

SPLASHMASTER

January 2019 Edition

A publication of The Inland Northwest Masters Swimming Committee | PO Box 161, Richland, WA 99352

The Kroc Masters would like to welcome you to

Coeur d'Alene, IDAH₂O

Where Masters Swimmers get to enjoy solid and liquid H₂O!

Pick any or all of the February Flurry activities for the low price of \$35

- February Flurry Swim Meet – Saturday, Feb. 23 @ 11:00 AM (warm up @ 10:00)
- February Flurry No-Host Social – Saturday, Feb. 23 @ 5:30 PM
- One-Hour Swim – Sunday, Feb. 24 @ 9:00 AM & 10:30 AM
- February Flurry Cross-country Ski Social – Sunday, Feb. 24 @ Noon

Like your H₂O liquid? Sign up to compete in your best events on Saturday and celebrate your efforts with happy hour beverages with new and “seasoned” friends from our regional swim family.

Prefer fitness swimming? Sign up to swim the One-Hour Swim to find out how many yards you can swim in exactly 60 minutes. By entering your result in the U.S. Masters Swimming ePostal event you'll find out where you stand compared to other swimmers nationally and keep a record of your achievements as a fitness measure year-to-year. The Kroc Masters will provide support to follow ePostal event rules during the swim so that participants can opt to submit results at <https://www.usms.org/events/national-championships> for an additional \$7 cost.

Favor the fluffy stuff? Sign up for the XC Ski Social on Sunday. The Kroc Masters are even more fun with their heads above water and they will happily facilitate renting any snow gear you need to explore 4th of July Pass recreation trails just east of CdA.

See www.inlandnwmasters.org for full event information and links to online entry. Deadline to enter is Wednesday, February 20th.

U.S. Masters Swimming STROKE CLINIC – Sunday, March 31st in Coeur d'Alene, ID

It's not medical, it's Technical! Improve your swim technique in all 4 strokes at the USMS Stroke Development Clinic. Dry and wet instruction time is included in this 4-hour session. Fins and paddles are recommended.

Enrollment is capped at 36 participants. **Grab your spot at www.inlandnwmasters.org.**

A social gathering to follow the clinic will also host the Inland Northwest Annual Membership Meeting where we will honor the 2019 Model Master and Volunteer of the Year. Send your nominations to Matt Bronson (IWChair@usms.org).

Jean Rudolph Memorial Swim Meet/Inland NW Champs – Saturday, April 6th in Moscow, ID

The Moscow Chinooks recently lost long time Masters swimmer Jean Rudolph to heart failure at age 97, so we are honoring her memory at this year's short course championship meet. Mark your calendars for April 6th and keep an eye on www.inlandnwmasters.org for links to meet information and online entry.

Nominations for Inland Northwest Masters Swimming Officer Positions

Nothing says “Welcome to Retirement” like silently nominating a lanemate to a coveted officer position within the Inland Northwest Masters Swimming organization. As a member you'll benefit from the energy, sparked by the indignation of said lanemate who cannot believe that there are not processes in place to prohibit their election without their prior consent, that your teammate brings to the leadership team.

Opportunities for leadership conscription include:

- Chair – tell other people what to do
- Secretary – write down what the Chair told other people to do
- Treasurer – keep track of how much fee income is receive and the expenses relating to doing what the Chair told other people to do
- Vice Chair – sit back and watch it all unfold ... until the Chair is ousted by a coup of fitness swimmers who want more programming aimed at them

In all seriousness, we would love to welcome you (and your lanemates) to join our leadership team to help set fees, decide on programming, oversee outreach to swimmers and clubs, and generally govern our regional Masters swimming.

Adult Learn-to-Swim Instructor Certification Course – March 30th in Coeur d'Alene, ID

Love swimming so much that you just want to “teach the world to swim?” Sign up for USMS ALTS instructor certification to build your skills and resume for a side job or to lead your teammates in a summer opportunity of teaching adults in your community at a seasonal pool. ALTS certification gives you the tools to make that a reality. Find FAQs, current initiatives around the country, success stories and more to inspire you at “ALTS Central” <https://www.usms.org/alts-central>. See www.inlandnwmasters.org for more about our local training on March 30th and link to sign up.