



Northwest Zone Chatter

June 2024

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 Zone Chair

Hello!

This quarter, I have updates/information on a number of different topics:

LMSC Development

- Relay 2024 and the National Coaches Clinic (NCC) will be held together for the first time on Oct 18-20 in Houston. The focus for Relay 2024 is Community Development. An ALTS (water-portion) class will be held on Friday afternoon at the hotel. USMS is asking for subsidy requests for Relay and NCC. Links to information and the tentative schedules: [Relay 2024](#) and [National Coaches Clinic](#).

- I have been asked as part of the LMSC development committee to utilize the USMS forum to encourage communication about open water swimming. The LMSC Development Committee had a discussion about the difference between forums and the website.
- There will be a LMSC Standards webinar and emails on LMSC Standards rollout the week of Sept 23. Linda Chapman has more information on this.

Zone Information

- The Zone Open Water Championship hosted by Sawtooth Masters will be held Jun 29 at Broadside Harbor, Caldwell, ID; the Zone LCM Championship hosted by PNA will be held July 6-7 at Federal Way, WA. See below for registration links.
- There was a discussion about Zone Funds at our last meeting and Jeanne Ensign (Montana) shared via email an idea regarding using Zone funds to incentivize Zone meet hosts. LMSCs were asked to submit zone grants by May 31. Link to form: [Zone grant request form](#)

Jill Wright,

NW Zone Chair

Zone News

- Next Zone meeting – **3 Jun 2024** – at **4 pm Alaska, 5 pm Pacific and 6 pm Mountain** via Zoom. [Join Zoom Meeting](#)
<https://us06web.zoom.us/j/87520812992?pwd=xoJx9F4y2F9A6UXgZrjI2qXlasIVt.1>
Meeting ID: 875 2081 2992; Passcode: USMS

Report from At-Large Director (NW Zone)

Elections! I am terming out as At-large Director from the NW Zone. The candidate application and nomination period run through June 20th. The candidate questions, nomination and letters of recommendation must all be submitted by that deadline to qualify for slating. See the [Elections webpage](#) for candidate qualification criteria. I would love to chat with anyone interested in running to give more insight into the time commitments, tasks and competencies for the role.

Awards - in case no one else mentions it, submissions for service and coaching awards are due July 1st.

LMSC/Zone + Board of Directors Conversations - Kenny Brisbin and I will be meeting with as many volunteer leaders in the NW Zone as possible to have our annual BOD/Local Conversation. We'd love to hold this between June 11th and July 31st. We'll send a poll of some sort to collect availability from the LMSC Chairs and then extend the invite to all others.

Membership is looking good compared to this time last year, Grown-Up Swimming has opened registration in some leagues and College Club Swimming ended with 1,250 participants higher than 2023.

The focus of Volunteer Relay (October 18-20 - Houston, TX) is "Community Development" which is really broad and can appeal and apply to several volunteers in LMSCs. I hope you are working on identifying people to attend. A nice tie-in is that the National Coaches Clinic will be held in parallel with Relay. Make sure you are soliciting coaches to attend the NCC and helping with LMSC resources.

LaneMate - be sure to look for the Streamlines announcement and overview of this new program offering targeted for the Independent Swimmer who doesn't have access to a club or can't make the swim practice times. Some of the benefits will be offered to traditional USMS members for an additional fee. The rollout of LaneMate is intentionally coinciding with interest in the Olympics.

Upcoming Board projects include:

- Reviewing the recent Board Assessment survey

- Reviewing Comp & Benefits' recommended revisions to the CEO bonus criteria
- BOD/Local Conversations

Please let me know if you have any questions about activities on the Board!

Cheers!

Paige Buehler, NW Zone At-Large Director

Reports from LMSC chairs

Note: All membership data and officer information are from USMS website as of May 31, 2024.

Alaska

Membership 2023 – 2024 (to date): 211 members, 4 clubs, 7 workout groups under club AKMS
2022 – 2023 (final): 270 members, 3 clubs, 9 workout groups under club AKMS

Elected Officers

Chair	<i>Ken Winterberger</i>
Vice-chair	<i>Vacant</i>
Secretary	<i>Vacant</i>
Treasurer	<i>Kristina Miller</i>

- No report submitted

Inland Northwest

Membership 2023 – 2024 (to date): 364 members, 12 clubs, no workout groups
2022 – 2023 (final): 371 members, 13 clubs, no workout groups

Elected Officers

Chair	<i>Rob Heath</i>
Vice-chair	<i>Michael Hamm</i>
Secretary	<i>Brian Johnson</i>
Treasurer	<i>Wes Bratton</i>

Other board members

Past Chair	<i>Matt Bronson</i>
Top Ten	<i>Margaret Hair</i>

Recent and/or upcoming events: Nothing scheduled

Montana

Membership 2023 – 2024 (to date): 174 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	<i>Jeanne Ensign</i>
Vice-chair	<i>Mark Brooke</i>
Secretary	<i>Karen Le Febre</i>
Treasurer	<i>Open (Jeanne Ensign, acting)</i>

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>Open (Jeanne Ensign, acting)</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>		

Recent and/or upcoming events:

- The **2024 MT State SCY Championship Meet** was held the weekend of **April 6-7, 2024**, at the Butte Family YMCA, Butte, MT. Fifty-two swimmers participated and 24 new state records were set. In conjunction with the meet, the LMSC hosted a social and the 2024 Annual Meeting on Saturday night.
- Swimmers also participated in two dual-sanctioned meets: the **2024 GAC/KATS Splash Pentathlon** (SCY) in Kalispell, MT in January and the **2024 Spring Chicken First Splash** (LCM) in Bozeman, MT in April.

Notable news:

Montana Masters swimmer, **Charlotte Sanddal**, passed away on February 19th, 2024, at the age of 101. On the weekend of April 6-7th, swimmers from across the state had Charlotte in their hearts as they competed in the 2024 Champs, a meet that Charlotte herself competed in just one year prior at age 100. Charlotte was honored at the meet with a moment of silence, and, at the social event after the first day of swimming, many stories were shared to help keep Charlotte's legacy alive. Members of the Helena Ridleys workout group wore matching "Charlotte Shirts" to pay tribute to their late team member. Charlotte was an inspiration to many and, as someone who started swimming in her 70s, a true testament to the idea that it is never too late to try something new. Charlotte currently holds 94 Montana state records, 21 USMS records, and four World Aquatics records.

Peggy Stringer, coach of the Helena Ridleys, shared the following on Charlotte, whom she thought of like a sister: "The Helena Ridleys gives out a traveling Charlotte Sanddal inspirational swimmer award annually to the most inspirational Ridley swimmer. Charlotte was the first swimmer to receive the award in 2017. The award is a silver wine cooler because Charlotte loved Chardonnay. Some say her love for Chardonnay helped her live to 101, but the truth is swimming helped her live to be 101. You always wanted Charlotte on your team. She swam as many events as possible and she usually placed first in her age group, scoring the most points for her team. Her swimming looked effortless, but she always worked hard. She swam all the hardest events."

Charlotte was also honored by USA Swimming at the MT Swimming Short Course State Championships in February.

Oregon

Membership 2023– 2024 (to date): 1,126 members, 5 clubs, 30 workout groups under club OREG
2022 – 2023 (final): 1,188 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>

Recent events:

- Oregon City Spring Ahead Swim Meet (SCM) – **Mar 9-10, 2024** – Oregon City, OR.

- TEAM Eugene Winter Swim Meet (SCY) – **Apr 6, 2024** – Springfield, OR.
- Backstroke Clinic with David Berkoff – **Apr 6, 2024** – Springfield, OR.
- 2024 OMS Association Championship Meet (SCY) – **Apr 26-28, 2024** – Corvallis, OR.
- COMA LCM Meet and Beautiful Lake Juniper Swim – **May 18-19, 2024** – Bend, OR.

Upcoming events:

Pool

- Oregon Senior Games (SCY) – **Aug 18, 2024** – Corvallis, OR.
Information and registration: <https://oregonseniorgames.com/>

Open Water

- Clackamas Cove Cruise – **Jun 15, 2024** – Oregon City, OR.
- 12th Annual Portland Bridge Swim – **Jul 14, 2024** – Portland, OR.
- Applegate Lake Swims – **Jul 20-21, 2024** – Ruch, OR.
- Cascade Lakes Swim Series and Festival – **Aug 2-4, 2024** – Bend, OR.
- Eel Lake – **Aug 17, 2024** – Lakeside, OR.

Notable news:

- None submitted

Pacific Northwest

Membership: 2023 – 2024 (to date): 1608 members, 9 clubs, 21 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>vacant</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 PNA SCY Championships were held Apr 13-14 in Federal way. Numerous NW Zone records were set. View results here: <https://swimpna.org/wp-content/uploads/2024/04/Results-20240416.pdf>

Upcoming events:

Pool

- PNA Summer LCM and Zone LCM Championship meet, hosted by PNA LMSC – **Jul 6-7, 2024** – Federal Way, WA
This is a great opportunity for swimmers within our zone to compete in the facility that will host next year's USMS Summer National Championship; https://www.clubassistant.com/club/meet_information.cfm?c=1534&smid=18760

Open Water:

- Whidbey Island Adventure Swim. 1.2 & 2.4 mile, hosted by South Whidbey Is Masters – **Jun 1, 2024** – Langley, WA
<https://www.whidbeyadventureswim.org> - the event is SOLD OUT!
- Fat Salmon OW Swim. 3.2 miles in Lake Washington, hosted by North End Otters – **Jul 27, 2024** – Seattle, WA
<https://fatsalmonswim.com> – the event is almost sold out.
- Swim Defiance 3K OW swim, hosted by Bernardo's All Stars. – **Aug 11, 2024** – Tacoma, WA
From Owen Beach, swimmers ferry to Vashon Island and swim back to Owen; <https://www.swimdefiance.com> - 100 entry limit.

Notable news:

- PNA is on track for another banner membership year after reaching a record 1848 members in 2023
- There are no changes to the PNA board as reported in the March issue. Next elections will be April 2025.
- PNA selected 5 LMSC delegates for the USMS Annual Meeting, which is being held virtually in September: **Linda Chapman, Sally Dillon, Lorraine Masse, Walt Reid, and Dave Scott**. Also attending are **Kathy Casey** (Rules) and **Jim Davidson** (OW). We are eligible to send 5 attendees to the USMS Relay event as well and hope to fill those spots soon. Last year only 1 of the 4 who attended was a board member. PNA's 2024 Coach of the Year, **Diana Hermansen**, will attend the USMS Coaches Clinic (with all expenses paid by PNA) and we will offer other coaches financial assistance if they choose to attend.

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): 124 members 3 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 **Spring Fling** dual sanctioned USAS/USMS LCM meet was held May 17-19 with 4 USMS participants.
- Sawtooth Masters will host NW Zone OW Champs (One and Two Miles) at Broadside Harbor facility, Caldwell, ID on **June 29, 2024**; https://www.clubassistant.com/club/meet_information.cfm?c=1476&smid=18623

Notable news:

- The LMSC is working on updating LMSC BOD positions.
- The 2024 LMSC Annual Meeting will be held in the May/June timeframe

Utah

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

Elected Officers

Chair	<i>Bruce Schroeder</i>
Vice-chair	<i>Gerald Treiman</i>
Secretary	<i>Rebekeh-Anne Duncan</i>
Treasurer	<i>Joe Linford</i>

Appointed Board Members

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

Recent events:

- The **2024 QUAC Ski n Swim (SCY)** meet was held Mar 2, 2024 in Salt Lake City, UT with 124 swimmers
- The **Trailblazer Open (SCY)** meet was held **Mar 23, 2024** in St. George, UT with 45 swimmers
- The **Hilltop Masters Spring Splash** (LCM) was held in American Fork, UT with 31 swimmers

Upcoming events:

- Huntsman World senior Games (SCM) – **Oct 9-11, 2024** – St. George, UT
- South Davis Masters (SCY) meet– **Nov 9, 2024** – Bountiful, UT

Notable news:

- There were 14 participants (for Level 2) and 16 participants (for Level 3) at the Coaching Certification Courses held on May 17-18, 2024
- The Stroke Development Clinic held on May 17 had 7 coaches and 12 swimmers
- Utah now has 30 coaches at Level 2/Level 3

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>