



## Northwest Zone Chatter

December 2016

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

**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** - Sarah Welch: [sarahwelch@comcast.net](mailto:sarahwelch@comcast.net)

**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 <https://sites.google.com/a/mcpsmt.org/montana-masters-swimming/>

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

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

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

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

**Report from the Chair:** I hope everyone has enjoyed the holiday season, celebrated with family and friends, and found time to get in the water for some exercise! I received a special Christmas gift from my husband . . . the head cold that he suffered with the previous week! With unexpected down time, I managed to write my annual Christmas letter and get it off in the mail . . . on the 27<sup>th</sup>! Next on my “to-do” list was *The Chatter*. I hope you’ll read on . . .

At our December 11 conference call, we selected March 19 for our next meeting. Please mark your calendars so you can attend. Coming up in March as well is the USMS Leadership Conference, which is scheduled for the weekend of March 10-12. USMS will pay most expenses for your LMSC representative; your LMSC will be responsible for their airfare. I will forward details as soon as I receive them.

**The NW Zone is honored to be holding THREE Open Water National Championships;** two in Oregon and one in Washington. USMS 2-mile cable championship at Foster Lake (OR) on June 24, USMS 5K championship at Elk Lake (OR) on July 30, and USMS 1-mile championship at Angle Lake (WA) on September 23.

The following bids were approved for the 2017 NW Zone Championship Events during the recent conference call:  
SCY Champs – April 8/9 at King County Aquatic Center in Federal Way, WA; hosted by Blue Wave Aquatic Club.  
OW Champs – July 15 at Madison Park on Lake Washington, Seattle, WA; hosted by ORCA Swim Club.  
LCM Champs – August 18-20 at Mt. Hood Community College, Gresham, OR; hosted by Oregon Reign Masters.  
SCM Champs – bid approval pending date submission; expected to be in Hood River, OR.

**LMSC updates – thanks to those who sent lengthy reports (and event attachments).**  
**Please refer to LMSC websites for detailed meet and event information (links are on page 1).**

**Alaska** - LMSC membership for 2016: 401 members, 1 club, 12 workout groups  
February 18/19, 2017 - SCY AKMS State Championships, Bartlett Pool, Anchorage, AK

**Inland Northwest** – LMSC membership for 2016: 395 members, 13 clubs, 8 workout groups  
Kroc Masters from Coeur d’Alene, ID hosted the 2016 NW Zone SCM Championships on November 12/13. 63 swimmers participated in the event.

Upcoming events:

January 7/8 – Officials Clinic at Kroc Center, Coeur d’Alene  
January 21 – Central Washington Univ. Snowball Masters, Ellensburg, WA  
February TBD – Spring Splash Meet at Kroc Center, Coeur d’Alene  
March/April TBD – Inland NW SCY Championships, Moscow, ID

**Montana** – LMSC membership for 2016: 291 members, 6 clubs (1 is regional), 2 workout groups  
MT finished the 2016 registration year 9 short of the 300 needed for a second convention delegate. We have more registered members than ever before. To date we have 137 for 2017.

Elections will be held at the March 2017 annual meeting. The officers serve 2-year terms. Current elected officers are:

Chair – Jeanne Ensign  
V. Chair – Dick Weber  
Secretary – open  
Treasurer – Keegan Witt  
Registrar – Audrey Wooding, appointed to complete term Christina Angell’s term  
Top Ten Recorder – Phillip Luebke

Upcoming Events:

March 24-26, 2017 - MT LMSC SC State Championships, Kalispell  
March 25, 2017 - MT LMSC annual meeting and Social, Kalispell  
April 1, 2017 - USMS Coach Certification, Levels 1&2, Bozeman  
April 2, 2017 - USMS Stroke Development Clinic, Bozeman  
August 19, 2017 - USMS Coach Certification Course, Level 3, Missoula  
TBD - Flathead Lake Swim Series  
TBD - LMSC Stroke Clinic, Missoula  
TBD - LMSC Stroke Clinic, Helena

Other items of note:

The MT LMSC incorporated in March 2016. A re-write of the bylaws began in 2016 and will finish prior to the annual meeting in March 2017.

MT had four convention attendees – a first for the LMSC: LMSC Delegate - Mark Johnston, Delegate at Large - Emily von Jentzen (new delegate), Long Distance Chair - Donn Livoni, and Finance Chair - Jeanne Ensign.

The MT Masters club took second place at the NW Zone SCM Championships held at the Kroc Center in Coeur d'Alene in November.

The 2016 Postal Swimtathlon League, hosted by Flathead Lake Open Water Swimmers club, has finished its first year. Check it out for 2017 on the Flathead Lake group's link on the MT LMSC website.

**Oregon** – LMSC membership for 2016: 1,289 members, 7 Clubs, 30 workout groups

Recently elected officers for 2017-2019

Chair: Tim Waud  
Vice Chair: Robbert van Andel  
Treasurer: Kermit Yensen  
Secretary: Michelle Jacobs-Brown

New Board Members for 2017-2019

Awards: Susan Albright  
Social: Michelle Jacobs-Brown  
Marketing: Carolyn DeMarco  
Coaches: Matt Miller and Tim Waud

#### Upcoming Clinics in 2017:

May 13, 2017, USMS Level 1 & 2 Coaches Certification Course, Portland, OR  
May 14, 2017, Swim Clinic, Gresham, OR

#### Adult Learn-to-Swim in April 2017:

Hood River, Oregon City, and Corvallis, OR

#### Competitions held in 2016:

November 19 - Hood River, SCM, Hood River, Hood River, OR - 6 Clubs, 77 Athletes  
December 10 - 2016 All-Around Challenge, SCY, Juniper Swim & Fitness Center, Bend, OR - 4 Clubs, 59 Athletes  
December 18 - Animal Meet, SCY, Canby Swim Center, Canby, OR - 3 Clubs, 28 Athletes

#### Upcoming pool competitions in 2017:

March 4-5 - Oregon City Dual Sanction Meet, SCM, Oregon City Municipal Pool, Oregon City, OR  
April 7-9 - Association Championships, SCY, Juniper Swim and Fitness Center, Bend, OR  
June 17 - Oregon Senior Games, LCM, Juniper Swim and Fitness Center, Bend, OR  
**August 18-20 - NW Zone** and Oregon LCM Championships, Mt. Hood Community College, Gresham, OR

#### Upcoming open water competitions in 2017:

May 20 - Open Water Clinic (Pool), Juniper Swim and Fitness Center, Bend, OR  
May 21 - Lake Juniper (Pool), LCM, Juniper Swim and Fitness Center, Bend, OR  
**June 24 – USMS OW 2-mile Cable National Championship**, Foster Lake, Sweet Home, OR  
July 9 - Portland Bridge Swim, OW, Willamette River, Portland, OR  
July 15-16 – Applegate Lake Swims, OW, Applegate Lake, Ruch, OR  
**July 28-30 – USMS OW 5K National Championship**, Elk Lake, Bend, OR

**Pacific Northwest** – LMSC membership for 2016: 1,741 members, 8 clubs, 32 workout groups.

Upcoming pool competitions in 2017: links to all at <http://www.swimpna.org/PNA/pool-meets/>

February 4 – Thunderbird SCM Masters Meet, Fidalgo Pool, Anacortes, WA  
February 19 – Lake Washington SCY Masters Invitational, Juanita Aquatics Center, Kirkland, WA  
March 5 – Port Angeles SCY Masters Meet, William Shore Memorial Pool, Port Angeles, WA  
**April 8/9 – NW Zone** and PNA SCY Championships, King County Aquatic Center, Federal Way, WA  
July 6-8 – 97<sup>th</sup> Annual LCM Senior Seattle Open, dual sanctioned with USA-S & USMS, Colman Pool, Seattle, WA

Upcoming open water competitions in 2017: links to all at <http://www.swimpna.org/PNA/open-water-postal/>

June 3 – Swim Defiance, (3K, 5K) Point Defiance Park/Commencement Bay, Tacoma, WA (salt water)  
June 17 – Whidbey Island Adventure Swim (1.2, 2.4 miles), Saratoga Passage, Langley, WA (salt water)  
August TBA – Aly Fell Memorial OW Invitational, (800-m, 2.5K, 5K, 10K), Lake Padden, Bellingham, WA  
**July 15 – NW Zone OW Championship, 3.2-miles**, Fat Salmon, Madison Park, Lake Washington, Seattle, WA  
**September 23 – USMS OW 1-mile National Championship**, Last Gasp of Summer, Angle Lake, Seatac, WA

**Snake River** – LMSC membership for 2016: 190 members, 9 clubs.  
Sawtooth Masters recently hosted the Speedo USMS 3000/6000-yard ePostal Nationals  
No meets are posted on the website.

**Utah** – LMSC membership for 2016: 451 members, 16 clubs.  
Club QUAC is hosting their 2017 Century Swim is on Sunday, January 1 from 11:00 am until 2:00 pm at the Fairmont Aquatic Center. This year QUAC will be swimming to benefit Race Swami. Swimmers will set a goal to swim 100 repetitions of a distance: 25 yards, 50 yards or 100 yards! Please sponsor them for a fixed amount or for an amount per 25 yards swam. For example, if your swimmer sets the goal of 100 x 25 yards and you sponsor them 25 cents for every 25 yards swam, your total sponsorship would end up being \$25.00. Go to <http://www.quacgivesback.org/> for more information about this event including how you can donate.

Upcoming events in 2017:

January 14, Free Clinic at Olympus High Aquatics Center, Salt Lake City, UT

February 25, QUAC Ski and Swim Meet at Fairmont Aquatic Center, Salt Lake City, UT

March 4/5, tentatively meet hosted by Utah State University Swim Club (details unavailable at press time).

March 18<sup>th</sup>, Olympus Aquatics Spring Meet, Salt Lake City, UT

April - 15<sup>th</sup>, Utah Masters State Champs, Olympus High Aquatics Center, Salt Lake City, UT

**FYI – Find LMSC** info at: [http://www.usms.org/lmsc/?utm\\_campaign=top\\_nav&utm\\_medium=local\\_programs](http://www.usms.org/lmsc/?utm_campaign=top_nav&utm_medium=local_programs)  
Visit your LMSC's page often to confirm that information about your LMSC is current.

**Parting Shot:** A reminder that the next NW Zone meeting will take place on Sunday, March 19 at 4 PM (AK), 5 PM (Pacific), and 6 PM (Mtn.). Zone meetings are open to all members of the Zone LMSC leadership teams so please consider attending. An agenda and phone-in details will be distributed in early March. Please send agenda suggestions to Sally Dillon at [salswmr@comcast.net](mailto:salswmr@comcast.net) by March 1.