



## Northwest Zone Chatter June 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)

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**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)

**From the Zone Chair:** My apologies for being so late in getting out the June NW Zone Chatter. At first I was waiting on some of the LMSCs to report; you'll note that not all have provided information. But the biggest delay is due to a 3-week road trip to Omaha that my husband and I embarked on June 16. I have found little time to spend at the computer, other than catching up on messages. It's been a great trip and our four days at the Olympic Trials were wonderful. We head towards home in Issaquah, WA tomorrow, having spent the Holiday weekend with family in Sun Valley. There were 22 of us on Saturday and Sunday (whew)!

Thanks to those who attended our June 12 conference call. We had representatives from all seven of the NW Zone's LMSCs. The minutes will be distributed as soon as they are approved, which should take place within the week. It's good to see that our LMSC membership numbers continue to increase.

**LMSC totals as of July 5, 2016**

Alaska – 334 members, 1 club  
Inland Northwest – 354 members, 13 clubs  
Montana – 262 members, 5 clubs  
Oregon – 1152 members, 7 clubs  
Pacific Northwest – 1549 members, 7 clubs  
Snake River – 154 members, 7 clubs  
Utah – 395 members, 16 clubs

**REPORTS FROM LMSC CHAIRS** – thanks to those of you who submitted progress reports and meet information. Please refer to the various LMSC websites for more information.

**ALASKA**

Upcoming events:

August 7 - Change your Latitude - open water swim, Sitka Sound, Sitka, AK - USMS recognized event  
September 11-18 Swim Clinics - Coach level 1&2, stroke clinic, ALTS Instructor certification - Anchorage, Fairbanks, and Juneau, AK  
December 10 - AKMS SCM Champs - tentatively scheduled at Wasilla Pool, Wasilla, AK  
February 25-26, 2017 - AKMS SCY Champs at Bartlett Pool, Anchorage, AK

**INLAND NW**

New Officers: Treasurer - Wes Bratton, Sanctions - Lauren Torok, and Fitness - Jett Vallandigham.

Upcoming Events:

Summer Solstice LCM (dual sanctioned) 17-19 Jun, Spokane WA  
Steve Omi Memorial Swim (non-sanctioned) July 17, Coeur d Alene, Idaho  
Long Bridge Swim (non-sanctioned) - Aug 6, Sandpoint, Idaho

**OREGON**

Below are the meets OMS has hosted in the past 2+ months.

April 8-10 Association Championship

Close to 300 swimmers signed for the annual Association Championship meet which was hosted by the Tualatin Hills Barracudas at the Tualatin Hills Aquatic Center in Beaverton. In preparation for Nationals, this year's meet was a LCM format.

May 14 -15 Road to Nationals / Lake Juniper Pool Open Water Clinic / Swim

This meet was hosted by Central Oregon Masters (COMA) in Bend. Swimmers had another opportunity to strive for National qualifying times and/or get additional experience swimming in a 50-meter pool. The weekend also included an open water clinic and swim at Lake Juniper Pool.

June 3-5 Dual Sanctioned Meet

There were close to 100 swimmers that participated in a Dual Sanctioned Meet at Tualatin Hills Aquatic Center. The meet was hosted by Tualatin Hills Barracudas and Tualatin Hills Thunderbolt Age Group, which was the first time these 2 teams joined together to host a dual sanctioned meet. Overall the meet was a success and fun for all ages. One last opportunity to swim in a 50 M pool before Nationals.

June 11 Oregon Senior Games Swim Meet

Despite a tiny turnout (17 swimmers) for this COMA-run short course yards meet in Bend in conjunction to the annual Oregon Senior Games, our swimmers aged 50-and-over had a fun time racing, especially in the rarely-offered sprinter's delight 25-yard distances.

For the first 3 meets combined there were an impressive number of new LCM records set by OMS swimmers: 36 Oregon records and 21 Zone records. Almost all of these new records were set at the Association meet.

Oregon swimmers and volunteers are very busy preparing for a well-organized, fun, memorable, and exciting Summer National Championship event August 17-21. Look forward to seeing you in August at Mt. Hood Community College here in Portland.

## UTAH

July 16 - Bear Lake Monster Swim (½ mile, 1 mile, 10K and relay) - not USMS

August 6 - Deer Creek Open Water Marathon Swim (1 mile, 5K, 10K, 10 mile) - not USMS sanctioned

October 5 - 7, 2016 - Short Course Meters - Huntsman World Senior Games, St George, UT

October ? - Possible Univ. of Utah Swim Club 2-day meet. Dates not confirmed.

Support Breast Cancer Awareness Month: Kathy Bailey from South Davis Aquatics and Karen Oliver discussed a day (October 8) to support Breast Cancer with an event at the SD pool - to support a swimmer on their team just diagnosed with breast cancer and also to create a community supportive event for Utah Masters swimmers to participate. Pink swim caps are being considered.

November – 1<sup>st</sup> weekend - South Davis Masters Meet.

**2016 USAS Convention – September 21-25 in Atlanta Georgia.** The NW Zone will meet on Thursday, 9/22 from 9:45-11:15 AM. The following delegates are expected to attend. Please notify me by September 1st if there are changes to your delegate information.

ALASKA: Ken Winterberger (so far)

INLAND NORTHWEST – Matthew Bronson (chair), Mike Hamm (coaches), Kathy Farrell-Guizar (OW), and Paige Buehler (LSMC DC chair).

MONTANA: Jeanne Ensign, Mark Johnston, Donn Livoni, and Emily von Jensen.

OREGON: Christina Fox, Ginger Pierson, Susie Young, Sandi Rousseau, and Bob Bruce. At Large requests submitted for Tim Waud and MJ Caswell.

PNA –LMSC delegates: Kim Boggs, Linda Chapman, Zena Courtney, & Hugh Moore. Automatic delegates: Kathy Casey, Jim Davidson, Sally Dillon, Jane Moore, and Steve Peterson. At Large requests: Walt Reid & Teri White.

SNAKE RIVER: Jill Wright (LD cmte) and maybe one other.

UTAH: Karen Oliver and one other person.

**Oregon Chair, Jeanne Teisher, submitted the following article about the Adult Learn to Swim program that I have included for your edification.**

The Adult Learn-to-Swim Instructor Certification course was held Saturday March 12, 2016 in Portland, Oregon. The course drew 16 people from all over the Pacific Northwest. The main focus of this course is to teach swimming lessons to adults who have never learned to swim or have a fear of being in the water. It was interesting to hear the personal stories from participant's, which have had family members who have been involved in drowning incidents. Their motivation was to offer free adult swimming lessons to their communities. The main benefits instructors were seeking from taking the ALTS were:

- Standardized curriculum
- Certified Professional instructors
- Enhanced Adult Programming
- Marketing
- Increased membership and member retention
- A program that provides a community service
- Recognition on the USMS website as a USMS certified ALTS location
- Grants and fundraising opportunities.

Sandi Rousseau from Columbia Gorge Masters provided the following information on how the Hood River Valley Aquatic Center made their Adult Learn-to-Swim program possible.

“I was motivated to apply for the ALTS grant from the SSL Foundation because Hood River is a community centered around water ....the Columbia River, high alpine lakes, and mountain streams. Learning to swim in this area is so important because of our direct exposure to water. In addition, the Columbia Gorge has a large Hispanic population which, historically, has not had much exposure to water safety. Because we live in a recreational area with multiple

opportunities for water sports, there are many adults who would benefit from learning basic water safety, as well as becoming stronger swimmers.”

The Hood River Valley Aquatic Center personnel are also very motivated to make people water safe, and the aquatics director is a Masters swimmer. So we applied for a grant jointly to USMS and received \$3000.

April has been declared Adult Learn-to-Swim month by the Oregon governor, so we are planning to offer classes to any interested adult for free during April. Our plans are to offer seven sessions of which we hope everyone who signs up will be able to attend five of them. We will offer these on Thursdays, April 14, 21, and 28 (three 45 minute sessions) and Saturdays, April 16 and 23 (two 45 minute sessions each day).

We have solicited Columbia Gorge Masters swimmers as volunteers to teach as well as some employee/instructors from the Aquatic Center. We will be making brochures to distribute in the community, writing articles for the local newspaper, and receiving a banner from USMS that advertises the program to hang at the pool. Information will also be posted on the websites of the Aquatic Center, Hood River Valley Swim Team, and the Columbia Gorge Masters.

Every student will receive a cap from USMS, and we are giving each student goggles. We expect three levels of students .... the non-swimmer with possible fear of the water, the swimmer who has not mastered breathing in the water, and the swimmer who would like some assistance with stroke technique. We will have 1:1 ratios of student to instructor for the non-swimmers and from 1:1 to 1:3 ratios for the other groups. The teaching will be very personalized to the student’s comfort and ability level.

We hope that by offering this free swim instruction, it will allow every student to have some degree of comfort in the water and able to execute a strategy to rescue themselves, if ever presented with an unexpected water exposure.

Marlys Cappaert, from Oregon State University received an SSL grant for the ALTS program. The program is being run through the Faculty Staff Fitness (FSF) program at Oregon State University. This year there will be five sessions on Tues/Thurs April 5-19. The program is open to all and free. The goal is to make adults water safer. In addition to all the obvious reasons we like this program (i.e. saving lives), there are few things more exciting than watching someone figure out how to blow bubbles out their nose for the first time. Helping someone through that stage of being fearful of water to thinking water could be a nice place to be is a wonderful thing to share. Last year I had 5-10 participants and this year I am targeting 20. A few of the students in my ALTS class from last year are now in my swimming classes.... and enjoying swimming.

The SSL grants program really offers wonderful support and makes it possible to host these programs all over the state.

Mike Hamm from Idaho and Bill Brenner from USMS were responsible for putting on this certification course. Instructor Mike Hamm was very dynamic in his presentation. I remember when Bill Meier, founder of the ALTS program introduced this idea at United States Aquatic Sports convention a few years ago. Bill Meier and Mike Hamm’s presentations were powerful. These two men along with Bill Brenner, USMS Education Director, have a passion for this program that is ever present in their delivery of this amazing program. I would encourage everyone in Oregon Masters Swimming to consider offering Adult Learn-to-Swim programs to their community. I plan on offering ALTS lessons in the South Metro area of Portland next year. Like Sandi Rousseau stated above, our communities are surrounded by water, reaching out to those who have a fear of water might save a life, and possibly attract people who want to continue “Swimming for Life.”