

INLAND NW MASTERS SWIMMING COMMITTEE

CLUBS VS. WORKOUT GROUPS

WHAT'S THE DIFFERENCE?

By paige buehler, past chair & editor

This debate has been going on for years - at least as long as I've been going to USMS convention (2007). How is a Club different from a workout group? What advantages does one have over the other? Why would a group want to be organized as one or the other?

The USMS Rule Book has defined them in the glossary over the years as:

Club - an organization or group of permanent character that is a member of USMS, registered through an LMSC and that actively promotes and/or participates in Masters swimming.

Chapter - (adopted 2012) a subordinate organization (subgroup) of a club that is a member of USMS registered through an LMSC. Individual members of a chapter are also members of the parent club.

Team - (last glossary entry in 2010 Rule Book) a group of swimmers representing the same club in a competition.

Historically, a club is a facility that has a pool. There could be swim workout groups at different times of day (AM, Noon, PM). And we could track members by workout group to better be able to communicate with them (e.j. no AM practice on New Year's Day).

Consider now RELAYS.

Small clubs could be hard-pressed to field a "team" of 4 people at a zone or national meet. So they band together in a "regional club" with other small clubs in their LMSC. Now they are stronger for competition outside their LMSC while maintaining their identity within it.

But the club no longer looks like a single group of people at a facility working out at different times and coming together for competition.

The benefits of a regional club with workout groups (or "chapters") is primarily in forming relays. The benefits of local clubs lie 1) in the name recognition of that program at a level outside of the LMSC, at Zone and National championships or in postal events, and 2) in the identity and affinity the group's members feel.

As summarized in the article on page 5, the fee to register a workout group is new in 2014 and the cost to register a club was reduced to make the decision cost neutral (you can't pick the cheaper of the two.) Why? USMS National Office, Board of Directors and many of the national committees feel that it will be easier to reach out to workout groups within clubs if they are formally recognized in the registration system. The House of Delegates voted to approve a budget that followed this path.

Belonging to a USMS club isn't typically dictated by where a member lives any more than a club is restricted to existing in a particular building.

Further changes are coming to the club and workout group structure within the Inland Northwest LMSC in 2014 and 2015. The IWMSM Board of Managers encourages you to talk with your club or workout group leaders to understand what the effects will be to you and your lanemates.

[See page 6 for a listing of the 2013 clubs and workout groups in the Inland NW.]

What's Inside

Top Ten Swimmers	p.2
Left Lane Letter	p.2
Fitness Events	p.3
Turkey Trifecta entry	p.4
Rule Changes	p.5
Coach Members	p.5
IWMSM Annual Awards	p.6
Clubs/Workout Groups in Inland Northwest	p.6

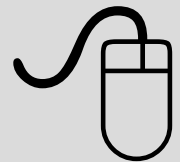
Upcoming Events

Saturday, November 16
Turkey Trifecta
UI Swim Center
Moscow, ID

Saturday, December 14
NW Zone SCM Champs
Bartlett Pool
Anchorage, AK
(For more info see www.akmswim.org/)

Sunday, January 12
Winter Invitational
Wenatchee H.S. Pool
Wenatchee, WA

Enter
Meets
Online



www.inlandnwmasters.org

IWMSC BOARD

New officers were elected prior to the Annual Membership Meeting on April 6, 2013. Please welcome them to the IWMSC Board of Managers.

Chair, 2013-2015

Matthew Bronson (FAF)
gr8white1965@yahoo.com

Vice-Chair, 2013-2015

Patrick Bucknam (WVM)
patrick@bucknumfamily.net

Secretary, 2013-2015

Thomas Williams (MCM)
tomw@uidaho.edu

Treasurer, 2013-2015

Rick Acosta (WVM)
acostarichard58@gmail.com

Past Chair, 2009-2013

Paige Buehler (MCM)
swim@galacticnorth.net

The following also serve on the Board of Managers in Appointed Positions

Registrar

Sean Murphy (TCAS)
kennewick.murphy@gmail.com

Top Ten Chair

James Adams (WVM)
jamesalbertadams@yahoo.com

Sanctions Chair

Brian Johnson (MCM)
johnsonb@uidaho.edu

Fitness Chair

Margaret Hair (LCM)
margareth20@frontier.com

Open Water Chair

Larry Krauser (SCM)
larry.krauser@kcgl.net

Newsletter Editor

Paige Buehler (MCM)

Coaches Chair

Matt Edde (MCM)
edde4391@vandals.uidaho.edu

Officials Chair

Wes Bratton (TCAS)
wbratton7@gmail.com

Web Dude

James Adams (WVM)
jamesalbertadams@yahoo.com

Plus Club and Team representatives found at www.inlandnwmasters.org/leadership

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 SHORT COURSE YARDS IN 2013

Name	(# of top 10 swims)	Club
Anna Sharpe	(1)	SWAT
Annie E Warner	(1)	HMS
Gloria Waggoner	(2)	HMS
Carolyn M Magee	(2)	HMS
Madonna M Buder	(2)	SWAT
Jean C Rudolph	(6)	HMS
James Adams	(3)	HMS
Michael L Hamm	(4)	HMS
Wayne R Brown	(1)	HMS
Jack Bevier	(4)	HMS
William J Bresko	(5)	HMS

Kudos to Jean Rudolph (Moscow Chinooks Masters) for her SIX top ten times in short course yards and to Bill Bresko (Fairchild AF Masters) for his FIVE top ten times. These two prove that swimming is a life-long sport.

All USMS Top 10 results are available at www.usms.org/comp/tt/

LEFT LANE LETTER

Welcome to the Splashmaster and Inland NW Masters Swimming. My name is Matt Bronson, your newly "elected" LMSC Chairman. I (as I'm sure you do) love swimming. I have been swimming masters in Inland NW since 1995, with a six year break while stationed in Hawaii with the United States Air Force. Despite rumors (alleged arm twisting), I volunteered for this position and am planning on doing the best job possible to sustain and grow our organization.

USMS Convention 2013

Four members of our LMSC attended the USMS Convention in Garden Grove, California in September. Many changes are coming that will likely affect our organization. Unattached swimmers must be part of an unattached club (club Unattached) in order for all swimmers in a given meet to be eligible for records. USMS is moving on-line registration in-house and encouraging our "work-out groups" to become clubs. A fee increase from national was also approved with the idea of providing more services to clubs and members. Grievance procedures that were part of legislative rules are moving to USMS policy. Excellent information was provided on recruiting volunteers, safety for open water events, and marketing clubs to new swimmers.

Coming Up

The Moscow Chinooks are hosting a "Turkey Trifecta" Swim Meet on 16 November. More meets are planned for January and March

Continued on page 3

FITNESS SWIMMING IN THE INLAND NORTHWEST

By Margaret Hair, Fitness chair

Fit-ness (n.)

1. The state or condition of being fit.
2. Good health or physical condition, especially as the result of exercise and proper nutrition.
3. SWIMMING for FITNESS; the best way to a healthy exercise routine!

Less than one-third of USMS swimmers identify themselves as "competitors" -- but we all swim because we love swimming and want to be fit. Swimming is one of the most popular forms of aerobic exercise, and it is an excellent activity for anyone who wishes to get fit and stay fit.

The annual Nike Go The Distance (GTD) program has become one of the most popular events offered by USMS. More than 3,400 members nationwide participated in this fitness event in 2012. Over thirty swimmers from Inland Northwest Masters are participating in the 2013 Nike GTD. These swimmers have logged 7,878 total miles through October 14th with an average 218 miles/swimmer. It's not too late for you to sign-up and start tracking your distance. Don't let the miles logged by others deter you. Some swimmers have tracked their mileage since the first of the year, while others have only recently started to track their mileage. GTD is a self-directed program intended to encourage Masters swimmers to regularly exercise and track their progress. Go to www.usms.org/fitness/content/gothedistance to register.



Polar Fitness Swimmers of Lake City Masters

LEFT LANE LETTER

Continued from page 2

2014. A clinic is still in planning stages for February with more information to follow in the coming months. Many postal and fitness events will occur during the winter, too. Hope everyone gets the opportunity to participate in the upcoming meets and fun fitness events.

Let Us Know

Make sure to share your ideas with your team reps and other board members on how to improve the LMSC and master swimming. Please consider volunteering. Your skills and talents can only make our organization better.

See you in the water. Matt

Go The Distance Participants in Inland NW (as of 11 Oct 2013)

Name	Club	Miles
Claire E Adam	HMS	1.76
James A Adams	HMS	429.4
Mark Amara	HMS	274.4
Kathy Amarasinghe	HMS	40.9
Steve R Anderson	HMS	202.7
Deborah J Bell	HMS	37.1
Mike E Berney	HMS	693.9
Matthew F Bronson	HMS	463.7
Paige Buehler	HMS	150.7
Heather A Colburn	HMS	56.9
James T Devere	HMS	445.52
Marcos A Donolo	HMS	394.6
Matthew L Edde	HMS	141.5
Kathy Farrell Guizar	HMS	88.1
Margaret Hair	HMS	205.3
Larry B Krauser	HMS	512.5
Jeanne B Leffingwell	HMS	9.1
Glenn Mabile	HMS	160.3
Sean J Murphy	HMS	389
Ariel K Ocker	HMS	2.8
Michael Rourke	HMS	133.8
Natalie H Sandberg	HMS	36.4
Ryan Swain	HMS	17.7
Bill C Waggoner	HMS	101.4
Douglas D Wood	HMS	2.6
Dexter J Yeats	HMS	220.9
Eileen Harris	SWAT	233.1
Gary Hurry	SWAT	172.6
Jennifer M Polello	SWAT	205.4
Harm-Jan Steenhuis	SWAT	359.1
Ed Davis	UNAT	413.9
Jessica R De Bord	UNAT	60.5
Karen Eldred	UNAT	1117.2
Karl J Lieberknecht	UNAT	79.3

Moscow Chinooks Masters of Hydropower Masters Swim Club presents

TURKEY TRIFECTA

Saturday, November 16, 2013

Date/Times: Saturday, November 16, 2013. Warm-up starts at 12:00pm, Meet starts at 1:00 pm. Warm up 12:00-12:30p in shallow pool only.

Sponsor: Moscow Chinooks Masters Swimming of Hydropower Masters Swim Club. Sanctioned by [Inland Northwest Masters Swimming](#) (IWMSC) for United States Masters Swimming, Inc. (USMS) Sanction number 353-S004.

Facility: [University of Idaho Swim Center](#). 25 yard competition pool with 8 lanes and automatic timing system. Dedicated pool for warm up/down. Locker rooms adjacent to pool deck. Spectator balcony.

Eligibility: All swimmers must be currently registered USMS swimmers or foreign equivalent. New members can register online: www.usms.org/reg.

Rules: 2013 USMS rules will apply. Available at www.usms.org/rules/ and at the meet. Certified stroke and turn judges will be present. Events will be seeded slow to fast.

Deadline: All paper entries must be postmarked by Saturday, November 9, 2013. Online meet entry closes Tuesday, November 12, 11:59pm PST.

Fees: \$30 for entries. Make payment by check/money order payable to **MCM**. **Cash will not be accepted.** Online registrations will be charged to a credit card. **The charge on your card will be from "ClubAssistant.com Events" for this meet.**

Conduct of the meet: Each participant may swim five individual and three relay events. Individuals can choose to participate in a Trifecta. Trifectas are for swims of all three distances (50, 100, 200) in one stroke. The Brute Squad is a trifecta comprised of the 400 IM, 200 Butterfly and 1650 Free.

Relays: Submit relay cards to the Clerk of Course by 1:30 PM. Individuals must be signed up with the club they represent to have

their relay points count for that club. Events 2&3, 10&11 and 17&18 will be combined so swimmers may only participate in one relay per distance/stroke combination.

Awards: First-Third place ribbons will be available. Trifectas will be awarded to the fastest combined time for males and females in the following age groups: 18-29, 30-39, 40-49, 50-59, 60-69, etc.

Directions: 1a. From ID Hwy 95 come into Moscow & head west on Sixth St. toward the University 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.

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, Best Western University Inn and the Fairfield Inn.

QUESTIONS: Contact Meet Director Matt Edde at (360) 624-8557 before 9pm PST or email mcm@galacticnorth.net

Postmarked by:	Saturday, Nov. 9, 2013
Online entries:	www.clubassistant.com/club/meet_information.cfm?c=1858&smid=4977
Online deadline:	Tuesday, Nov. 12 11:59pm PST
Mail Entries to:	Paige Buehler 814 Mabelle St., Moscow, ID 83843
Entry fee:	\$30.00
Checks payable to:	MCM

Name _____ Male Female Birthdate _____ Age _____

Address _____ City, State, Zip _____

Phone _____ Email _____ USMS # _____ Club/Team _____

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

- | | | |
|--|---------------------------------------|---|
| 1) 1650 Y Freestyle _____ | 10) 400 Y Freestyle Relay _____ | 19) 50 Y Butterfly _____ |
| Second Warm-up at Approx. 2:00 pm | 11) 400 Y Mixed Freestyle Relay _____ | 20) 100 Y Breaststroke _____ |
| 2) 200 Y Freestyle Relay _____ | 10 Minute Break | 21) 200 Y Backstroke _____ |
| 3) 200 Y Mixed Freestyle Relay _____ | 12) 200 Y Freestyle _____ | 22) 50 Y Freestyle _____ |
| 4) 400 Y Ind. Medley _____ | 13) 50 Y Breaststroke _____ | 23) 500 Y Freestyle _____ |
| 10 Minute Break | 14) 100 Y Backstroke _____ | |
| 5) 100 Y Freestyle _____ | 15) 200 Y Butterfly _____ | TRIFECTA challenge, if desired |
| 6) 200 Y Breaststroke _____ | 16) 100 Y Ind. Medley _____ | <input type="checkbox"/> Butterfly <input type="checkbox"/> Backstroke |
| 7) 50 Y Backstroke _____ | 17) 200 Y Medley relay _____ | <input type="checkbox"/> Breaststroke <input type="checkbox"/> Freestyle |
| 8) 100 Y Butterfly _____ | 18) 200 Y Mixed Medley relay _____ | <input type="checkbox"/> Brute Squad <input type="checkbox"/> Butterfly & Brute |
| 9) 200 Y Ind. Medley _____ | 10 Minute Break | |

RELEASE OF LIABILITY BY PARTICIPANT: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in swimming (training & competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE SWIMMING PROGRAM OR ANY OTHER ACTIVITY INCIDENT THERETO, I HEREBY WAIVE ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, THE HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS Swimming.

Signature: _____

Date: _____

USMS RULES CHANGES

AND CONVENTION SUMMARY

The following rule changes are effective as of September 25, 2013 to follow FINA rules.

Breaststroke & Butterfly:

- 1) Swimmer must be on the breast upon leaving the wall.
- 2) Hands must not overlap at the time of the two handed touch.

Backstroke:

- 1) Swimmer may not completely submerge at the finish.
- 2) Swimmer must take an immediate pull upon rolling over to the breast before starting the turn.

Swimwear for Competition:

- 1) Power bands and adhesive substances have been added to the list of devices/substances that are not allowed in competition. (Visit www.usms.org/rules/ for the full document.)



Matt Bronson (chair), Matt Edde (coaches chair), Paige Buehler (past chair) and Sean Murphy (registrar) at the 2013 US Aquatic Sports banquet which followed the final session of the USMS annual meeting.

The House of Delegates approved a budget that included a \$2/swimmer increase in membership fees and the Board of Directors presented a 5-year strategic plan budget that recommended a \$2/yr increase each year. The approved budget also included a membership fee for Workout Groups (\$25) and for non-athlete Coaches (see below.) The Inland NW Board has decreased its fee to keep 2014 membership at \$42 in response.

Larry Krauser at the Waikiki Roughwater Swim

3.84km on Labor Day
Sept. 2, 2013



Larry was 38th overall and 2nd in his age-group (M60-64) with a time of 58:20. There were lots of young swimmers – some of the notables were Alex Kostich, 6th overall (previous winner and well-known open water swimmer); Trent Grimsey, 11th overall (holder of fastest English Channel time 6:55); and Kitajima Kosuke 13th overall (Japanese breastroker and Olympic Champion). There was a little bit of a current against them this year but not too bad.

USMS Membership Required for Coaches

Starting in 2013 all coaches of USMS workouts needed to be registered as members of USMS. Previously, USA-Swimming certified coaches could supervise a USMS practice and be covered by our insurance.

In 2014, coaches may register either as a coach for \$30 or as a swimmer for \$42 through the Inland NW and be covered as a coach by our insurance. Starts November 1st.



INLAND NORTHWEST AWARDS

Each year the Inland Northwest LMSC gives awards to its distinguished swimmers and/or volunteers. This year the following people were selected and given a uniquely embroidered gift with their achievement.

High Point Male—Jack Bevier (WVM)
High Point Female—Margaret Hair (LCM)
High Point Team—Lake City Masters (LCM)
Most Inspirational—Bryan Brosious (UNAT)
Most Dedicated—Paige Buehler (MCM)

In addition “Waterlog” awards were given to the swimmers who participated in every Masters meet in the Inland Northwest. Congratulations to:

Margaret Hair (LCM), Cindy Clutter (LCM), Jack Bevier (WVM), James Adams (WVM), Michael Hamm (LCM), Bob Henager (MCM), Matt Edde (MCM), and Bryan Brosious (UNAT)

Finally, recognition is given in a job well done to the team with the highest point total at the end of the season. Lake City Masters was the High Point Team for 2013!



Paige Buehler and Bryan Brosious at the IWMSC Champs meet

2013 CLUBS & WORKOUT GROUPS

Visit www.inlandnwmasters.org to connect with

Spokane Waves Aquatic Masters (SWAT)
Lewis-Clark Neptunes Masters (LCNM)
Coeur d'Alene Tribal Masters (CDAT)
Gonzaga Masters (ZAGS)
Hydropower Masters Swim (HMS)
HMS workout groups
Lake City Kroc Masters (LCM)
Moscow Chinooks Masters (MCM)
Sandpoint West Athletic Club (SWAC)
Central Wash Univ Masters (CWST)
Ellensburg Windy City Masters (EWCM)
Fairchild AFB Masters (FAF)
Moses Lake Manta Ray Masters (MRA)
Spokane Club Masters (SCM)
Spokane Masters Swim & Tri (SMT)
3 Rivers Masters Swim (3RMS)
Tri-City Atomic Sturgeons (TCAS)
Walla Walla Masters (WWM)
Wenatchee Valley Masters (WVM)

a group near YOU!

SPLASHMASTER

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

To the Swimming Household of: