



Northwest Zone Chatter

June 2019

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

Chair – Sally Dillon (PN): salswmr@comcast.net

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

Webmaster – Hugh Moore (PN): swimmoore@comcast.net

Zone Records – Stephen Darnell: financialwizard2@comcast.net

USMS At-Large Director representing Northwest Zone – Matt Miller matt@flytrapcare.com

Newsletter – Sally Dillon, as above

LMSC websites in the NW Zone

ALASKA www.akmswim.org

INLAND NW www.inlandnwmasters.org

MONTANA www.swimmontana.org

OREGON www.swimoregon.org

PACIFIC NW www.swimpna.org

SNAKE RIVER www.snakerivermasters.com

UTAH www.utahmasters.org

Report from the Chair: USMS has reached out to leaders in each of our LMSCs to organize conference calls with a member of the USMS Board of Directors. Hopefully the meetings are going well and your questions about potential changes to USMS membership fees are being answered. I expect there will be quite a bit more information about the Unified Fee Proposal as we get closer to September's USAS Convention.

LMSC REPORTS:

ALASKA

Current Membership: 276; 1 club

INLAND NORTHWEST

Current Membership: 301; 9 clubs

2019 Meets

- USA-S LCM Sweet Onion Meet– June 15-16, 2019 Walla Walla, Washington (dual sanctioned)
- USA-S LCM Summer Solstice Meet– June 21-23, 2019, Spokane Washington (dual sanctioned)
- USA-S LCM Meet (Velocity Swimming)- June 28-30, 2019 Wenatchee Washington (dual sanctioned)

Other Items of interest

- LMSC Annual Membership Meeting conducted on March 31 at Azteca Restaurant, CDA, Idaho
- ALTS Instructor Certification Course, Clinic Training for Coaches and USMS Stroke Development Clinic conducted at Kroc Center, CDA, Idaho on weekend of March 30-31. Included members of Montana, PNA, Snake River and Oregon LMSCs.
- Inland NW LMSC Champs SCY meet conducted on April 6 in Moscow, Idaho. Meet was held in Memory of Jean Rudolph, a recently deceased Moscow Chinooks member.

MONTANA

Current Membership - 192; 5 clubs

Number of Workout Groups: None

Final 2018 Membership: 242

Elected Officers:

Chair – Jeanne Ensign

Vice Chair – Dick Weber

Secretary – Edie Van Buskirk

Treasurer – Keegan Witt

Others elected – None

Next elections to be held summer 2019

Notable:

- MT LMSC website: www.swimmontana.org
- Jeanne attended the LMSC Leadership Summit in Phoenix in early March.

OREGON

Current Membership: 1,135 members; 5 clubs

Elected Officers:

Chair Tim Waud

Vice Chair Robbert van Andel

Secretary Kristina Franklin

Treasurer Kermit Yensen

Events held since March 2019:

April 25-28	2019 USMS Spring National Championship	Mesa, AZ	SCY
May 17-19	OMS Association Championship <i>Hosted by Tualatin Hills Barracudas</i>	Beaverton	SCY
June 9	5K/10K ePostal swim opportunity at Amazon Pool	Eugene, OR	LCM

Upcoming events in 2019:

June 15	COMA Long Course Meet	Bend, OR	LCM
June 16	Lake Juniper Buoy Swim	Bend, OR	OW
June 29	Foster Lake Cable Swims-Sprint Series	Sweet Home	OW
July 7	Portland Bridge Swim	Portland	OW
	<i>U.S. Masters Swimming Ultra-Marathon Distance</i>		<i>OW National Championship</i>
July 13-14	Southern Oregon Swims at Applegate Lake	Ruch	OW
July 26-28	Cascade Lakes Swim Series & Festival at Elk Lake	Bend	OW
July 27	<i>NW Zone Open Water Championship (1500m)</i>	<i>Bend</i>	<i>OW</i>
August 17	Southern Oregon Coast Swims at Eel Lake	Lakeside	OW
August 23-25	NW Zone/ Gil Young/OMS Championship	Fairview	LCM
September 7	Southern Oregon Swims at Lake of the Woods	Klamath Falls	OW

Notable:

• 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 OMS 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

• OMS will host the 2019 USMS Ultra-Marathon Distance Open Water National Championship in Portland, Oregon on Sunday, July 7, 2019. The Portland Bridge Swim will be the featured race.

• Oregon LMSC plans to bid to host the USMS One-Hour ePostal National Championship event in 2021.

• Central Oregon Masters Aquatics (COMA) is hosting the NW Zone 1500-meter Open Water Championships up the hill from Bend, OR, as part of the 25th annual Cascade Lakes Swim Series & Festival at Elk Lake on July 26-28. Be there for the anniversary celebration (in more than one way, as Barb and Bob Bruce will be spending their 28th anniversary putting on the event's 25th anniversary)!

• COMA is also hosted "Wonderful Water Weekend" at Juniper Swim & Fitness Center in Bend, OR, on June 15-16, including a rare long course pool meet on Saturday afternoon and the 7th annual Lake Juniper Buoy Swim (an open water-style swim held in a 50-meter pool) followed by a sumptuous brunch on Sunday morning. We don't get long course meets very often in Oregon & Washington, and the 1200-meter Buoy Swim in "beautiful Lake Juniper" was unique.

• COMA is also hosting the 9th annual Foster Lake Cable Swims just outside Sweet Home, OR, featuring our usual 1 & 2-mile cable swims, on Saturday, June 29. We'll be operating under a dual sanction this year, so let's welcome the kids back for the first USA-Swimming-sanctioned open water swim in Oregon since 2011.

• 2019 USAS Convention Delegates (Tentative)

Matt Miller - USMS Board of Directors (Automatic)

Bob Bruce - Open Water Committee Chair (Automatic)

Christina Fox - Rules Committee (Automatic)

MJ Caswell - Records and Tabulation (Automatic)

Sandi Rousseau - Championship Committee (Delegate)

Tim Waud - Coaches Committee (Delegate)

PACIFIC NORTHWEST

Current Membership: 1602; 6 clubs

Upcoming competitions - Pool

Saturday, July 6 - Pacific Northwest Masters LCM Summer Meet at King County Aquatic Center in Federal Way

Enter online at: https://www.clubassistant.com/club/meet_information.cfm?c=1534&smid=12024

Saturday, July 6 – 5K ePostal Swim opportunity immediately following the swim meet, also at KCAC.

Enter online at: https://www.clubassistant.com/club/shopping_cart/merchandise.cfm?c=1534

Upcoming competitions – Open Water

Sunday, June 23 – Whidbey Island Adventure Swim, Langley (Saratoga Passage) 1.2 & 2.4 miles

[Whidbey Adventure Swim](#)

Saturday, July 13 – Fat Salmon OW Swim, Seattle (Lake Washington) 3.2 miles

[Fat Salmon Open Water Swim](#)

Sunday, July 21 – Swim Defiance OW Swims, Tacoma (Puget Sound) 3K & 5K

[Swim Defiance](#)

Saturday, August 24 – Aly Fell Memorial Swim, Bellingham (Lake Padden) 800 meters, 2.5K, 5K, 10K

[5th Aly Fell Memorial Swim](#)

Saturday, September 14 – Last Gasp of Summer, Seatac (Angle Lake) 1 & 2 miles

[Last Gasp of Summer](#)

Notable:

- PNA elected its officers in March. They will serve 2-year terms

President – Sally Dillon

Vice President – Linda Chapman

Secretary – Jay Pearson

Treasurer – Arni Litt

At Large Directors – Kathy Casey and Todd Doherty

- PNA held its “Annual Meeting” for the 2nd consecutive time during the weekend of its SCY championships. A dinner social and awards ceremony took place at the same time. Arni Litt (Greenlake Aqua Ducks) was honored with the Dawn Musselman Inspirational Award and Brad Hering (Stanwood/Camano YMCA) received the Coach of the Year award.
- USMS clinics were held in the Seattle area June 8 & 9. While serving mostly coaches and swimmers from PNA, there were 15 attendees who came from Iowa, Minnesota, Southern California, Northern California, Idaho, or Oregon. 63 students signed up for the various classes offered: Levels 1&2 and Level 3 Coach Certification Course, Adult Learn to Swim Instructor Certification, Clinic Course for Coaches, and a Stroke Development Clinic for swimmers (with many of the “training” coaches in attendance).
- 2019 Convention: PNA will have 11 delegates in St. Louis. The LMSC’s delegates are Linda Chapman, Stephanie Hiebert (new), Hugh Moore, and Walt Reid. Attending due to leadership and committee positions are Kathy Casey (Rules), Jim Davidson (LD), Sally Dillon (Zone Chair), Jane Moore (Legislation), Steve Peterson (Legislation), Sarah Welch (Diversity Chair), and Teri White (Officials Chair)

SNAKE RIVER

Current Membership: 111; 4 clubs

Idaho Falls	IFM	5
Streamliners	SASR	4
Sawtooth	SAWS	75
Zen	ZEN	3
Unattached	UC59	24

We plan on reaching out to the unattached and attempt to find out what we can do to encourage them to attach to one of the registered clubs even if they don’t plan on working out with the club. Perhaps they can swim relays or be part of a team at meets. We’d like to know more about their motivation to join USMS but why is it they’re swimming unattached, other than maybe costs associated with the local team workouts.

Notable:

- LMSC Standards Survey Result for Snake River: Premiere - Met all Mandatory Standards
- Boise Y held a dual sanctioned long course meet May 17-19. Eleven SAWS members participated. Next dual sanctioned LC meet will be held July 6-7. We are working through some of the USA-S MAAPP (minor athlete abuse prevention policy) challenges. This took effect June 1 and will be (hopefully) just a signature acknowledgment requirement from Master’s participants when swimming in dual sanctioned events. As an FYI, Jim Clemmons took the three courses through the USA-S website that make up the certification process and it took the better part of 2 hours to complete.
- The annual Broadside Harbor 1-mile & 2-mile events took place June 1 in Caldwell. We had 12 entries, 2 of which were NS (no swim), all are SAWS members.

UTAH

Current Membership: 276; 13 clubs

Board of Directors:

Chair-Aaron Norton

Vice Chair- Karen Oliver

Secretary-Bruce Schroeder

Treasurer-Joe Linford

Registrar: Katy Kissinger

Events held in Q1-2019:

- QUAC Ski-N-Swim and social events (60 swimmers)
- LMSC Leadership Summit (1 attendee)
- Cancelled Utah State Masters meet (miscommunication and timing of Nationals)

Upcoming Events:

- Plan for Outdoor LCM Meet
- Non- USMS Open Water Events (asked by National Office to not promote/advertise??)
- LMSC Sponsored Tour of Utah Lakes
- Level 1 & 2 Coaches clinic in Bountiful, UT – Nov 2, 2019
- Zone Short Course Meters Championships in Bountiful, UT – Nov 8 – 9, 2019

Notable

- Utah LMSC looking to create a regional club
- Utah LMSC to run a few swim meets in 2020 at pools with smaller teams to encourage participation
- Local team (South Davis Masters) to have an article in the July edition of Swimmer Magazine