



## Northwest Zone Chatter September 2019

**Northwest Zone Website:** <http://www.northwestzone.org/w>

**Chair** – Sally Dillon (PN): [salswmr@comcast.net](mailto:salswmr@comcast.net)

**Treasurer** – Ken Winterberger (AK): [kwinterberger@gmail.com](mailto:kwinterberger@gmail.com)

**Webmaster** – Hugh Moore (PN): [swimmoore@comcast.net](mailto:swimmoore@comcast.net)

**Zone Records** – Stephen Darnell: [financialwizard2@comcast.net](mailto:financialwizard2@comcast.net)

**USMS At-Large Director representing Northwest Zone** – Matt Miller [matt@flytrapcare.com](mailto:matt@flytrapcare.com)

**Newsletter** – Sally Dillon, as above

### **LMSC websites in the NW Zone**

ALASKA [www.akmswim.org](http://www.akmswim.org)

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

MONTANA <http://swimmontana.org/>

OREGON [www.swimoregon.org](http://www.swimoregon.org)

PACIFIC NW [www.swimpna.org](http://www.swimpna.org)

SNAKE RIVER [www.snakerivermasters.com](http://www.snakerivermasters.com)

UTAH [www.utahmasters.org](http://www.utahmasters.org)

### **Report from the Chair**

- Thirty members of the NW Zone attended the USAS Convention in St Louis and many of us arrived early or stayed late so we could visit the iconic Gateway Arch, museum, and other attractions (such as Cardinal's baseball games). The Ozark LMSC put on a terrific BBQ social and hosted the hospitality room in the convention hotel. As usual, there were meetings, more meetings, and workshops.
- Congratulations to Paige Buehler (IW), who was elected as the new NW Zone Chair during our zone meeting.
- Awards were presented and Bob Bruce (Oregon) received the inaugural Long Distance National Championship Award. Additionally, two swimmers from the NW Zone were inducted into the Masters International Swimming Hall of Fame: Rick Colella (Puget Sound Masters in PNA) and Willard "Wink" Lamb (Oregon Masters). Many of the zone delegates were present for the induction ceremony. The convention concludes with the annual banquet, which most, but not all attended.



Pictured L-R: Lorraine Masse (PN member but USA-S delegate), Donn Livoni (MT), Aaron Norton (UT0, Jim Clemmons (SR), Steve Peterson (PN), Anna Marie Forest (UT), Sarah Welch (PN), Ken Winterberger (AK), Brigitta Gruenberg (SR), Sandi Rousseau (OR), Walt Reid (PN), Christina Fox (OR), MJ Caswell (OR), Jim Davidson (PN), Jeanne Ensign (MT), Jane Moore (PN), Jill Wright (SR), Linda Chapman (PN), Hugh Moore (PN), Matt Bronson (IW), Sally Dillon (PN), Matt Miller (OR), Bob Bruce (OR), Kathy Casey (PN).

It has been a pleasure serving as the chair for the NW Zone these last four years. I'd like to thank our other volunteers, who have contributed greatly to the zone by taking on the following positions: Treasurer – Ken Winterberger, Webmaster – Hugh Moore, and Records chair – Stephen Darnell. They have been hard workers on behalf of our zone. I'm looking forward to some "time off" but will be available to support our new NW Zone Chair, Paige Buehler, as needed!

**REPORTS FROM THE LMSCS** (also included with the minutes of the NW Zone meeting that took place in St Louis)

**Alaska annual report**

Membership: 262

Number of clubs: 1 with 233 members: UC56 – 29 members

Number of workout groups: 9

Baranof Barracudas Swim Club – Sitka – 24 members

Buckner Masters Swim Team – JBER – 9 members

Glacier Swim Club – Juneau – 28 members

Northern Lights Masters – 35 members

Salty Dawgs Swim Association – Cordova - 10 members

Stingray Swim Team – Fairbanks – 37 members

Swimming with Alaska Masters – Anchorage – 45 members

Top of the World Swimming – Soldotna – 4 members

Wrangell Island Masters Swimming – 6 members

**Elected Officers**

Chair - Ken Winterberger

Vice Chair - currently open

Secretary - currently open

Treasurer - Kristina Biceroglu

Other board members – Kristi Neptun, Registrar; Melinda Grieg, Sanctions, Matt Williams, Coaches, Kevin Knox, Open Water

Next elections – scheduled for February 2020 – working to fill positions

**Events held since last convention:**

SCY Dual sanctioned

• 2019 Savannah Cayce SE Champs - Apr 5-7, 2019 – Juneau – 11 swimmers

• 2019 Sweetheart Invite – Feb 2, 2019 – Fairbanks – 8 swimmers

• Juneau Invite - Nov 9-11, 2018 – Juneau – 9 swimmers

SCY sanctioned

- 2019 Alaska Masters SCY State Championship - Mar 9-10, 2019 – North Pole – 39 swimmers
- 2018 Fairbanks Masters Holiday Invite – Dec 2, 2018 – Fairbanks – 33 swimmers

#### **Open Water**

- Change Your Latitude – Sitka, Alaska 1, 3.3, 6.6, and 10 kilometer events
  - 1k - 9 swimmers – 32-69 – 3 skin & 6 wetsuit
  - 3.3k – 6 swimmers – 34-67 3 skin & 3 wetsuit
  - 6.6k – 5 swimmers – 19-56 3 skin & 2 wetsuit
  - 10 k – 9 swimmers – 20-65 2 skin & 7 wetsuit

Events scheduled for fall 2019 and spring 2020:

- 2019 AKMS SCM State Championship – Nov 30 & 1 Dec - Fairbanks
- 2020 Alaska Masters SCY State Championship - Feb 9/23&24, 2020 – Sitka
- 2020 Southeast Champs - April 3-5 – Juneau (dual sanctioned)

#### **Notable:**

AK LMSC is struggling to get quorums to conduct official meetings and hold elections. We are also struggling to find folks to run for the board.

Alaska LMSC Financials:

Checking:\$9094

Savings:\$1304

CD's (4): \$3598

Cumulative: \$13,996

### **Inland Northwest annual report**

Membership (as of Sept 2): 317

Number of Clubs (current): 10

Number of Workout Groups (current): 0

#### **Elected Officers:**

Chair – Matthew Bronson

Vice Chair – Michael Hamm

Secretary – Margaret Hair

Treasurer – Wes Bratton

Others elected – None. All other positions are appointed.

Next elections to be held in 2021

#### **Events held since last convention:**

- Officials Clinic and Mini Meet, October 2018, Coeur d' Alene, Idaho
- Spring Splash Meet, February 2019, Coeur d' Alene, Idaho
- USMS ALTS Certification/Clinic Training for Coaches/Stroke Development Clinic, March 2019, Coeur d' Alene, Idaho
- Inland NW Championships Meet, April 2019, Moscow, Idaho

#### **Events scheduled for fall 2019 and spring 2020:**

Fall 2019 – TBD

Spring 2020 – Spring Splash Meet, February; Inland NW SCY Champs Meet, March/April

#### **Notable:**

- Three USMS All Americans for 2018 – Michael Hamm (Pool), Larry Krauser (Pool, Long Distance), Pat Lee (Long Distance).
- Kroc Masters conducted ALTS lessons in conjunction with the Coeur d' Alene Kroc Center in March. 48 students provided lessons.
- USMS COO Bill Brenner visited Spokane/Coeur d' Alene area during July to meet with aquatic facility managers about expanding USMS club programs
- Position of ALTS Coordinator created to assist clubs with Swimming Saves Lives Foundation ALTS grant proposals. Gloria Waggoner (Kroc Masters) appointed.
- Paige Buehler (Moscow Chinooks) has been nominated to run for Northwest Zone Chair.

### **Montana annual report**

Membership: 197

Number of clubs: 5

Number of workout groups: 0

**Notable:**

The Montana LMSC is in the process of undergoing some significant changes.

- Jeanne Ensign has resigned as chair and will continue to serve as past chair and treasurer .
- Donn Livoni will assume the position of chair.
- Keegan Witt has resigned as treasurer after 10 years of service.
- Dick Weber, vice-chair would like to retire from his position.
- The LMSC has committed to be an early adopter of the unified fee structure for 2020.
- The BOD is working on hosting a pentathlon in Nov. (date TBD) in Missoula. At this event, the LMSC annual meeting, 2020 budget approval and election of officers will take place; and other business as needed.

**Oregon annual report**

Membership: 1213 (6 more than 2018!)

Number of clubs: 5

Number of workout groups: 27

**Elected Officers:**

Chair – Tim Waud

Vice Chair – Robbert van Andel

Secretary – Kristina Franklin

Treasurer – Kermit Yensen

Next elections to be held in 2020

**Events held since last convention:**

November 10, 2018	Hood River Meet	Hood River	SCM
December 8, 2018	COMA All-Around Challenge Meet	Bend	SCM
January 13	Canby Animal Meet	Canby	SCY
January 27	Chehalem Meet	Newberg	SCY
March 9-10	Oregon City Spring Ahead (Dual Sanction)	Oregon City	SCM
May 17-19	<a href="#">OMS Association Championships</a>	Beaverton	SCY
June 9	5K/10K ePostal swim opportunity at Amazon Pool	Eugene	LCM
June 15	<a href="#">COMA Long Course Meet</a>	Bend	LCM
June 16	<a href="#">Lake Juniper Buoy Swim</a>	Bend	OW
June 29	<a href="#">Foster Lake Cable Swims (Dual Sanction)</a>	Sweet Home	OW
July 7	<a href="#">Portland Bridge Swim</a>	Portland	OW
	<i>U.S. Masters Swimming Ultra-Marathon Distance</i>		<i>OW National Championship</i>
July 13-14	<a href="#">Southern Oregon Swims at Applegate Lake</a>	Ruch	OW
July 26-28	<a href="#">Cascade Lakes Swim Series &amp; Festival at Elk Lake</a>	Bend	OW
July 27	<i>NW Zone Open Water Championship (1500m)</i>	Bend	OW
August 17	<a href="#">Southern Oregon Coast Swims at Eel Lake</a>	Lakeside	OW
August 23-25	<a href="#">NW Zone/ Gil Young/OMS Championship</a>	Fairview	LCM
September 7	<a href="#">Southern Oregon Swims at Lake of the Woods</a>	Klamath Falls	OW

**Notable:**

- Willard Lamb will be inducted into the International Masters Swimming Hall of Fame on September 13, 2019.
  - OMS held our annual OMS Association Championship on May 17-19, at Tualatin Hills Swim Center. We also held our annual meeting, social, and awards banquet. The following volunteers were awarded the following Service Awards:
  - OMS Volunteer Service Awards for 2018
- Connie Wilson Memorial Award - Joy Ward  
 Ol' Barn Award - Kermit Yensen  
 Hazel Bressie Award - Arlene Delmage and Connie Shuman  
 Gil Young Spirit Award - Matt Miller  
 Special Service Award - Marcie Wily  
 Mike Morehouse Spirit Award - Caryl Schiavon, Jessica Kieras, and Tom Landis

**Events scheduled for fall 2019 and spring 2020:**

December 15, 2019	COMA All-Around Challenge Meet	Bend	SCM
March 14-15, 2020	Oregon City Spring Ahead Dual Sanction Meet	Oregon City	SCM

## **Pacific Northwest annual report**

Membership: 1712

Number of clubs: 6

Number of workout groups: 26

### **Elected Officers:**

President – Sally Dillon

Vice President – Linda Chapman

Secretary – Jay Pearson

Treasurer – Arni Litt

At Large Directors – Kathy Casey & Todd Doherty

Next elections to be held Spring of 2021

### **Events held since last convention: all in Western Washington**

• **9 Pool meets:** SCY in October on Bainbridge Is.; SCY in November in Snohomish; SCM in November in Federal Way; SCM in January in Bellevue; SCM in February in Anacortes; SCY in February in Kirkland; SCY in March in Port Angeles; SCY Champs and Zone Champs in April in Federal Way; and LCM in July in Federal Way.

• **5 Open Water events:** Whidbey Island Adventure Swim - 1.2-mi & 2.4-mi in June in the Saratoga Passage (salt water); Fat Salmon OW Swim - 3.2-mi in July in Lake Washington; Swim Defiance – 3K & 5K in July in Commencement Bay (salt water); Aly Fell Memorial Swim – 10K, 5K, 2.5K, or 800m in August in Lake Padden; Last Gasp of Summer – 1-mi & 2-mi in Angle Lake.

### **Events scheduled for fall 2018 and spring 2019:**

The usual 3 meets will be held in the fall:

- SCY BAMfest on Saturday, October 12 on Bainbridge Island
- SCY Snohomish Masters Meet on Sunday, November 3 in Snohomish
- SCM PSM Championship Meet on Sunday, November 24 in Federal Way

Entry links for all three can be found here: <https://www.swimpna.org/PNA/pool-meets/>

Winter and Spring . . . it is expected that all of the meets listed above will occur again in 2020, but final dates have not been confirmed.

### **Notable:**

• PNA awards were presented at the Annual Meeting and Social, which was held during SCY Champs weekend. The Dawn Musselman Inspirational Award went to long-time volunteer and board member - Arni Litt. The Coach of the Year Award was presented to Stanwood Camano Masters coach - Brad Hering.

• PNA hosted its first LCM meet in over 10 years at KCAC in Federal way. The 127 swimmers were supported by volunteers representing numerous clubs, WGs, and community groups. It was a successful collaboration that yielded 4 world records and many other national, zone, and PNA records.

• PNA was represented in Korea at the recent World Championships. Teri White served as USMS's Technical Official. Walt Reid is the FINA Masters Recorder and he was responsible for documenting the FINA Masters World Records during the meet. He also swam 3 events, medaling in 2 of them! Frank Warner (PSM) and Nellis Kim (BWAQ) represented the two PNA clubs. Frank medaled in the 50, 100, and 200 backstroke events. While Nellis didn't receive awards, she had a wonderful time and spent the week before the competition visiting family in Korea.

• PNA is thrilled to have another member inducted into the Masters International Swimming Hall of Fame. This time it is Rick Colella, who is being recognized for his accomplishments in the pool over many years.

## **Snake River annual report**

Membership: 118

Number of clubs: 5 (includes UC59)

Number of workout groups: 0

### **Elected Officers:**

Chair - Jim Clemmons

Vice Chair - Jeff Erwin

Secretary - Suzy Cavanagh

Treasurer - Brigitta Gruenberg

Others elected – Jill Wright, Registrar; Paula Moores, Sanctions

Next elections will be held in June 2020

### **Events held since last convention:**

Two dual sanctioned SCY meets with Boise Y USA-S team:

- TYR Thanksgiving Invitational, November 16-18, 2018
- Candy Cane Invite meets, December 15-16, 2018

Two dual sanctioned LCM meets with Boise Y USA-S team:

- Boise Spring Fling, May 17-19, 2019
- Treasure Valley LC Last Chance, July 6-7, 2019

One Open Water event:

- Broadside Harbor, June 1, which had ten USMS participants and included both 1-mile and 2-mile competitive swims.

**Events scheduled for fall 2019 and spring 2020:** (all dual sanctioned with Boise Y USA-S team; all at Treasure Valley West Y, Boise)

- Boise TYR Thanksgiving Invitational, SCY, November 22-24, 2019
- Candy Cane Invite, SCY, December 14-15, 2019
- Boise Spring Fling, LCM, May tbd, 2020
- Treasure Valley LC Last Chance, LCM, July tbd, 2020

**Notable:**

- 2018/2019 Treasurer Report filed with USMS in timely manner.
- Results of LMSC standards survey found the Snake River LMSC to be in compliance.

### **Utah annual report**

Membership: 290

Number of clubs: 13

Number of workout groups: 0

### **Elected Officers:**

Chair - Aaron Norton

Vice Chair - Karen Oliver

Secretary - Bruce Schroeder

Treasurer - Joe Linford

Registrar - Katy Kissinger

Next elections to be held 11/2019

### **Events held since last convention:**

- 12<sup>th</sup> Annual South Davis Masters Meet
- Spring Nationals – Had 16 swimmers from Utah (most ever)
- Utah Open Water Triple Crown (not sanctioned)
- 3<sup>rd</sup> Annual Tour of Utah Lakes (not sanctioned)
- Utah Summer Games
- Huntsman World Senior Games

### **Events scheduled for fall 2018 and spring 2019:**

- 13<sup>th</sup> Annual South Davis Masters Meet/North West Zone SCM Championships
- Have prepared a 2019/2020 Meet schedule that includes 6 meets

**Notable:**

- Continued Newsletters for Utah LMSC published regularly
- 3<sup>rd</sup> Annual Tour of Utah Lakes (not sanctioned)
  - Swim 1 mile in 6 lakes in 1 day
  - 30 participants including from out of state (CA, NV)