



Northwest Zone Chatter

Dec 2023

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

Chair – Jill Wright (SR): swimjmw@msn.com

Treasurer – Ken Winterberger (AK): kwinterberger@gmail.com

Webmaster –David Cabrey (IW): dcabrey@charter.net

Zone Records – Stephen Darnell (OR): financialwizard2@comcast.net

Secretary & Awards – Sally Dillon (PN): salswmr@comcast.net

Newsletter – Christina Fox (OR): foxkohnert@peak.org

USMS At-Large Director from the Northwest Zone – Paige Buehler: paige@galacticnorth.net

LMSC websites in the NW Zone

ALASKA www.akmswim.org

INLAND NW www.inlandnwmasters.org

MONTANA <http://swimmontana.org/>

OREGON www.swimoregon.org

PACIFIC NW www.swimpna.org

SNAKE RIVER www.snakerivermasters.com

UTAH www.utahmasters.org

Report from the Chair

Hello!

We had a great meeting at the USMS annual convention. The in-person delegates from the LMSCs got to meet each other and shared what was going on in their areas and how they thought people/volunteers were working together. Following the annual meeting, the USMS Relay was held in October where we learned about event planning and again got to be with each other.

There were so many records made at the SCM Zone Championship in Federal Way on Nov 18 and 19. That is so amazing – we have great swimmers in our NW Zone.

Also on Nov 19, Sawtooth Masters (Snake River LMSC) held a swim clinic put on by USMS as part of our club development grant from USMS. There were 5 coaches on deck and 44 swimmers participated. One goal for the clinic was to encourage new swimmers to join USMS/SAWS and 2 new members have joined. This was another amazing/awesome time in Boise at our new ICAC pool. Many thanks to Bill Brenner/USMS for providing us with this opportunity.

Jill Wright,
NW Zone Chair

Zone News

- Next Zone meeting – **10 Dec 2023** – at **4 pm Alaska, 5 pm Pacific** and **6 pm Mountain** via Zoom.
- Bids for the 2024 NW Zone Championships were due to the Zone Chair by **December 1, 2023** but late bids can be considered. The rotation for 2024 is: **SCY** – an LMSC “other” than OR and PN, **LCM** – open to any LMSC, **SCM** – PN and **OW** – PN
- The in-person delegates from the Zone at the Annual meeting in Houston met for dinner on Thursday and prior to the start of the meeting on Friday to share ideas and then dressed up and enjoyed dinner and time with each other and other delegates after the meeting concluded on Saturday:



Thursday dinner and getting to know each other



After a productive meeting sharing ideas for the Zone!



All business done!

Report from At-Large Director (NW Zone)

December 2023

The acquisition of “Grown Up Swimming” was the largest activity at the Board level this quarter. It gives us a summer league product to go alongside our main product (annual membership in year-round clubs). In 2023, there were 7 leagues in seven areas in the U.S. primarily in eastern cities. Expansion to a total of 18 cities is planned for 2024 with league managers already contracted.

We approved a budget that gets close to breaking even for the first time since the pandemic. The loss before depreciation (non-cash) expense is \$57,000.

Board/Zone communications will continue to be held periodically. A subgroup evaluated the feedback gathered from the late-summer sessions. Three themes emerged for future conversations: 1) tailoring programs (like Club Development grants) to scale for the size of the LMSC, 2) helping LMSCs with large cash reserves, and 3) discussing Volunteer Relay and Annual Meeting format plans.

With the sunset of the Fitness Education and Sports Medicine Committees in recent years, the vice presidents decided to realign their ex officio duties as follows:

- VP Admin: Legislation, Rules, Records & Tabulations*
- VP Programs: Long Distance, Officials, Championship*
- VP Community Services: Diversity & Inclusion, Coaches
- VP Local Operations: History & Archives, Recognition & Awards, LMSC Development

Paige Buehler

NW Zone At-Large Director

Reports from LMSC chairs

Note: All membership data and officer information are from USMS website as of Dec 5, 2023.

Alaska

Membership 2023 – 2024 (to date): 68 members, 2 clubs, 6 workout groups under club AKMS
2022 – 2023 (final): 270 members, 3 clubs, 9 workout groups under club AKMS

Elected Officers

Chair *Ken Winterberger*
Vice-chair *Vacant*
Secretary *Vacant*
Treasurer *Kristina Miller*

- No report submitted

Inland Northwest

Membership 2023 – 2024 (to date): 121 members, 13 clubs, no workout groups
2022 – 2023 (final): 371 members, 13 clubs, no workout groups

Elected Officers

Chair *Rob Heath*
Vice-chair *Michael Hamm*
Secretary *Brian Johnson*
Treasurer *Wes Bratton*

Other board members

Past Chair *Matt Bronson*
Top Ten *Margaret Hair*

Recent and/or upcoming events:

- Moses Lake meet (SCY) – **Jan 20, 2024** – Moses Lake, WA
- Kroc SCM meet (SCM) – **Feb 24-25, 2024** – Coeur d'Alene, ID
- Moscow IN Championships (SCY) – **Apr 14, 2024** – Moscow, ID

Notable news:

- The LMSC is still planning on bringing a 4-stroke clinic to Spokane in the coming months. Keep your eyes open for that announcement.
- The IN LMSC brought 11 swimmers to the SCM Championships in Federal Way on November 18-19, and broke 5 individual LMSC records and 1 relay record.

Montana

Membership 2023 – 2024 (to date): 52 members, 2 clubs, 4 workout groups under club BSMT
2022 – 2023 (final): 204 members, 3 clubs, 4 workout groups under club BSMT

Elected Officers

Chair *Jeanne Ensign*
Vice-chair *Mark Brooke*
Secretary *Karen Le Febre*
Treasurer *Abby Thane Davis*

Other board members

Immediate Past Chair	<i>Donn Livoni</i>	Officials	<i>Susan Huckleby</i>
Membership Coordinator	<i>Gayle Phillips</i>	Webmaster	<i>Annie Kirklin</i>
Sanctions	<i>Phillip Luebke</i>	Club Rep BSMT	<i>Bill Hughes</i>
Top Ten & Records	<i>Josh Huckleby</i>	Club Rep BOZE	<i>Suzette Harkin</i>
Coaches	<i>Paul Landes</i>	Club Rep MMMT	<i>Brady Baughman</i>

Recent and/or upcoming events:

- The dual -sanctioned **HLST Jamie Turner meet** (SCY) was held Oct 14-15 at the Butte YMCA, Butte, MT
- The dual -sanctioned **BYSC Mining City Classic meet** (SCY) was held Nov 3-5 at the Butte YMCA, Butte, MT
- A dual-sanctioned meet is meet scheduled for **Dec 9-10** – Butte YMCA, Butte, MT

Notable news:

- In May, the board held an in-person planning and new member orientation meeting in Helena. Quarterly meetings otherwise are virtual
- In September, **Mark Brooke**, as the Montana delegate, attended the USMS Annual Meeting virtually as the Montana delegate and **Jeanne Ensign** attended in person as an At-Large Delegate. **Suzette Harkins** and **Kris Kruid**, from Bozeman, attended Relay 2023 in October. Both events were held in Houston.
- In October, the first issue of the Montana Masters Swimming Newsletter, compiled by **Karen LeFebre**, was distributed.
- The LMSC plans to offer member rebates again for the 2023-2024 registration year. Those who register between Nov 1 and Mar 31 can request that the LMSC portion of their registration be paid to their Club, their Workout Group, to themselves, or left with the LMSC. Last year approximately 60 members requested the rebate, and an additional 20 requested it stay with the LMSC.

Oregon

Membership 2023– 2024 (to date): 293 members, 5 clubs, 26 workout groups under club OREG
2022 – 2023 (final): 1188 members, 5 clubs, 25 workout groups under club OREG

Elected Officers

Chair	<i>Tim Waud</i>
Vice-chair	<i>Robbert van Andel</i>
Secretary	<i>Kristina Franklin</i>
Treasurer	<i>Kermit Yensen</i>

Other board members

Sanctions	<i>Paul Windrath</i>	OW/Long Distance	<i>Bob Bruce</i>
Membership Coordinator	<i>Christina Fox</i>	Payments Administrator	<i>Ginger Pierson</i>
Club/Workout Group Liaison	<i>Arlene Delmage</i>	Records	<i>Stephen Darnell</i>
Top Ten	<i>MJ Caswell</i>	USMS Rep	<i>Sandi Rousseau</i>
Coaches	<i>Kevin Cleary</i>	Souvenirs	<i>Jeanna Summers</i>
Officials	<i>Jacki Allender</i>	Awards	<i>Sara Shepard</i>
Newsletter	<i>Vacant</i>	Data Manager	<i>Gary Whitman</i>
Fitness	<i>Colette Crabbe</i>	Safety	<i>Joy Ward</i>
Webmaster	<i>Robbert van Andel</i>	OREG Club Representative	<i>Nancy Vincent</i>
Adult Learn-to-Swim	<i>Vacant</i>	Past Chair	<i>Jeanne Teisher</i>

Upcoming events:

- COMA All-Around Challenge (Pentathlon) (SCM) – **Dec 9, 2023** – Bend, OR. [Registration here](#)
- TEAM Eugene Winter Swim Meet (SCY) – **Jan 20, 2024** – Springfield, OR. [Registration here](#)
- Backstroke Clinic with David Berkoff – **Jan 20, 2024** – Springfield, OR. [Registration here](#)
- Oregon City Spring Ahead Swim Meet (SCM) – **Mar 9-10, 2024** – Oregon City, OR. [Registration coming soon](#)

Notable news:

- The Oregon LMSC will be holding elections at the beginning of the year.
- The LMSC paid the 2024 club registration fee (\$70) for all current clubs and workout groups.

Pacific Northwest

Membership: 2023 – 2024 (to date): 543 members, 8 clubs, 20 workout groups under club PSM

2022 – 2023 (final): 1848 members, 8 clubs, 20 workout groups under club PSM

Elected Officers

Chair	<i>Sally Dillon</i>
Vice-chair	<i>Bob Moore</i>
Secretary	<i>Steve Peterson</i>
Treasurer	<i>Brent Barnes</i>
At-Large Directors	<i>Kathy Casey</i> <i>Dave Scott</i>

Other voting board members

Past President/Membership	<i>Linda Chapman</i>
Bylaws and Open Water	<i>Jim Davidson</i>
Meets	<i>Lorraine Masse</i>
Club & Team Development	<i>Linda Chapman</i>
Appointed Directors	<i>Dan Underbrink</i> <i>Bob DeWard</i>
Club Directors	<i>Kim Boggs</i> <i>Doug Jelen</i>

Non-voting coordinators

Awards & meet box	<i>Dan Underbrink</i>
Fitness/Clinics	<i>Wade Praeger</i>
Historian	<i>Walt Reid</i>
Newsletter/Social media	<i>Lucianne Pugh</i>
Officials	<i>Dave Baer</i>
Postal/Virtual swims	<i>Sally Dillon</i>
Records/Top Ten	<i>Doug Jelen</i>
Webmaster	<i>Dave Scott</i>

Recent events:

- The **20th BAMFest meet** (SCY) was held on Oct 8, 2023 on Bainbridge Island, WA with 141 swimmers.
- The **Snohomish Aquatic Masters Invitational** (SCY) was held Nov 5, 2023 in Snohomish, WA with 99 swimmers.
- The **PNA SCM Championships** (SCM) were held Nov 18-19, 2023 in Federal Way, WA with 172 swimmers
Rick Colella (72) set a World record in the 200 meter breaststroke. PNA swimmers set 37 PNA records. They also set 16 individual and 2 relay Zone records.

Upcoming events:

- Bellevue Club Masters Mile (1500 meters) – **Feb 4, 2024** – Bellevue, WA
Note: entry limit is 70, time limit is 40 minutes. Registration to begin Sunday, 1/21/24 at 10 AM PST
- Western Washington University (WWU) Viking Invitational – **Feb 18, 2024** – Bellingham, WA
- March Madness – **Mar 10, 2024** – Anacortes, WA
- PNA SCY Championship – **Apr 13-14, 2024** – Federal Way, WA
- PNA Summer LCM meet – **Jul 6-7, 2024** – Federal Way, WA

Notable news:

- PNA reached 1848 members in 2023 - a record for the LMSC! Previous high was 1808 in 2019 . . . then membership dropped in 2020, 2021, and 2022.
There are 8 USMS registered clubs. The largest are Puget Sound Masters (PSM) – a regional club with 1226 members – and Blue Wave Aquatics – the largest “local” club with 131 members. PSM has 20 workout groups with 4 workout groups having over 100 members (BAM – 172, ORCA – 138, LWM – 132, GLAD – 103). There are 450 members listed as “unattached to a club”.
- PNA paid the 2024 \$70 club registration fee for all clubs and workout groups with at least 5 members.
- Officers were elected in April (as reported in the September Zone Chatter). Newly elected director, **Dave Scott**, continues to make significant improvements to PNA’s website.
- PNA was represented with four delegates attending the USMS Annual Meeting in Houston (**Kathy Casey, Linda Chapman, Sally Dillon, and Walt Reid**). Three others attended virtually (**Jim Davidson, Lorraine Masse, and Steve Peterson**). In-person attendees arrived a day early and enjoyed meeting with fellow zone members!

- PNA sent four individuals to the USMS Volunteer Relay event (BERN head coach **Diana Hermanson**, Fat Salmon OW director **Jim Lasersohn**, new PSM president **David McCarty**, and new PNA board member **Bob Moore**). **Linda Chapman** also attended, due to her leadership position in the LMSC Development Committee. They returned with many great ideas that PNA hopes to implement in the coming year.
- **Reminder!** –PNA will be hosting the **2025 USMS Summer National Championship meet** at the Weyerhaeuser King County Aquatic Center in Federal Way. Be sure to put **August 6-10, 2025** in your calendars!!

Snake River

Membership 2023 – 2024 (to date): 55 members 2 clubs, no workout groups
2022 – 2023 (final): 116 members, 3 clubs, no workout groups

Elected Officers

Chair *Jim Clemmons*
 Vice-chair *Jeff Erwin*
 Secretary *Suzy Cavanagh*
 Treasurer *Dave Murphy*

Other board members

Membership Coordinator *Jill Wright*
 Sanctions/Open Water *Paula Moores*
 Top Ten *Ellen Reynolds*
 Coaches *Brigitta Gruenberg*
 Officials *Jeff Erwin*
 Editor *Suzy Cavanagh*
 Webmaster *Tom Arnold*
 Fitness *Lisa Galane*

Recent and/or upcoming events:

- The **BY Thanksgiving Invitational** meet (dual sanctioned USAS/USMS) was held November 17-19. There were 6 USMS (SAWS) participants.
- Candy Cane meet (dual sanctioned USAS/USMS) – **Dec 16-17, 2023** – Boise, ID

Notable news:

- Final 2023 membership numbers by club were Idaho Falls Masters (4), Streamliner Aquatics (1), Sawtooth Masters (83) with 28 unattached
- The new facility hosted a clinic with **Bill Brenner** on Nov 19 which had approximately 46 participants, both USMS and non-USMS registrants. The primary purpose of the event was to introduce formal swimming instruction to those who may not be aware of the existence of USMS swimming program(s).

Utah

Membership 2023 – 2024 (to date): 170 members, 15 clubs, no workout groups
2022 – 2023 (final): 313 members, 13 clubs, no workout groups

Elected Officers

Chair *Bruce Schroeder*
 Vice-chair *Gerald Treiman*
 Secretary *Rebekeh-Anne Duncan*
 Treasurer *Joe Linford*

Appointed Board Members

Membership Coordinator *Dean Stonehocker*
 Coaches *Dennis Tesch*
 Open Water *Seth Horowitz*
 Multi Sport *Dawn Martindale*
 Top Ten *Gerald Treiman*
 Club Development *Aaron Norton*

Recent and/or upcoming events:

- The **South Davis Meet** and **Annual Meeting** were held on Nov 11, 2023 in Bountiful, UT
- 2024 QUAC Ski n Swim – **Mar 2, 2024** – Salt Lake City, UT

Notable news:

- The Utah LMSC held their annual Meeting on November 11, 2023 immediately after the South Davis Meet in Bountiful Utah.
- The LMSC has paid the \$70 Registration for Clubs for all current clubs in Utah.
- Arrangements are being made to host a Coaching Certification Level 2, Level 3, and Stroke Clinic in May 2024.

LMSC Resources

The LMSC Development Committee and Volunteer Central provides information to the volunteer calendar, upcoming webinars, archived webinar recordings and meeting minutes and lots of other useful information/resources. Key links are provided below.

Volunteer calendar: <https://www.usms.org/volunteer-central/volunteer-working-calendar>

Webinar page: <https://www.usms.org/volunteer-central/lmscs/peer-to-peer-calls>

Webinar recordings and minutes: <https://www.usms.org/admin/minutes/index.php>