

Northwest Zone Chatter

April 15, 2006
Volume 2006
Issue 2

Jane Moore, Northwest Zone Rep 2102 N Vassault St, Tacoma, WA 98406
<http://www.northwestzone.org/> swimmoore@comcast.net 253.759.4956

USMS CLINICS

Mentor Coach and Swimmer Clinics Open Water Clinics

Each calendar year, the USMS Coaches Committee awards host status to sites across the country for two clinic programs: Mentor Coach and Swimmer Clinics and Open Water Clinics. Both programs are led by clinicians selected by the host organization. Clinicians are experienced coaches and swimmers who are involved with outstanding Masters programs, some of whom are USMS Coach of the Year award recipients, or accomplished open water swimmers. The intent of these clinics is to bring a clinician from outside the local area to help local groups develop their programs and skills and provide enthusiasm for the sport. To help organizations host these clinics, USMS provides a \$500 grant to help offset travel, stipends and other costs associated with bringing in a qualified clinician.

Mentor Coach and Swimmer Clinics

This clinic program consists of a minimum two-hour coaches' clinic and four-hour swimmers' clinic. Both clinics are run by a coach/clinician approved by the Coaches Committee. During the coaches' clinic, the mentor coach will dispense information that will be helpful to local Masters coaches in building their programs, in addition to reviewing the most current stroke technique

Please see *USMS Clinics* on page 2

2006 Virtual Swim to the XI FINA World Championships in California! January 1, 2006 to August 1, 2006

Enjoy a "virtual swim" to the XI FINA World Championship meet in California!

Each Zone (8 total) will be racing and competing with each other to get to Stanford first. A distance of 1500 miles has been set as the goal - which is close to the average distance a USMS swimmer will have to travel to this meet (sorry, but Alaska and Hawaii distances weren't used in this estimate!). Let's see which zone will arrive there first - ready for the world competition.

Simply log your swim mileage (logs are provided for your convenience in the Fitness Section) that you swim daily. Then just email your mileage to Mary Sweat (marysweat@email.com) at the end of each month. Please include the following:

Please see *Virtual Swim* on page 3

LMSC'S

ALASKA
INLAND NORTHWEST
MONTANA
OREGON
PACIFIC NORTHWEST
SNAKE RIVER
UTAH

WEB PAGES

<http://www.akmswim.org/>
<http://www.inlandnwmasters.org/>
<http://www.swimoregon.org/>
<http://www.swimpna.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



DOROTHY DONNELLY USMS SERVICE AWARD

Each year, USMS honors up to 15 of its many talented volunteers with the coveted Dorothy Donnelly USMS Service Award. The awards will be presented in the House of Delegates at this year's convention. If you know of a person whose service is outstanding in its scope, its impact on the program, and in the number of members who have benefited from this individual's efforts on the local, regional or national level, consider nominating that person for the award.

For more information, contact Kelly Crandell at (253) 267-1367 or kelly.crandell@usms.org. To submit a nomination, write a one-page letter detailing why the candidate is deserving of the award and send it to Kelly Crandell, Recognition & Awards Chair, 1642 S Winnifred St, Tacoma, WA 98465, or submit it electronically to kelly.crandell@usms.org. Nominations must be received by July 30, 2005.

USMS Clinics from page 1

information. Content for the swimmers clinic usually focuses on proper stroke technique for one or more of the major strokes. Other clinic topics might include basic workout design, season planning, starts and turns, or racing tips among other subjects. Content for both clinics should be developed based on the need of the hosting organization, the clinic director and the experience of the coach/clinician. Underwater videotaping and analysis may be offered at these clinics.

Open Water Clinics

This clinic program is usually hosted at an open water venue in conjunction with an open water swimming event. The clinician for this program is someone with a strong open water background, which may include accomplished open water swimmers. The clinic is directed mainly at swimmers and usually does not incorporate a coaches' clinic, though coaches will be able to gain valuable information from the clinic.

Application Process

It is recommended that applications be submitted as early as possible for the coming years' clinics as clinics are awarded on a first-come-first-serve basis. Traditionally, six Mentor Coach and Swimmer Clinics and four Open Water Clinics are awarded each year.

Clinics are still available for this year. For further information and application forms see the USMS web site:

Mentor Clinics: <http://www.usms.org/coach/usmsclinics.php>

Open Water Clinics: <http://www.usms.org/coach/owclinics.php>

[2006 MONTANA MASTERS SHORT COURSE YARD CHAMPIONSHIPS](#)

March 25th & 26th, Grizzly Pool, University of Montana, Missoula

Twenty-five swimmers represented the Bozeman Masters at the 2006 Montana Masters SCY Championships last weekend. The team broke a staggering TWENTY-ONE State records. New Montana Masters state records were set by Tomas Kalab (5), Suzi Thompson (3), Roger Clifton (3), Craig Jourdonnais (3), Dan Behr (3), Michael Dougherty (2), Elizabeth Dougherty (1), and Jennifer Masquelier (1).

During the event, Montana Masters recognized Bozeman Masters Dan Behr and Roger Clifton for their United States Masters Swimming National Top Ten Times in 2005. Dan Behr in the 60-64 age group had the ninth fastest time in the nation last year with a 3:11.68 in the 200 meter backstroke. In the 65-69 age group, Roger Clifton clocked a 3:03.33 and the eighth fastest time in the country last year in the 200 meter freestyle.

Virtual Swim from page 1

Name _____
 Age _____
 Zone _____
 Miles swum during month _____

There is no entry fee or official rules - just good ol' racing fun in a virtual sense. The results will be compiled and posted on the website (see the Fitness section) each month for you to see the race of the "zones to worlds" in progress!

This swim also counts towards the 2006 Virtual Swim Series. A t-shirt commemorating your participation in this specific swim will be available for minimal cost.



USMS Club of the Year Award

The strength of United States Masters Swimming is based on the great clubs that comprise its membership. The Club of the Year Award seeks to recognize a single club that exemplifies the core objectives of USMS: to Serve, Educate, and Build the Membership.

Club Name _____ Head Coach _____

LMSC _____ Phone Number _____

Please answer any questions that are appropriate for your club. Applications are due to the Chair of the Recognition and Awards Committee by June 1st.

Serve the Membership

How many coached workouts does the club offer each week?

How many swim meets or open water swims have the club hosted in the last year? List each event and the number of swimmers in attendance.

How many club members serve as LMSC Board Members?

List the club members that serve on Zone or National Committees.

List any Zone or National Championships (Postal, Fitness, Pool, or Open Water) that the club has hosted in the last two years.

How does your club serve the local community (charities, etc.)?

Are there other ways that your club has served USMS?

Educate the Membership

Has the club hosted a USMS Mentor Coach and Swimmer Clinic in the last two years?

Has the club hosted local stroke clinics or offered video taping sessions? How often?

Has a club coach presented at the ASCA Clinic in the last two years? What was the presentation?

Have any of the club's coaches attended swim clinics? Please list the coaches and clinics attended.

Have any of the club's coaches or athletes been invited to the USMS Olympic Training Center Camp? Please list the coaches or athletes.

Does the club have a website? What is the address?

Does the club have a newsletter? How often is it published? How else does the club communicate with its swimmers?

Has the club won the Newsletter of the Year Award in the last two years?

Have any club members written articles published in USMS Swimmer Magazine or other publications?

Are there other ways that your club has educated its members or the general membership of USMS?

Please see *Club of the Year* on Page 5

NORTHWEST ZONE EVENT SCHEDULE

Month	Date	Event	Course	Location
April	21-23	Oregon Association Champs	SCY	Corvallis, OR
April	21-23	Provincial Champs	SCM	Kelowna, BC
April	28-30	NW Zone Champs	SCY	Boise, ID
May	11-14	USMS National Champs	SCY	Coral Springs, FL
May	13	2006 AKMS Long course Meters Champs	LCM	Bartlett Pool Anchorage, AK
May	19-22	Canadian National Champs	SCM	Calgary, Alberta
June	3	Utah Meet	LCM	Kearns Oquirrh Park Fitness Center, Salt Lake City
June	3	Tualitin Hills Sizzlin Summer Meet	LCM	Beaverton, OR
June	4	BOZE AquaRoc 5000 (5K Endurance Swim)		Bozeman
June	17	USMS 1-3 Mile Open Water Championship (3 km)	Open Water	Hartwell Lake, Clemson, SC
June	22-24	Utah Summer Games	LCM	Cedar City, UT
June	24	OMS Open Water Swim	Open Water	Foster Lake, OR
July	8	Long Course Meet	LCM	Port Orchard, WA
July	8-9	Oregon State Games	LCM	Mt Hood, Gresham, OR
July	15	USMS 2 Mile Cable Championships	Open Water	Chris Greene Lake, Charlottesville, VA
July	15-16	OMS Open Water Swim	Open Water	Applegate Lake, OR
July	17	Steve Omi Memorial Swim	Open Water	Lake Coeur d'Alene, ID
July	28-30	Cascade Lakes Festival & OMS State Championships	Open Water	Elk Lake, Bend, OR
July	29	USMS 1 Mile Open Water Championships	Open Water	Lake Erie, Cleveland, OH
August	4-10	FINA Masters World Champs	LCM	Stanford, CA
August	6	Sandpoint Long Bridge Swim	Open Water	Sandpoint, Idaho
August	11	FINA Masters World Champs	Open Water	Stanford, CA
August	12	USMS 6+ Mile Open Water Championships (10K Swim)	Open Water	Horsetooth Reservoir, Fort Collins, CO
August	20	OMS Open Water Swim	Open Water	Dorena Lake, Cottage Grove, OR
August	27	Whitefish Lake 1-Mile	Open Water	Whitefish, MT
September	9	USMS 3-6 Mile Open Water Championships (5 miles)	Open Water	Lake Michigan, Chicago, IL
September	10	OMS Pentathlon	SCM	Camas, WA
15-May	- Sep 15	USMS Postal: 5 K & 10 K events	LCM	Local Pools
15-Sep	- Nov 15	USMS Postal: 3000 yd & 6000 yd events	SCY	Local Pools

Club of the Year from Page 3

Build the Membership

Describe the management structure of your club and how it contributes to the club's success?

How many USMS members does your club have?

What is the % of club growth for each of the last two years?

What is the % of membership retention for each of the last two years?

What % of your club participated in our national postal events in the last year?

The One Hour Swim; The 3K/6K; The 5K/10K

What % of swimmers completed at least one leg of the Virtual Swim Series?

What % of membership participated in the LMSC Championship or Zone Championship?

What % of membership participated in an open water event?

What % of membership participated in a triathlon in the last year?

What social activities were offered by the club in the last year?

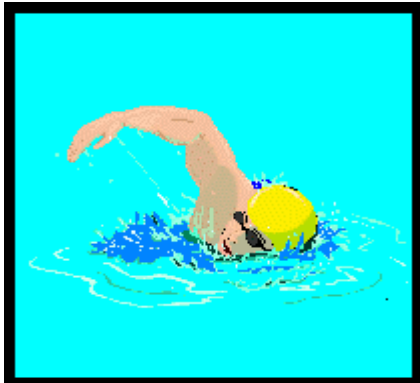
What individual or team accomplishments inspired others to get involved in USMS?

Are there other ways that your club has built the membership?

Please attach a one-page letter explaining why your club should be the USMS Club of the Year. Describe how it supports the USMS Core Objectives: to Serve, Educate and Build the Membership.

Send it to Kelly Crandell, Recognition & Awards Chair, 1642 S Winnifred St, Tacoma, WA 98465, or submit it electronically to kelly.crandell@usms.org.

Nominations are due by June 1.



United States Masters Swimming Northwest Zone Representative Jane Moore

2102 N Vassault Street
Tacoma, WA 98406-2521

Phone: 253.759.4956

Fax: 253.759.5504

E-mail: swimmoore@comcast.net

Alaska - 2006 AKMS Short Course Yards Meet - Summary

We had 76 swimmers register, of whom 73 actually swam. We had swimmers from Anchorage, Fairbanks, Soldotna, Ketchikan, Kodiak, and for the first time ever, from Haines. We also had our first-ever "foreign" team with a contingent from California representing Walnut Creek Masters. Hopefully they had so much fun that they'll come back next year with some more of their team.

There were 38 state records set, 35 individual and 3 relay. The women had 12 records - 9 broken and 3 new. The men had 23 records - 22 broken and 1 new. The oldest women's record broken was the 35-39 100 breaststroke set by Anne O'Brien. It was last set in 5/1998. The oldest men's records broken were all last set in 2/1991. David Schmidt broke 2 of those old records - men's 60-64 100 free and 50 back; Monte Lyons broke the other four - men's 70-74 200 free, 500 free, 1000 free, and 200 back. Rick Abbott swam the maximum six events and set records in all.