



Northwest Zone Chatter March 2017

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

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 - Sarah Welch: sarahwelch@comcast.net

Newsletter – Sally Dillon, as above

LMSC websites in the NW Zone

ALASKA www.akmswim.org

INLAND NW www.inlandnwmasters.org

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

OREGON www.swimoregon.org

PACIFIC NW www.swimpna.org

SNAKE RIVER www.snakerivermasters.org/

UTAH www.utahmasters.org

Report from the Chair: Thanks to the 13 zone leaders who joined me in our quarterly conference call on March 19. The minutes are in the process of being approved and will be distributed soon. Congratulations to our LMSCs for participating in the LMSC Standards Surveys. All responded and the results will be shared with you soon.

LMSC membership updates (end of March)

Alaska – 330 members; 2 clubs
Inland Northwest – 340 members, 18 clubs
Montana – 220 members, 6 clubs
Oregon – 1029 members, 6 clubs
Pacific Northwest – 1374 members, 9 clubs
Snake River – 137 members, 8 clubs
Utah – 350 members, 16 clubs

LMSC REPORTS

Alaska – Finished 2016 with 401 members, our first time over 400! The LMSC has 11 registered workout groups this year, plus the Baranof Barracudas, which chose to be a club rather than a workout group. This is an increase of 2 from the previous year. There are active workout groups that choose not to register with USMS.

The LMSC held its annual meeting in February. From the minutes: AKMS had 3 LCM top-ten finishes and 18 SCY top-ten finishes. State records were set in LCM (3), SCY (26), and postal championships (5). The current balance is \$10,711. AKMS meets are priced to cover meet costs but overruns will still need to be covered by the LMSC. The Change Your Latitude open water swim marked its 9th year in 2016. Distances range from 1K to 10K. AKMS awarded its Memorial Scholarship to Jed Dean of Palmer. Jed will graduate high school in May and attend the University of Alaska Fairbanks and study mechanical engineering. Elections for LMSC officers were postponed.

Inland Northwest – Finished 2016 with 395 members and 13 clubs. An Officials clinic was conducted at the Kroc Center in Coeur d'Alene, ID in January. PNA's Terri White focused on the stroke and turn judge and starter positions. The Spring Splash meet was held at the Kroc Center on February 25, followed by opportunities to swim the 1-Hour ePostal swim on the 26th. The current bank balance is \$15,925.62.

Upcoming events:

Inland NW LMSC Champs were held April 1&2 in Moscow, ID. The annual membership meeting took place on April 1 in Moscow as well.

Montana - Finished 2016 with 291 swimmers, 9 short of the 300 needed for a second convention delegate. We have more registered members than ever before. The weekend of March 24-26 was our LMSC SC Yards State Championships in Kalispell. On Saturday evening, in conjunction with social, we held our annual membership meeting. Business items included the approval of the 2017 budget. We had a brainstorming session for what we'd like to see in the coming year. Officers elected: President – Jeanne Ensign; Vice President – Dick Weber; Treasurer – Keegan Witt; and Secretary – Nancy Shuber. Revised bylaws were adopted and the new 10-member board includes the four elected officers, the immediate past president, and clubs from the 5 largest clubs. President Jeanne Ensign attended the 2017 LMSC Leadership Summit in Houston.

A USMS Coach Certification class, Levels 1&2, was held on April 1, followed by a Stroke Development Clinic on April 2. Both were in Bozeman.

Upcoming events:

USMS Coach Certification Course, Level 3, Missoula, August 19, 2017
Flathead Lake Swim Series, July 14-16 Distances ½ m, 1 m, 5k & 10k (hosted by KATS).
The Anchor Swim Project, an open water swimming camp from July 20th through 24th, featuring Oceans 7 swimmer and motivational speaker Darren Miller (hosted by FLOWS).

Ongoing events:

The USMS Check-Off Challenge, the 18-event fitness challenge (hosted by FLOWS).
The USMS Postal Swimtathlon League that takes the Check-Off Challenge to the next level with times, awards and standings (hosted by FLOWS).

Oregon – Finished 2016 with 1289 members and 7 clubs. Adult Learn-to-Swim clinics will be held in Hood River, Oregon City, and Corvallis during the month of April. The Oregon City SCM meet was held March 5. 23 Oregon, 20 Zone, 9 National, and 7 World records were set!

Upcoming clinics:

May 13 – USMS Levels 1&2 Coaches Certification and Clinic Course for Coaches – both in Portland
May 14 – Swim Clinic – in Gresham
May 20 – OW clinic (in a pool) at Juniper Swim and Fitness Center, Bend

Upcoming pool competitions:

April 7-9 – SCY Association Championships at Juniper Swim and Fitness Center, Bend
June 17 – LCM Oregon Senior Games at Juniper Swim and Fitness Center, Bend
August 18-20 – LCM Gil Young NW Zone and Association Championships at Mt Hood CC, Gresham

Upcoming open water competitions:

May 21 – Lake Juniper (Pool) at Juniper Swim and Fitness Center, Bend
June 24 – Foster Lake Cable Swims (incl USMS 2-mile National Championship) at Foster Lake, Sweet Home
July 9 – Portland Bridge Swim in Willamette River, Portland
July 15-16 – Applegate Lake Swims in Applegate Lake, Ruch
July 28-30 – Cascade Lakes Swim Series (incl USMS 5-K National Championship), at Elk Lake, Bend

Pacific Northwest – Finished 2016 with 1741 members and 8 clubs (one is regional). April is Adult Learn to Swim month. Blue Wave Aquatics is hosting ALTS sessions every Saturday in April. Online voting has been taking place and the 2017 slate of PNA officers are: President - Sally Dillon; Vice President - Zena Courtney; Secretary - Sherry Grindeland; Treasurer - Arni Litt; At Large Director - Kathy Casey; and At Large Director - Isaac Contreras Sandoval. The vote becomes official April 9. Vice Chair Zena Courtney attended the LMSC Leadership Summit in Houston, TX.

Pool competitions can be found at <http://www.swimpna.org/PNA/pool-meets/>

April 8/9 – NW Zone and PNA SCY Championships, King County Aquatic Center, Federal Way
July 6-8 – 97th Annual LCM Senior Seattle Open, dual sanctioned with USA-S & USMS, Colman Pool, Seattle

Open water competitions can be found at <http://www.swimpna.org/PNA/open-water-postal/>

June 3 – Swim Defiance, (3K, 5K) Pt Defiance Park/Dalco Passage, Commencement Bay, Tacoma (salt water)
June 17 – Whidbey Island Adventure Swim (1.2, 2.4 miles), Saratoga Passage, Langley, WA (salt water)
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

Sorry – no reports from Snake River and Utah LMSCs

For more information about any of the events listed, go to the LMSC websites, which can be found on page 1.