

# SPLASHMASTER

FEBRUARY 2013

## INLAND NW MASTERS SWIMMING COMMITTEE

### Video and Pool Magic to De-mystify Breaststroke

By paige buehler, chair & editor

Mike Hamm regaled attendees at the De-mystifying Breaststroke clinic in Coeur d'Alene and Kennewick with videos of Olympic swimmers pointing out that there is no one way to swim the stroke.

After the lunch break Mike took us to the pool where time passed with abnormal speed as he showed us multiple drills to analyze our own strokes starting off with watching our knees, a tricky yet rewarding exercise requiring the blowing of many bubbles. He emphasized that getting your hands flat upon resuming the neutral position can help stabilize you. And he worked with us on our body angle, for a more parallel angle to the water creates less drag.



Mike explains the next drill.

Then Mike had us break down our turns into more elements than we'd ever thought possible, from perfect streamline to reverse somersaults to turning without the wall to a full, fast turn staying low in the water

and getting from vertical back to horizontal as quickly as possible.

Mike loved working with everyone and asking "How did that feel?" because breaststroke is so individual that if it feels right it is probably right for you.

In the post-clinic evaluations

almost every response relating to ideas for future clinics asked for backstroke or butterfly as the focus. Look for another stroke clinic "same time next year!"

(L) Deidre, Carol and Cindy.  
(Far Left) Charlie



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### Upcoming Events

Saturday, March 9  
Spring Splash Meet (SCM)  
Kroc Center  
Coeur d'Alene, ID

March 22-24  
NW Zone SCY Champs  
Reynolds Community Pool in Fairview, OR  
(deadline March 12 - register at [www.swimoregon.org/calendar](http://www.swimoregon.org/calendar))

Sat & Sun, April 6-7  
IWMSC Champs SCY  
UI Swim Center  
Moscow, ID

Register Online



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

# TOP TEN SWIMS FROM THE INLAND NORTHWEST

By James Adams, top 10 and records

CONGRATULATIONS TO THESE MEMBERS  
FOR SWIMMING A TOP 10 TIME IN 2012

The USMS Top Ten is a list compiled of the top 10 fastest times in each event/age group for each course (SCY, SCM, LCM) swum at a sanctioned or recognized swim meet or event.

It is a great accomplishment for a swimmer to see their name appear here. A few of the swimmers even "outlive" their competition to make the top ten listings. Not everyone among us will make this listing, and all of us are swimming for a number of different reasons. Whatever your reason for this daily chlorine bath, keep up the hard work, and have fun doing it!

Ella B Ackley	Wenatchee Valley Masters/HMS
James A Adams	Wenatchee Valley Masters/HMS
Noelle D Adams	Lake City Masters/HMS
David R Barnes	Lake City Masters/HMS
Jack Bevier	Wenatchee Valley Masters/HMS
Bryan Brosious	Unattached
Madonna Buder	Unattached
Maggie Caetano	Central WA Univ Swim Team/HMS
Adam H Daggs	Moscow Chinooks Masters/HMS
Matthew L Edde	Moscow Chinooks Masters/HMS
Michael L Hamm	Lake City Masters/HMS
Sammy D Hammerly	Moscow Chinooks Masters/HMS
Brady Hooper	Lake City Masters/HMS
Lana Lawrence	Lake City Masters/HMS
Diana MacManus	Lake City Masters/HMS
Carolyn M Magee	Wenatchee Valley Masters/HMS
Peony Munger	Wenatchee Valley Masters/HMS
Levi Olden	Central WA Univ Swim Team/HMS
Matthew A Peterson	Central WA Univ Swim Team/HMS
Jean Rudolph	Moscow Chinooks Masters/HMS
Anna Sharpe	Spokane Waves Aquatic Masters
David Thorsnes	Central WA Univ Swim Team/HMS
Gloria Waggoner	Lake City Masters/HMS

## FITNESS EVENTS

By Margaret Hair, fitness

Having a goal is an ideal way to enhance your exercise and fitness experience, so consider trying one of the USMS Fitness Events. One such event is the Go The Distance (GTD). There's no cost to enter Nike GTD.

For more information:  
<http://www.usms.org/fitness/content/gothedistance>.

Nike GTD is a self-directed program intended to encourage Masters swimmers to regularly exercise and track their progress. There's no time limit for the distance milestones, except that they must be achieved in the calendar year. Speed doesn't count—just the effort to attain whatever goal you set for yourself.

Nike GTD is on the honor system—you track the distance you swim. Daily, weekly, or monthly, enter that information into your online Fitness Log (FLOG). When you achieve certain milestones, you'll be recognized on the U.S. Masters Swimming website and receive special prizes from Nike Swim, our title sponsor for the event.

You can register through your FLOG in the My USMS (<http://www.usms.org/myusms/>) section of the website. For illustrated, step-by-step instructions for setting up your FLOG and entering GTD go to [http://www.usms.org/admin/lmschb/usms\\_create\\_forums\\_account.pdf](http://www.usms.org/admin/lmschb/usms_create_forums_account.pdf).

Lake City Kroc Masters  
**SPRING SPLASH**

Entry Form  
Saturday  
March 9th, 2013

**Date/Times:** Saturday, March 9, 2013. Warm-up at 9:30 am. Meet starts at 10:15 am.

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

**Eligibility:** All swimmers must be currently registered with US Masters Swimming or foreign equivalent. 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 9:45 am. Positive check-in required for 400 free, 400 IM & 1500 free. Deadline is 10:00 a.m. for 400 free. Deadline is Event 18 or 2 pm, whichever is sooner for 400 IM and 1500 free.

**Relays:** Submit relay cards to the clerk of course by 10:30 am or the completion of Event 1, whichever is sooner. Individuals must be signed up with the club/workout group they represent to have their relay points count for that club/workout group. Mixed relays require 2 men and 2 women.

**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.

In case of illness or accident, the Salvation Army Kroc Center is authorized to secure emergency medical treatment at my expense. The Salvation Army Kroc Center reserves the right to dismiss any participant who does not show respect for the facility, including but not limited to: property, equipment, policies, other members and staff. Members who are dismissed will not be given a refund of fees paid. The Salvation Army Kroc Center assumes no responsibility for personal property that is either in or out of lockers. By signing this entry form, I hereby waive any and all claims against The Salvation Army Kroc Center. I understand that the use of the facilities and equipment at The Salvation Army Kroc Center may involve risk of bodily injury or property damage and I agree to assume any such risks. I understand that it is up to me to consult physicians and other professionals to make sure that I can safely participate in this swim meet at The Salvation Army Kroc Center. I also understand and agree that by signing this Entry Form, I am giving up my right to make any claim against The Salvation Army Kroc Center, its agents, employees and volunteers, including the right to sue them, for bodily injury or property damage or any other loss that I might suffer while using The Salvation Army Kroc Center facilities and services, except as limited by law.

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

**Fees:** \$30 for entries postmarked by March 1, 2013. \$40 for deck entries. Incomplete or late entries will be treated as deck entries. Make checks payable to: The Salvation Army Kroc Center. Cash will not be accepted with entry forms or at the meet. Online registration available at [www.InlandNWMasters.org](http://www.InlandNWMasters.org) through midnight March 7, 2013.

**Sponsor:** Lake City Kroc 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 03530309.

**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 Noelle Adams.

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

**Postmarked by:** March 1, 2013

**Mail Entries to:** Noelle Adams  
3228 Fernan Terrace Drive  
Coeur d'Alene, Idaho 83814

**Checks Payable to:** The Salvation Army Kroc Center

**Entry Fees:**

- \$30 for online entries completed by midnight (PST) on Mar. 7, 2013 (online entries are preferred). Online entries are charged to your credit card by "[ClubAssistant.com](http://ClubAssistant.com) Events." Online meet registration is available at [www.InlandNWMasters.org](http://www.InlandNWMasters.org).
- \$30 for paper entries postmarked by Mar. 1, 2013.
- \$40 for deck entries.
- Incomplete or late entries will be treated as deck entries.

Lake City Kroc Masters  
**SPRING SPLASH**

Entry Form  
Saturday  
March 9th, 2013

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

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

Phone \_\_\_\_\_ USMS # \_\_\_\_\_ Inland NW Team \_\_\_\_\_ Email \_\_\_\_\_  
(Or Foreign Equivalent)

By signing and submitting this form, I agree to the terms of the "Liability Release."

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

.....

**\*Short Course Meter Times\***

Maximum of 5 Individual (maximum 4 Individual for Deck Entries) and 3 Relay Events

- |   |   |  |
|---|---|--|
| <p>1. 200 M Individual Medley _____</p> <p style="text-align: center;"><b><i>RELAY CARDS DUE</i></b></p> <p>2. 400 M Freestyle _____</p> <p style="text-align: center;"><b><i>15 Minute Break</i></b></p> <p>3. 200 M Freestyle Relay _____</p> <p>4. 200 M Mixed Freestyle Relay _____</p> <p>5. 50 M Breaststroke _____</p> <p>6. 100 M Butterfly _____</p> <p>7. 200 M Freestyle _____</p> <p>8. 50 M Backstroke _____</p> <p>9. 100 M Individual Medley _____</p> | <p><b><i>10 Minute Break</i></b></p> <p>10. 400 M Medley Relay _____</p> <p>11. 400 M Mixed Medley Relay _____</p> <p>12. 100 M Breaststroke _____</p> <p>13. 50 M Butterfly _____</p> <p>14. 100 M Freestyle _____</p> <p>15. 200 M Backstroke _____</p> <p>16. 800 M Freestyle Relay _____</p> <p>17. 800 M Mixed Freestyle Relay _____</p> | <p style="text-align: center;"><b><i>10 Minute Break</i></b></p> <p>18. 200 M Breaststroke _____</p> <p>19. 200 M Butterfly _____</p> <p>20. 50 M Freestyle _____</p> <p>21. 100 M Backstroke _____</p> <p>22. 400 M Individual Medley _____</p> <p style="text-align: center;"><small>Positive check-in required before Event 18.</small></p> <p>23. 1500 M Freestyle _____</p> <p style="text-align: center;"><small>Limited to first 18 entrants. Positive check-in required before Event 18.</small></p> |
|---|---|--|

Mail page 2 of the entry form to the address listed above. Please keep page 1 for your personal reference.

# INLAND NW MASTERS CHAMPIONSHIPS

Saturday/Sunday, April 6 & 7, 2013

Moscow, Idaho - University of Idaho

**DATE/TIMES:** Saturday, April 6, 2013 warm-up starts at 11 am, meet starts at 12 pm, event #3 will not begin before 1:00pm.

**Sunday,** April 7 warm-up starts at 8:30 am, meet starts at 9:15 am, event #19 will not begin before 10:15 am.

**FACILITY:** University of Idaho Swim Center (1040 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 of the Hydropower Masters Swim Club. Sanctioned by the Inland NW Masters Swimming Committee for USMS, Inc. #353-S002.

**ELIGIBILITY:** All currently registered Masters swimmers. Entry must include 2013 membership number. Copy of membership card or proof of registration outside 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:** \$40 fee by postmark deadline of March 30th. Make payment by check or money order payable to MCM. **Cash will not be accepted.** Online registrations charged to a credit card will be accepted until 11:59pm PDT, Tuesday, April 2nd. **The charge on your card will be from "ClubAssistant.com Events" for this meet.**

**ONLINE ENTRY:**  
[WWW.INLANDNWMASTERS.ORG](http://WWW.INLANDNWMASTERS.ORG)

**US MAIL:** Send paper entries by postmark deadline to:  
Paige Buehler, 814 Mabelle St., Moscow, ID 83843

**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.

**AWARDS:** Ribbons for 1<sup>st</sup>-3<sup>rd</sup> place will be available.

**DIRECTIONS:** **1a.** From ID Hwy 95 come into Moscow & 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. Additional parking on Rayburn St. Obey all parking signs.

**SWIM GREEN:** Inland NW 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 Idaho Inn, 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).

## Saturday, April 6

11am warmup, meet starts at Noon

1. 400 Y Individual Medley
2. 1000 Y Free
- Event 3 will not begin before 1:00 PM
3. 200 Y Backstroke
4. 50 Y Free
5. 100 Y Breaststroke
6. 200 Y Mixed Medley Relay
7. 400 Y Mixed Medley Relay
- 10 minute BREAK
8. 50 Y Butterfly
9. 200 Y Free
10. 100 Y Backstroke
11. 200 Y Individual Medley
- 10 minute BREAK
- 12/13. 200 Y W/M\* Free Relay
- 14/15. 400 Y W/M\* Free Relay
- 16/17. 800 Y W/M\* Free Relay

## Sunday, April 7

8:30am warm up, meet start 9:15am

18. 1650 Y Free
- Event #19 not to begin before 10:15am
19. 200 Y Butterfly
20. 50 Y Breaststroke
21. 100 Y Free
- 22/23. 200 Y W/M\* Medley Relay
- 24/25. 400 Y W/M\* Medley Relay
- 10 minute BREAK
26. 100 Y Individual Medley
27. 100 Y Butterfly
28. 50 Y Backstroke
29. 200 Y Breaststroke
- 5 minute BREAK
30. 200 Y Mixed Free Relay
31. 400 Y Mixed Free Relay
32. 800 Y Mixed Free Relay
33. 500 Y Free

## SATURDAY EVENING SOCIAL:

Will be held at 5:30pm in Moscow (exact location TBD). Dinner offering meat and vegetarian choices with sides for \$15 per person. Guests invited. Please include payment with your entry.

The IWMSC annual membership meeting & awards will follow dinner.

**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.

# INLAND NW MASTERS CHAMPIONSHIPS

Sanctioned by the Inland NW Masters Swimming Committee for USMS, Inc Sanction #353-S002

Name \_\_\_\_\_

Phone (\_\_\_\_\_) \_\_\_\_\_ Email address \_\_\_\_\_

Address \_\_\_\_\_

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

Male  Female Birth date \_\_\_\_/\_\_\_\_/\_\_\_\_ 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 4/6/2013):

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

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 \_\_\_\_\_

<b>Fees:</b>	Meet Entry Fee	\$ 40
	Social Event Fee \$15 x ____ ppl	\$ ____
	<b>Total Enclosed (no cash)</b>	\$ ____

<b>Postmark Deadline:</b>	Saturday, March 30 <sup>th</sup>
<b>Check Payable to:</b>	MCM
<b>Mail Entries to:</b>	Paige Buehler 814 Mabelle St. Moscow, ID 83843
<b>Online Entries:</b>	www.inlandnwmasters.org

## 2012 LMSC Financials

The Inland NW LMSC took in more money than it spent last year. Net revenue was \$2,944.

Main contributors to this were lower than expected expenses mostly from sending one instead of two delegates to National Convention along with increased membership and increased meet sanction fees based on attendance to bring our revenue higher than budgeted.

### Statement of Revenue & Expense

#### Revenue

Indiv Registrations	3641
Meet Income	4697
Clinic Income	1979
Other Income	697
<b>TOTAL</b>	<b>\$ 11015</b>

#### Expense

Indiv Reg due USMS	842
Meet Expense	2603
General Opns	665
Convention	1297
Clinic	2124
Equipment	214
Misc	325
<b>TOTAL</b>	<b>\$ 8070</b>

# SWIMMING IN WENATCHEE AT THE WINTER INVITATIONAL

January 13, 2013



The Wenatchee Valley Masters again hosted a great meet in mid-January. Travel weather was perfect for a Sunday swim and 47 participants took advantage of it hailing from as far as Montana and Seattle.

One of the highlights were the 25s-For-Fun which had some swimmers almost running from the far end of the pool to step on the blocks for their next 25.

Inland NW records set at the meet:

Jack Bevier - 400 IM, 100 Free, 200 Free  
 Bill Bresko - 50 Breast, 100 Breast  
 James Adams - 1650 Free  
 Michael Hamm - 200 Breast  
 Carolyn Magee - 200 Back

Full Meet Results are posted at:  
<http://www.usms.org/comp/meets/meet.php?MeetID=20130113WENATCY> -OR-  
<http://www.inlandnwmasters.org/results.html>

## USMS Membership Required for Coaches

Due to a new requirement by the USMS insurance provider, all coaches of USMS workouts must be registered as members of USMS. Previously, USA-Swimming certified coaches could supervise a USMS practice and be covered by our insurance.

The best benefit of this change is that all of our coaches will receive the same communications that all of their USMS swimmers receive.

# ELECTIONS FOR OFFICERS

## INLAND NW MASTERS ANNUAL MEMBERSHIP MEETING & AWARDS BANQUET

### WHO'S RUNNING AND HOW TO VOTE!

This is an elections year when, according to the IWM-SC bylaws, our membership shall vote to elect a chair, vice chair, treasurer and secretary.

Many thanks to the Nominating Committee of Sean Murphy, Noelle Adams and Paige Buehler, here is the slate of candidates for your consideration.

**Matt Bronson - Chair**

**Patrick Bucknam - Vice Chair**

**Rick Acosta - Treasurer**

**Tom Williams - Secretary**

Since the committee was unable to find more than one candidate for each office,

there will be a write-in space on the ballots.

Balloting will take place on SurveyMonkey with a link emailed out to all members by March 9<sup>th</sup>. Members without email or who request paper copies of Splashmaster will receive a ballot in this issue to mail to the Secretary. Please take a moment to vote.

Matt Bronson has been a longtime Masters and IW board member. His work in the military balances nicely with his love of swimming, and he likes short board meetings.

Patrick Bucknam is from Wenatchee and very dedicated to the masters team there. He is the CEO of the Community Health Organization there. Rick Acosta recently retired from working in the forest service and parks department in the Wenatchee area. His experience with budgets and planning give him good expertise to manage our LMSC books. Tom Williams swims with the Moscow Chinooks and is on the faculty at the University of Idaho. His involvement as faculty advisor to sports and academic student clubs and as officer to professional societies will enable him to keep the IWMSC organized.

Saturday, April 6, 2013  
5:30 PM

Moscow, Idaho

Join swimmers, teammates and friends at dinner in Moscow. We'll announce annual awards for high point male and female swimmers and high point team as well as share stories from the previous year, especially those that the IRS and USMS deem required! Use Champs meet entry form to RSVP, even if you aren't swimming.

## SPLASHMASTER

Inland NW Masters Swimming Committee  
PO Box 161  
Richland, WA 99352

To the Swimming Household of: