek, Charlotte Sanddal, Peggy Stringer(?), Lupercio Rangell and Bob McKinnon



Sammy Hammerly (MCM) and Harm-Jan Steenhuis (SWAT) after the 100 M Breaststroke. Sandpoint—Nov. 13

Paige Buehler (MCM) counts for Stephen Harger (Moses Lake Manta Rays) in the 1000 M Freestyle at the Sandpoint meet—Nov. 13



Sandpoint Pumpkin Power Meet organizers Robin Helm and Mike Brosnahan—Nov. 13



# U.S. MASTERS SWIMMING

swimming for life! www.usms.org

## Inland Northwest LMSC Member Registration 2011

New Registration     Renewal  
USMS # \_\_\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Middle Initial \_\_\_\_\_  
/ /

Mailing Address \_\_\_\_\_ Apt # \_\_\_\_\_ Today's Date (required) \_\_\_\_\_

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

Home Phone \_\_\_\_\_ / / Cell Phone \_\_\_\_\_ Email Address (internal use only) \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Male/Female \_\_\_\_\_  
 Masters swim coach     YMCA  
 Certified swim official     USA Triathlon  
 USA-Swimming

Inland NW LMSC's  
SplashMaster newsletter  
is sent by email. Do you  
also want a paper copy  
mailed to you?  
 YES     NO

**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 \_\_\_\_\_

### Club Affiliation

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

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

- Lake City Masters     Sandpoint West Athletic Club     Moscow Chinooks Masters     Fairchild AFB Masters  
 Spokane Club Masters     Spokane Masters Swim & Tri     Tri-Cities Atomic Sturgeons     3 Rivers Masters Swimming  
 Moses Lake Manta Rays     Ellensburg Windy City Masters     Wenatchee Valley Masters     Central Washington St Univ  
 Unattached team (relays at zone/  
natl meets, none at Inland NW meets)

### Fees

	Total
<input type="checkbox"/> Individual	\$40.00
<input type="checkbox"/> Senior (age 60+)	\$36.00
<input type="checkbox"/> Junior (age 18-24)	\$36.00
<input type="checkbox"/> Late Year (Sept & Oct)	\$30.00
I wish to contribute this amount to the USMS "Swimming Saves Lives" Fund:	\$
I wish to contribute this amount to the International Swimming Hall of Fame Foundation:	\$
<b>Total Enclosed</b>	\$

### Benefits of Membership

- ⇒ USMS Swimmer Magazine subscription (\$8 of your membership)
- ⇒ SplashMaster newsletter and communications from the Inland NW Masters Swimming Committee
- ⇒ Secondary accident insurance in practices supervised by a USMS member or USA Swimming certified coach where all swimmers are USMS registered and in USMS sanctioned meets where all competitors are USMS registered.
- ⇒ Coached workouts in locations nationwide
- ⇒ Avenues for competition and fitness events
- ⇒ Camaraderie and FUN!

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

Questions? Email [mabelleray@yahoo.com](mailto:mabelleray@yahoo.com)

## Are you using the web?

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

**[www.usms.org](http://www.usms.org)**

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

**[www.inlandnwmasters.org](http://www.inlandnwmasters.org)**

Check results or meets and get entries for upcoming events.

USMS will end 2010 with close to 55,000 registered members. The goal for 2011 is to reach 100,000. Let's help to reach that goal. Encourage your poolmates to renew their registration and welcome new members to our growing organization!

## USMS OPEN WATER NATIONAL CHAMPIONSHIP SWIM CLOSE TO HOME IN 2011

The USMS 1 mile open water swim will be held July 2, 2011 at Foster Lake, Sweet Home, OR.

Oregon Masters Swimming will be hosting the event. Entry forms will be posted at [www.usms.org/longdist/ldnats11/](http://www.usms.org/longdist/ldnats11/)

Joyous Holidays  
Happy New Year  
Swim Fast



INLAND NW MASTERS SWIMMING COMMITTEE  
714 MABELLE STREET  
MOSCOW, ID 83843

*TO THE SWIMMING HOUSEHOLD OF:*