

Northwest Zone Chatter

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Volume 2008
Issue 1

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LMSC'S

ALASKA
INLAND NORTHWEST
MONTANA
OREGON
PACIFIC NORTHWEST
SNAKE RIVER
UTAH

WEB PAGES

<http://www.akmswim.org/>
<http://www.inlandnwmasters.org/>
<http://ultimatemontana.com/montanamasters/index.html>
<http://www.swimoregon.org/>
<http://www.swimpna.org/>
<http://www.ymcasawtoothmasters.org/>
<http://www.utahmasters.org/>

COMMUNICATIONS

Watch for future issues of the Northwest Zone Chatter. Send any news you would like to have included.
Northwest@USMS.org

2008 Northwest Zone Short Course Yards Championships

April 12-13, 2008

Weyerhaeuser King County Aquatic Center

Federal Way Masters will host the 2008 Northwest Zone Short Course Yards Zone Championships in conjunction with PNA Association Championships at the King County Aquatic Center

Return to the site of 2007 USMS Short Course National Championships for another great meet. Entries must be postmarked by March 29. Entry form is available on the Northwest Zone web site.

NORTHWEST ZONE MEETING

The next Northwest Zone meeting will be held in conjunction with the Short Course Yards Championship meet in Federal Way. The meeting will be held at the aquatic center on Saturday at the conclusion of events.

Everyone is welcome to attend the meeting. If there are zone issues you would like to have discussed, please let me know and I will add them to the agenda.

According to the Northwest Zone policy rotation, the 2008 Northwest Zone Short Course Meters Championship meet is scheduled to be held in Oregon.

8/14/2008 - 8/17/2008

USMS 2008 Long Course Meters Nationals

Mount Hood Community College, Gresham, Oregon
Dennis Baker, 503-679-4601, bakeswims@yahoo.com;
www.usms.org/comp/nationals.php



**2008 MONTANA
MASTERS
SWIMMING
CHAMPIONSHIPS
MARCH 29TH & 30TH
MONTANA STATE
UNIVERSITY POOL
BOZEMAN,
MONTANA, USA
FUN-FILLED,
WEEKEND-LONG
PROGRAM
17 INDIVIDUAL
EVENTS, 6 RELAYS,
2 PARTIES
“CARB UP
BAMBINO” DINNER
– MSU STADIUM
CLUB
AWARDS
CEREMONY – THE
GARAGE**

http://www.bozemanmasters.com/montana_masters_2008.php

March 29-30, Inland
Northwest Champs Meet in
Pullman
<http://www.inlandnwmasters.org/>

Utah State Championships
SCY Charity Meet
11Apr-12Apr08
Fairmont Park
<http://www.utahmasters.org/>

13th ANNUAL CASCADE LAKES SWIM SERIES & FESTIVAL

Featuring the [USMS 5000m Open Water National Championship](#) & [Oregon 1500m Open Water Championship](#)

Elk Lake, Oregon August 1-3, 2008 500, 1000, 1500, 3000, & 5000-meter swims 5 Swims in 3 Days!

Hosted by Central Oregon Masters Aquatics and Bend Metro Park & Recreation District
Sanctioned by Oregon Masters Swimming Inc. for United States Masters Swimming
#378-OW3 and USA-Swimming Sanction TBA.
Operating under Special Permit from the United States Forest Service

LOCATION: Elk Lake, a beautiful, clear mountain lake nestled in the sunny Oregon Cascades 32 miles from Bend. Water temperature has varied from 68-72 degrees Fahrenheit and will be posted on race days.

RACES: The Cascade Lakes Swim Series features five open water swims over three days! Adult participants may enter any or all of the five swims. Friday's swim is a **3000-meter** swim on a triangular course. Saturday's swims are an individual **500-meter** time trial on an out-and-back continuous floating line course and a **1500-meter** swim around a triangular course. Sunday's swims will include a **5000-meter** swim consisting of three loops of a diamond & triangular course and a **1000-meter** swim on an irregular course following the shoreline.

SERIES: The Cascade Lakes Swim Series includes a **Short Series** (500, 1000, & 1500-meter swims) and a **Long Series** (1500, 3000, & 5000-meter swims). Each swimmer may enter one distance series only and must complete all three series swims to be eligible for Series awards. For series awards, points will be based on finish order in each race, with points deducted for wearing wetsuits. Swimmers who complete all FIVE swims will be eligible for special **Survivor** awards.

FESTIVAL: Elk Lake is a great place to bring your family for an outdoors experience and extravaganza. We plan fun events for children on Saturday morning between the two swims.

WEBSITE FOR COMPLETE INFO: www.comaswim.org

MEET DIRECTOR:

Bob Bruce coachbob@bendbroadband.com 541-317-4851

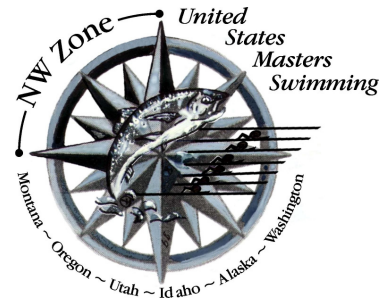
For information on meets in Canada, check the BC Masters website:
www.mastersswimming.bc.ca

The Ransom J. Arthur Award

This award is given in honor of Captain Ransom J. Arthur, M.D., who, by his sacrifice, perseverance, and dedication to improving the health of adults through swimming, established the Masters swimming program in the United States. The award is given annually to the person who has done the most to further the objectives of Masters swimming.

The deadline for nominations is March 15 and all nominations can be sent directly to Kelly Crandell, USMS Recognition & Awards Chair at kelly.crandell@comcast.net.

Further information and a nomination form is available on the USMS web site at <http://www.usms.org/admin/awards/>



Pennock Island challenge

Sunday, August 10, 2008, 10:30 AM

Tongass Narrows Pacific Ocean Ketchikan, AK 99901

Brief Description:

The Pennock Island Challenge is an 8.2 mile ocean race around Pennock Island Alaska. The race was started in 2004 as a fundraiser for the American Diabetes association. Race course is circular and you can expect a small current assist. Water temperature at this time of year in southern southeast Alaska is expected to be between 55 - 60 degrees F.

Additional Information

Event is open to masters registered swimmers. Swimmers may enter as Male and Female Solo Swimmers. A total of 30 solo swimmers will be allowed. Relays may enter in 2,3 or 4 person in the following categories Male/Female/Mixed. A total of 20 relays will be allowed to enter. Wetsuits are allowed but will have their own division. If one person in a relay wears a wetsuit then the entire relay is in the wetsuit category. We can supply a minimum number of escort boats and kayakers free of charge on a first come basis. When we run out of volunteer escorts we will assist swimmers in finding the lowest cost escort. Contact us to check on the availability of volunteer escorts through the Pennock website.

<http://www.akmswim.org/>

The Oregon Masters Swimming Association meet is coming up soon - April 4-6, 2008 - so please make your plans to enter and join the fun! Entries must be postmarked no later than March 14th, 2008.

There is an OMS Annual board meeting on 4/5 at 4:30. All members are invited to attend and participate with the OMS board members.

Please plan to attend the OMS Awards Banquet Saturday night (4/5) at the Rock Creek Country Club. There will be good food and fun company for all those who attend. The Annual OMS Awards will be presented at the banquet. To top off the evening we will have 2 wonderfully motivating speakers: Dennis Baker and Michelle Macy - wow!

<http://www.swimoregon.org/calendar.php>

United States Masters Swimming Northwest Zone Representative

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USMS CLINICS

Each year the USMS Coaches Committee awards host status to six sites across the country for Mentor Coach and Swimmer Clinics. These clinics consist of a minimum two-hour coaches' clinic and four-hour swimmers clinic. Both clinics are run by a mentor coach, approved by the Coaches Committee. Mentor coaches are proven, successful Masters coaches who have built outstanding programs, many are USMS Coach of the Year award recipients.

During the coaches' clinic, the mentor coach will dispense information that will be helpful to local Masters coaches in building their programs. With the assistance of local coaches, the mentor coach will run the swimmers' clinic with both classroom and in-water instruction. Underwater video taping and analysis should be considered as part of the clinic, though not required.

The content of the swimmers' clinic varies, though most clinics emphasize the teaching of proper techniques in at least one of the four strokes. Other clinic format options include basic workout design, starts and turns, racing tips. The mentor coach works closely with the clinic director in developing the clinic format.

It is recommended that applications be submitted as early as possible for the coming years' clinics. The Coaches Committee makes the decision on clinic hosts based on several factors, among the most important being location and groups needing assistance in building their programs. Small LMSCs are encouraged to apply.

Organizations granted host status for an Mentor Coach and Swimmer clinic are presented with a \$500 grant to assist with the expense of bringing in a clinician. The grant money will be distributed after the clinic once the clinic wrap up report has been submitted to the Coaches Committee clinic coordinator. In addition, the Coaches Committee will assist whenever possible with clinic planning.

To apply for an Mentor Coach and Swimmer clinic, submit a USMS Clinic application to the Coaches Committee clinic coordinator.

For a Mentor Coach and Swimmer clinic application, download the [USMS Clinic package](#) available in Adobe Acrobat format (PDF). The package includes information about clinic planning, as well as application, evaluation, and clinic wrap-up forms. To download a copy Adobe Acrobat Reader for free, [click here](#).

For additional details, contact the Coaches Committee clinic coordinator, Doug Garcia, 509-332-1621 (before 9 pm PST) or [send email](#).

Each year the USMS Coaches Committee awards host status to four sites for Open Water clinics. These clinics consist of a minimum four-hour swimmers' clinic and may be coupled with a sanctioned/recognized open water swim. The clinic will be run by an approved clinician who has experience in coaching and/or competing in the open water environment.

During the clinic, the clinician will dispense information that will be helpful to swimmers in completing and competing in open water swims. Local coaches are encouraged to attend and assist with the administration of the clinic. Among topics discussed at an Open Water clinic are navigation, open-water technique, training, pacing, swimming in crowd, wet suits, safety and nutrition.

Organizations granted host status for an Open Water clinic are presented with a \$500 grant to assist with the expense of bringing in a clinician. The grant money will be distributed after the clinic once the clinic wrap up report has been submitted to the Coaches Committee clinic coordinator. In addition, the Coaches Committee will assist whenever possible with clinic planning.

To apply for an Open Water clinic, submit a USMS Clinic application to the Coaches Committee clinic coordinator.

For a Open Water clinic application, download the [USMS Clinic package](#) available in Adobe Acrobat format (PDF). The package includes an information about clinic planning, as well as application, evaluation, and clinic wrap-up forms. To download a copy Adobe Acrobat Reader for free, [click here](#).

For additional details, contact the Coaches Committee clinic coordinator, Doug Garcia, 509-332-1621 (before 9 pm PST) or [send email](#).