

SPLASHMASTER

Volume 8 Number 4

November 2005

Convention Wrap Up—Rule Changes for Breaststroke and Backstroke

Long Bridge Swim to be USMS Championship

In September, United States Masters Swimming (USMS) held its annual convention. More than 200 delegates from all over the country convened in Greensboro, NC to form the USMS House of Delegates and the various committees that conduct the national work of our organization.

The Long Distance committee awards, monitors and makes rules for open water, and postal championships. This year Inland NW Masters in conjunction with the organizers of the Sandpoint Long Bridge Swim, put forth and won a bid to host the 2007 1-3 Mile Open Water Championship. The committee attempts to rotate events to all parts of the country. This was the first bid Inland NW had put forth to host an open water championship. Hosting a national championship will draw more swimmers from outside the Inland NW region to the August event.

Swimmers wanting to compete in the USMS Championship will not be allowed to wear wet suits, as a result the 2007 Sandpoint Long Bridge Swim will have two divisions to accommodate those who feel more comfortable wearing a wet suit.

Water temperature in lake Pend Orielle in early August are usually in the lower 70s. By comparison most pools set up for competition are between 79 and 81 degrees.

The International Committee in conjunction with the local organizers of the XIth FINA Masters Championships presented an overview of what to expect at early August 2006 meet. The committee estimates more than 6,000 athletes from around the world will be in attendance at the championship which will also include diving, water polo, and synchronized swimming. Swimming qualifying times have been posted at the FINA Masters Championships Web site (link directly from the Inland NW Masters home page). Because of the volume of participants, athletes will not be allowed to enter an event submitting a slower time than the qualifying time. In addition, if an athlete swims the event slower than the qualifying time, the athlete's time will not be posted in the official results.

At the Northwest Zone meeting, the LMSCs present (Inland NW, Pacific

see **CONVENTION** on page 3

YOUR USMS REGISTRATION IS ABOUT TO EXPIRE

All memberships in United States Masters Swimming expire on December 31. Renew your membership today to keep receiving the *Splashmaster*, *USMS Swimmer Magazine*, all the events listed below and more! Registration form on page 7.

Inside This Issue

- 2006 USMS Registration form, renew now! See page 7.
- Moscow meet results on page 4.
- Sandpoint entry form on page 3.
- Megan Quann (Jendrick) puts on Moscow clinic, see details page 5.
- Swimming flexibility, page 6

Inland NW Masters Calendar

November 15, 2005

3000/6000 National Postal Championships (short course yards pool) visit usms.org for entry form and details

November 16, 2005

Entry forms due postmarked for Fall Classic Swim Meet, Sandpoint, Idaho, entry form on page 3.

November 26, 2005

Fall Classic Swim Meet, Sandpoint, Idaho

December 31, 2005

USMS Memberships Expire, renew today!

January 2006

One Hour Postal Swim. Go online to www.usms.org or see *USMS Swimmer Magazine* for details.

March 4, 2006

Spokane Club Meet, details in the next issue of the *Splashmaster*

April 1-2, 2006

Inland NW Masters Champs in Pullman



Inland Northwest Masters

Local Masters Swimming Committee Board and Team Representatives full contact information available online www.InlandNWMasters.org

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Volume 8 Number 4

November 2005

www.InlandNWMasters.org

Published irregularly by: Washington State University
PO Box 641227 • Pullman WA 99164-1227

Send address changes to: Sue Dills, Registrar

Send editorial comments to: Doug Garcia, Editor

111102/GEO5052

Northwest Association, Oregon, Snake River, and Utah) approved hosting the 2006 Short Course Zone meet in Boise, Idaho. The meet will be the last weekend of April, one week before the USMS Short Course Champs. The committee discussed that many NW swimmers may not travel to Florida again for the second year in a row for the national meet and that attendance would not be affected at the Boise meet.

Governance

After two years of planning and study, the planning and legislation committees put forth and the House of Delegates approved a new governance structure. The new structure will have an executive committee consisting of a president, four vice presidents, a secretary, treasurer and the immediate past president. The zone chair position was eliminated and the duties assigned to the vice president of local operations. The executive committee will serve in no more than two consecutive two year terms elected in the odd years. In addition to the executive committee, eight directors—one from each of the eight zones—will also serve on the board of directors. The executive committee along with the board of directors will combine to make decisions for the organization during the year when the House of Delegates is not in session. Elections were held for all offices, note the results below.

Other governance changes included combining or eliminating committees and the appointment of coordinators for specific projects such as the rule book, The House of Delegates also approved funds to begin a nationwide search for an executive director.

USMS Convention at a Glance:

Rules

Breaststroke and Backstroke both had rule changes regarding starting procedures. Most notable is the allowance of one dolphin kick after the start in Breaststroke. For more details refer to the 2006 USMS Rule Book or go online to www.USMS.org.

Newly Elected Officers

President, Rob Copeland, Georgia
Vice President National Operations,
Leo Letendre, Michigan

Vice President Local Operations,
Julie Heather, California
Vice President Member Services,
Mark Gill, Kentucky
Vice President Community Services,
Mike Heather, California
Secretary, Meg Smath, Kentucky
Treasurer, Tom Boak, Texas

Newly Elected Board of Directors

Breadbasket, Anna Lea Foor, Kansas
Colonies, Betsy Durran, Virginia
Dixie, Jerry Clark, North Carolina
Great Lakes, Nadine Day, Illinois
Northwest, Jeanne Ensign, Washington
Oceana, Michael Moore, California
Southwest, Laura Winslow, Arizona
South Central, Carolyn Boak, Texas

Newly Elected Zone Representative

Jane Moore, Washington

Championships

2006 Northwest Zone Short Course Yards,
Boise ID, April 29 & 30
2006 USMS Short Course Yards, Coral
Springs, FL, May 11-14
2006 XI FINA World Masters Championships,
Stanford, CA, August 3-17
2007 USMS Short Course Yards, Federal Way,
WA, May 17-20
2007 USMS Long Course Meters, The
Woodlands, TX, August 10-13
2007 USMS 1-3 Mile Open Water
Championship, Sandpoint, ID, August 4

Volunteer Needed

Inland NW Masters is looking for a volunteer to do updating of the Inland NW Masters records. The time commitment is quite low, not more than 4-5 hours per year. After each meet as the results are published, any and all records need to be updated on the Web site. The volunteer would need to have some basic knowledge of working in html, basic Dreamweaver experience is a plus. Complete training and passwords to access the Web site will be provided. Anyone interested should contact either Margaret Hair or Doug Garcia (see contact information at the left).

SANDPOINT WEST ATHLETIC CLUB MASTERS Fall Classic Swim Meet

SATURDAY NOVEMBER 26, 2005

Date/Times: Saturday, November 26, 2005. Warm-up starts at 8:30 am, Meet starts at 9:00 am, second warm-up at 10:00.

Sponsor: Sandpoint Masters. Sanctioned by Inland Northwest Masters Swimming (IWMSC) for United State Masters Swimming Inc. (USMS) Sanction number 3551126.

Eligibility: All swimmers must be currently registered IWMSC/USMS swimmers. New registrations (found in the *Splashmaster*) should be sent to Sue Dills or will be available at the meet.

Rules: All current USMS rules will apply. Certified stroke and turn judge will be present at all IWMSC sanctioned meets. Please consult the 2005 USMS Rulebook about proper stroke and turn rules. Events will be seeded slow to fast.

Deadline: All entries must be postmarked by November 16, 2005. Incomplete or late entries will be treated as "deck entries."

Fees: \$10.00 for entries sent before November 16, \$15.00 for "deck entries." Make checks payable to: IWMSC, cash will not be accepted with entry forms or at the meet.

Conduct of the Meet: Each participant may swim five individual, and three relay events.

Relays: Submit relay cards to the clerk of course during the warm-ups. Individuals must be signed up with the club they represent to have their relay points count for that club.

Awards: First-Third place ribbons will be available free of charge.

Directions: Take I-90 east or west to US Highway 95 in Couer d'Alene. Go north on Highway 95 to Sandpoint. Cross the long bridge into town traveling on First Street. Stay on First Street through town, staying in the left lane. First Street turns left onto Cedar, continue on Cedar through stoplight at Chevron station and turn left (south) onto Division. Turn right onto Pine and look for Sandpoint West Athletic Club on the left. For more information call Mike Brosnahan at (208) 263-6633.

Postmarked by: November 16, 2005
Mail Entries to: Mike Brosnahan
 1905 Pine Street
 Sandpoint, ID 83864
Entry Fee: \$10.00 prior to November 16
 \$15.00 for Deck Entries
Checks payable to: IWMSC

Name _____ Male Female Birthdate _____ Age _____

Address _____ City, State, Zip _____

Phone _____ USMS # _____ Team _____

Meter Times Please • Maximum of 5 Individual and 3 Relay Events.

- | | | |
|--|--|---|
| 1) 400 M Ind. Medley _____
2) 800 M Freestyle _____
Second Warm-Up at Approx. 10:00 am
3) 200 M Freestyle Relay _____
10 Minute Break
4) 50 M Freestyle _____
5) 100 M Breaststroke _____
6) 200 M Backstroke _____ | 7) 50 M Butterfly _____
8) 200 M Ind. Medley _____
9) 400 M Mixed Freestyle Relay _____
10 Minute Break
10) 100 M Freestyle _____
11) 200 M Breaststroke _____
12) 50 M Backstroke _____
13) 100 M Butterfly _____ | 14) 200 M Medley Relay _____
10 Minute Break
15) 200 M Freestyle _____
16) 50 M Breaststroke _____
17) 100 M Backstroke _____
18) 200 M Butterfly _____
19) 100 M Ind. Medley _____
20) 400 M Freestyle _____ |
|--|--|---|

Waiver: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Your Signature _____ Date _____

Chinook Spawning Swim Meet *(birth of a new season)* **RESULTS**

September 24, 2005, Moscow, Idaho

WOMEN'S EVENTS

Women 19-24

50 Yard Freestyle

1	Skip, Christie	24	WSU	28.63
2	Kopke, Kaila	23	MCM	30.53
3	Garrigues, Emily	23	WSU	32.69
4	Copeland, Natalie	23	WSU	32.91

200 Yard Freestyle

1	Garrigues, Emily	23	WSU	2:41.72
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50 Yard Backstroke

1	Skip, Christie	24	WSU	32.14
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50 Yard Breaststroke

1	Skip, Christie	24	WSU	37.51
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100 Yard Breaststroke

1	Kopke, Kaila	23	MCM	1:28.44
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50 Yard Butterfly

1	Skip, Christie	24	WSU	33.60
2	Copeland, Natalie	23	WSU	39.71

100 Yard Individual Medley

1	Skip, Christie	24	WSU	1:13.66
2	Kopke, Kaila	23	MCM	1:22.00
3	Garrigues, Emily	23	WSU	1:24.88
4	Copeland, Natalie	23	WSU	1:27.44

Women 30-34

200 Yard Freestyle

1	Yenglin, Keely	33	MCM	2:16.30
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50 Yard Backstroke

1	Yenglin, Keely	33	MCM	32.38
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100 Yard Butterfly

1	Yenglin, Keely	33	MCM	1:10.18 (U)
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50 Yard Freestyle

1	Buehler, Paige	37	MCM	29.89
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500 Yard Freestyle

1	Buehler, Paige	37	MCM	6:57.41
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50 Yard Backstroke

1	Buehler, Paige	37	MCM	37.00
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100 Yard Backstroke

1	Buehler, Paige	37	MCM	1:27.77
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Women 40-44

50 Yard Freestyle

1	Alexander, Ioan	41	MCM	34.18
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50 Yard Breaststroke

1	Alexander, Ioan	41	MCM	43.45
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50 Yard Freestyle

1	Cosens, Barb	49	MCM	34.51
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50 Yard Breaststroke

1	Cosens, Barb	49	MCM	44.02
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Women 45-49 100 Yard Breaststroke

1	Cosens, Barb	49	MCM	1:35.38
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Women 45-49 200 Yard Breaststroke

1	Cosens, Barb	49	MCM	3:21.59
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50 Yard Freestyle

1	Bell, Deborah	53	MCM	39.52
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100 Yard Freestyle

1	Bell, Deborah	53	MCM	1:23.43
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50 Yard Backstroke

1	Adams, Mary	50	LCM	51.33
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50 Yard Butterfly

1	Bell, Deborah	53	MCM	50.95
	Adams, Mary	50	LCM	47.37 (U)

100 Yard Butterfly

1	Bell, Deborah	53	MCM	1:51.48
2	Adams, Mary	50	LCM	1:58.41

100 Yard Individual Medley

1	Bell, Deborah	53	MCM	1:37.08
2	Adams, Mary	50	LCM	1:42.13

200 Yard Individual Medley

1	Adams, Mary	50	LCM	3:43.51
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Women 55-59

50 Yard Freestyle

1	Santucci, Selene	55	WSU	43.14
2	Vallandigham, Jett L	59	UNAT	44.04

100 Yard Freestyle

1	Santucci, Selene	55	WSU	1:36.50
2	Vallandigham, Jett L	59	UNAT	1:47.31

200 Yard Freestyle

1	Vallandigham, Jett L	59	UNAT	3:55.43
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50 Yard Breaststroke

1	Vallandigham, Jett L	59	UNAT	50.31
2	Santucci, Selene	55	WSU	57.27

200 Yard Breaststroke

1	Vallandigham, Jett L	59	UNAT	4:14.66
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Women 80-84

50 Yard Freestyle

1	Rudolph, Jean	84	MCM	1:05.55
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50 Yard Backstroke

1	Rudolph, Jean	84	MCM	1:18.10
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100 Yard Backstroke

1	Rudolph, Jean	84	MCM	2:46.64
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50 Yard Breaststroke

1	Rudolph, Jean	84	MCM	1:33.61
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100 Yard Breaststroke

1	Rudolph, Jean	84	MCM	3:26.49
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MEN'S EVENTS

Men 19-24

50 Yard Freestyle

1	Naddell, Brandon	23	MCM	26.38
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100 Yard Individual Medley

1	Naddell, Brandon	23	MCM	1:10.51
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Men 25-29

50 Yard Backstroke

1	Tidwell, Joe	27	SCM	26.66
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50 Yard Breaststroke

1	Tidwell, Joe	27	SCM	28.59 (I)
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100 Yard Breaststroke

1	Tidwell, Joe	27	SCM	1:05.84
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100 Yard Individual Medley

1	Tidwell, Joe	27	SCM	1:00.16
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Men 30-34

50 Yard Freestyle

1	Brown, Robert	34	MCM	26.58
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100 Yard Freestyle

1	Brown, Robert	34	MCM	59.87
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50 Yard Backstroke

1	Brown, Robert	34	MCM	40.46
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Men 35-39

50 Yard Freestyle

1	Bronson, Matthew	39	SCM	29.51
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100 Yard Freestyle

1	Bronson, Matthew	39	SCM	1:08.16
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50 Yard Butterfly

1	Bronson, Matthew	39	SCM	36.53
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100 Yard Individual Medley

1	Bronson, Matthew	39	SCM	1:24.29
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Men 40-44

100 Yard Freestyle

1	Lamar, Tom	44	MCM	1:00.25
2	Garcia, Doug	43	WSU	1:09.95

500 Yard Freestyle

1	Lamar, Tom	44	MCM	6:14.61
2	Garcia, Doug	43	WSU	7:21.69

Codes

Inland NW Masters Record	(I)
NW Zone Record	(Z)
USMS Record	(U)
World Record	(W)
Unofficial	(X)
Disqualified	(DQ)

Key for Teams

Lake City Masters	LCM
Moscow Masters	MCM
North Spokane Masters	NSM
Pacific Northwest Masters	PNA
Spokane Club Masters	SCM
Unattached	UNA
WSU Masters	WSU
Wenatchee Valley Masters	WVM
Yakima Valley Masters	YVM

100 Yard Backstroke

1	Johnson, Brian	44	MCM	1:11.57
2	Garcia, Doug	43	WSU	1:31.96

50 Yard Breaststroke

1	Lamar, Tom	44	MCM	37.71
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50 Yard Butterfly

1	Lamar, Tom	44	MCM	30.01
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100 Yard Butterfly

1	Johnson, Brian	44	MCM	1:04.57
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100 Yard Individual Medley

1	Johnson, Brian	44	MCM	1:03.00
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200 Yard Individual Medley

1	Garcia, Doug	43	WSU	3:02.05
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Men 45-49

50 Yard Freestyle

1	Heinkin, Mark	49	MCM	28.88
2	Gerke, Charlie	46	MCM	29.24
3	Sweeney, John	45	MCM	43.35

100 Yard Freestyle

1	Sweeney, John	45	MCM	1:49.44
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500 Yard Freestyle

1	Sweeney, John	45	MCM	10:52.37
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50 Yard Backstroke

1	Heinkin, Mark	49	MCM	39.55
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50 Yard Breaststroke

1	Gerke, Charlie	46	MCM	35.36
2	Sweeney, John	45	MCM	56.12

100 Yard Breaststroke

1	Gerke, Charlie	46	MCM	1:25.24
2	Sweeney, John	45	MCM	2:03.62

200 Yard Breaststroke

1	Gerke, Charlie	46	MCM	3:22.00
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Men 50-54

50 Yard Freestyle

1	Morrison, Robert	51	UNAT	25.17
2	Krauser, Larry	52	SCM	25.67
3	Brackney, Kevin	50	MCM	33.20

500 Yard Freestyle

1	Morrison, Robert	51	UNAT	6:09.68
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50 Yard Backstroke

1	Brackney, Kevin	50	MCM	42.76
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50 Yard Breaststroke

1	Morrison, Robert	51	UNAT	33.37
2	Krauser, Larry	52	SCM	37.28
3	Brackney, Kevin	50	MCM	43.12

100 Yard Breaststroke

1	Morrison, Robert	51	UNAT	1:14.64
2	Krauser, Larry	52	SCM	1:17.61

200 Yard Breaststroke

1	Morrison, Robert	51	UNAT	2:50.24
2	Krauser, Larry	52	SCM	2:57.04

50 Yard Butterfly

1	Brackney, Kevin	50	MCM	41.56
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Former Olympian, Splash from the Past

BY MARGARET HAIR

Five Lake City Masters (LCM) swimmers participated in a swim clinic held at the University of Idaho on Saturday, October 15. Along with the LCM swimmers, there were four swimmers from WSU Masters and three from Moscow Masters. There were approximately 60 participants with the remainder being age group swimmers. Megan (Quann) Jendrick taught the clinic. This was a different type of clinic than the others I have participated in.

The Puyallup, Washington native, participated in the 2000 Olympic Games in Sydney, Australia, earning a gold medal and setting an American record in the 100 meter Breaststroke and a gold medal and setting a World record in the 400 meter Medley Relay.

The first part of the three hour clinic, Jendrick described her swimming background, beginning at nine years old and how she set goals even then. I found Jendrick to be entertaining in her description of the early days and how it took her over two minutes to swim a 25 Freestyle at her swim team "try out." She described her Olympic experience from meeting team mates through prelims and finals. She described walking out to swim the finals for the 100 meter Breaststroke

in front of 18,000 spectators most of the whom were cheering for the two Australian swimmers in the event. You could feel her excitement and enthusiasm. She captured the audience's attention, young and old (5 to 65 years old). Throughout her presentation, she stressed setting goals but to also have fun.

At the pool, Jendrick provided some instructions on each of the four strokes. Butterfly, Backstroke and Freestyle were brief with routine recommendations on technique. There was limited individual instruction because of the number of participants, but it was fascinating to watch that caliber of swimmer. Her body undulation and hip action was phenomenal. I feel like I need to learn belly dancing to move as she did.

The item of interest on the Freestyle was that "straight" and "bent" arm are both fast with neither necessarily better than the other. Jendrick swims straight arm. Since most of the participants, were "bent arm" swimmers, she tried to demonstrate that style. There were two strokes on each of the

25 yards where I could see a hint of bent arm. It was obviously something she was not used to.

Most of the attention was given to the Breaststroke. Focus here was to press the hips forward as the lower legs dropped towards one's butt; grab the water in the first half of the stroke with the elbows high; hands sweep aggressively up on the insweep with palms up on insweep and recovery. We also reviewed the new Breaststroke pull down incorporating the one dolphin kick. Jendrick noted that Breaststroke

times will drop significantly this year due to the introduction of this new rule.

The clinic finished with an autograph signing and photo session. Megan had her two Olympic gold medals for the photo sessions. Many of the younger participants had their photos taken with Jendrick and the medals.

After a sluggish four years, Megan did not make the 2004 Olympics. After taking eight months off, she is back in training, swimming personal bests, and is targeting the 2008 Olympics.

"I feel like I need to learn belly dancing to move as she did."

—Margaret Hair

100 Yard Individual Medley

1 Krauser, Larry	52 SCM	1:02.40
2 Brackney, Kevin	50 MCM	1:40.23

Men 55-59

50 Yard Freestyle

1 Wolcott, Steve	59 UNAT	28.82
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100 Yard Freestyle

1 Wolcott, Steve	59 UNAT	1:06.25
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500 Yard Freestyle

1 Wolcott, Steve	59 UNAT	6:59.89
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50 Yard Butterfly

1 Wolcott, Steve	59 UNAT	32.73
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Men 65-69

50 Yard Freestyle

1 Murray, Glen	66 MCM	38.99
2 Spomer, George	68 MCM	43.85

100 Yard Freestyle

1 Spomer, George	68 MCM	1:40.88
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200 Yard Freestyle

1 Spomer, George	68 MCM	3:54.24
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500 Yard Freestyle

1 Spomer, George	68 MCM	10:11.38
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50 Yard Backstroke

Spomer, George	68 MCM	1:03.41 (U)
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50 Yard Breaststroke

1 Murray, Glen	66 MCM	43.35
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100 Yard Breaststroke

1 Murray, Glen	66 MCM	1:36.61
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200 Yard Breaststroke

1 Murray, Glen	66 MCM	3:34.59
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100 Yard Individual Medley

1 Murray, Glen	66 MCM	1:46.60
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Men 75-79

50 Yard Breaststroke

1 Bresko, William	77 SCM	55.19
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100 Yard Breaststroke

1 Bresko, William	77 SCM	2:24.42
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200 Yard Breaststroke

1 Bresko, William	77 SCM	5:21.13
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50 Yard Butterfly

1 Bresko, William	77 SCM	1:31.08
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100 Yard Individual Medley

1 Bresko, William	77 SCM	2:27.82
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RELAY EVENTS

Women 35+ 200 Yard Freestyle Relay

1 MCM	2:22.31
Paige Buehler 37	Barb Cousins 49
Deb Bell 53	Joan Alexander 41

Women 35+ 200 Yard Medley Relay

1 MCM	2:44.52
Buehler, Paige 37	Cosens, Barb 49
Bell, Deborah 53	Alexander, Joan 41

Men 35+ 200 Yard Freestyle Relay

1 MCM	1:52.16
Gerke, Charlie 46	Johnson, Brian 44
Lamar, Tom 44	Heinkin, Mark 49

Men 35+ 200 Yard Medley Relay

1 MCM	2:05.38
Johnson, Brian 44	Gerke, Charlie 46
Lamar, Tom 44	Heinkin, Mark 49

Men 45+ 200 Yard Freestyle Relay

1 MCM	2:46.49
Murray, Glen 66	Brackney, Kevin 50
Spomer, George 68	Sweeney, John 45

Mixed 19+ 200 Yard Freestyle Relay

1 MCM	1:51.46
Brown, Robert 34	Kopke, Kaila 23
Naddell, Brandon 23	Yenglin, Keely 33

Mixed 19+ 200 Yard Medley Relay

1 MCM	2:08.74
Yenglin, Keely 33	Kopke, Kaila 23
Naddell, Brandon 23	Brown, Robert 34

SWIMMING SPECIFIC FLEXIBILITY

BY RYAN HITE, USAT LEVEL I COACH

Swimming requires a great deal of flexibility especially at the shoulder girdle. Adding flexibility exercises to a swim warm-up, cool-down, or weight training session can greatly improve performance in the water.

"Flexibility" refers to the range of motion about a joint. It is determined by several factors; age, sex, joint structure, connective tissue, muscle bulk, and activity level. The main components trained through flexibility exercises are muscle fiber, tendon, ligament, and nerve length. Though all of these components come into play during a stretch, some adapt quicker than others. Because one component may not stretch and adapt at the same rate as other components, it is important not to engage in a flexibility program too vigorously to avoid injury.

As with all other types of training, flexibility programs should be implemented with a specific purpose. For swimmers, flexibility exercises help to achieve a more streamline position (i.e., shoulder flexibility) and increase propulsion forces (i.e., ankle flexibility). The increased range of motion that improves performance is a result of the muscles being strong enough and flexible enough to hold a streamline position and improve propulsion.

To increase swimming specific ranges of motion, resistance training should be combined with active >flexibility exercises (i.e., the person stretching produces the force required to stretch rather than having the stretch created by an outside force). Be sure not to attempt to increase joint range of motion beyond what your muscles can functionally control. Doing so sets the body up for injury.

Here are a few exercises that can be included in a warm-up,

cool-down, or resistance training program to increase flexibility. Try to incorporate these active flexibility exercises two to three times per week for about 10 to 15 repetitions.

Twisting lunge

This exercise can be done in a full- or half-range of motion. Add small hand weights or a medicine ball when incorporating this exercise into a resistance training program. While performing a traditional lunge, turn your shoulders toward your lead leg. This should increase the stretch on the hip flexors in the rear leg. This also develops rotational trunk flexibility through an active range of motion. The hip flexors and trunk play an important role in kicking and body alignment while swimming.

Overhead shrugs

This exercise can be done with or without weights. Holding your arms above your head, shrug your shoulders upward and back down again. To prevent injury, keep your lower back straight and do not arch backwards. This exercise works on shoulder strength and flexibility needed in the streamline position.



Overhead shrugs



Twisting Lunge

Rotating Scapular Retractions

This exercise is great for training the shoulder blade stability required during swimming. Add hand weights when incorporating the move in a resistance training workout. Start with your elbow bent at 90 degrees and forearms facing forward. Squeeze your shoulder blades together, and bring your hands behind your head.



Rotating Scapular Retractions

United States Masters Swimming & Inland Northwest Masters 2006 Member Registration

Register with the name you will use for competition, please print clearly

Last Name	First Name	Middle Initial	For Office Use
Street Address		Apt.#	
City	State	Zip	
Phone (with area code)		Email: (to be used for online newsletter, and will not be sold for junk email)	

USMS 2006

Date of Birth	Age	Sex
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Team Affiliation

- | | | | |
|---|---|---|--|
| <input type="radio"/> Lake City Masters | <input type="radio"/> Moscow Chinook Masters | <input type="radio"/> North Spokane Masters | <input type="radio"/> Sandpoint West Athletic Club |
| <input type="radio"/> Spokane Club Masters | <input type="radio"/> Spokane Masters and Tri | <input type="radio"/> WSU Masters | <input type="radio"/> Wenatchee Valley Masters |
| <input type="radio"/> Yakima Valley Masters | <input type="radio"/> Unattached team | <input type="radio"/> Unattached club | |

Unattached team means you will not be able to participate in relay events at Inland NW Masters meets, but can still participate in relays at zone or national meets as part of the Inland NW Masters club. **Unattached club** means you will not be able to participate in relay events at Inland NW Masters meets, zone or national meets.

- I am a certified USA Swimming Official
 I am a certified high school swimming official
 I coach Masters Swimmers

Benefits of Membership Include:

⇒ *USMS Swimmer Magazine* for the length of the membership ⇒ the *Splashmaster* newsletter, other mailing and emails from Inland Northwest Masters Swimming ⇒ Secondary accident insurance ⇒ Coached workouts in locations nationwide.

Where do my registration fees go? ⇒ \$20.00 to United States Masters Swimming (\$7.00 for *USMS Swimmer Magazine*)
 ⇒ \$10.00 to Inland Northwest Masters Swimming Committee for local programming and communications.

2006 UNITED STATES MASTERS SWIMMING MEMBER REGISTRATION (Membership will expire 12/31/2005)

Please check appropriate level • You may start renewing or registering for 2006 memberships on November 1, 2005

- Individual Registration \$30.00
 Couples Registering together \$55.00
 Senior Registration (age 60+) \$27.50
 Late Year Registration \$18 (for those registering in September-December, to expire on December 31, 2006)

SWIMMING ENDOWMENT FUNDS (Please consider making a donation one or both of these funds.)

<p>United States Masters Swimming Endowment Fund</p> <p><input type="radio"/> In addition to my registration fee, I have enclosed \$ _____ for the USMS Endowment Fund</p>	<p>International Swimming Hall of Fame Endowment Fund</p> <p><input type="radio"/> In addition to my registration fee, I have enclosed \$ _____ for the International Swimming Hall of Fame Endowment Fund</p>
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Make check payable to: IWMSC Mail check and form to: Sue Dills 639 N. Riverpoint Blvd. #3W Spokane, WA 99202	Amount Enclosed <hr style="border: 0.5px solid black;"/>
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Waiver: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

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Helpful Hints for Hand Washing

As the cold and flu season approaches, it is important that people remember to wash their hands often. This year it may be especially important as the Center for Disease Control and Prevention predicts 5-20 percent of the population will get the flu this year, with more than 200,000 flu-related hospitalizations and 36,000 deaths (www.cdc.gov/flu).

Margaret Bruya, associate dean for academic health services and professor and co-founder of People's Clinic at the Washington State University Intercollegiate College of Nursing, said that flu tend to start with cold-like symptoms, such as a sore throat and runny nose, and fever, chills, muscle aches and pains, severe headache and weakness quickly set in.

The best safeguard against the flu is a flu shot, but hand washing can also help prevent becoming infected. Bruya advises using an antibacterial liquid soap and scrubbing your hands for at least 20 seconds.

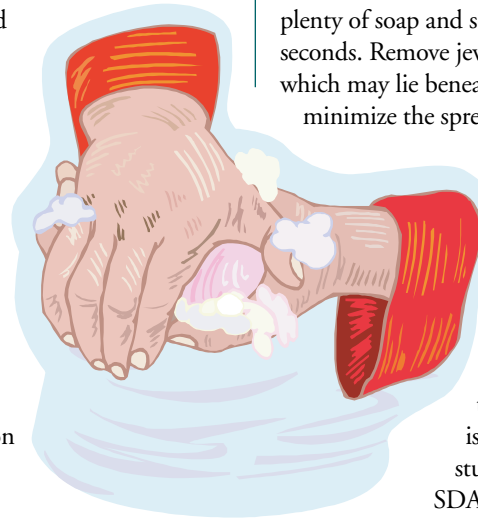
Many people think viruses such as the cold or influenza are spread through airborne transmission, such as sneezing. However, more commonly, the germs that cause illnesses are spread by hands. When harmful bacteria are on the hands, which come into contact with mouths, noses and eyes, the bacteria can spread to these mucous membranes, allowing for the cold and flu viruses to infect people.

Here are a few tips on when and how to wash your hands to ensure a more healthy cold and flu season.

Food etiquette:

Washing hands both before and after handling food is important in preventing the spread of disease. When cooking with raw food, wipe down all cooking surfaces and instruments used in the food preparation process. Afterward, seal all raw food in individual containers to limit the spread of bacteria. Always wash hands before eating and before touching serving and eating utensils.

Public Restrooms: According to a recent study from the American Society for Microbiology (www.washup.org) and the Soap and Detergent Association (www.cleaning101.com), 90 percent of women and 75 percent of men wash their hands after using a public restroom. That means that the 10-25 percent of people who do not wash their hands is spreading the bacteria that cause illness.



Always wash hands after using a public restroom, and be sure to use warm water, plenty of soap and scrub for at least 20 seconds. Remove jewelry to cleanse bacteria which may lie beneath rings. To further minimize the spread of germs, use a paper towel to turn off the faucet and to open the door. Toss the used paper towel in a waste basket after leaving the restroom.

Pets: One source of bacteria and germs that many people forget is pets. According to a study by the ASM and SDA, only 42 percent of people wash their hands after petting or handling animals. Wash hands after cleaning up after pets, such as after changing a cat's litter box or after clean-up while walking the dog. Warm water and an antibacterial soap is recommended. Scrub under fingernails and jewelry, and dry with a clean towel.

Use disposable towelettes or antibacterial gel to keep hands clean when water is not accessible. Rinsing hands with only water is not enough to kill bacteria or prevent it from spreading.

—Susan Nielsen,
WSU Intercollegiate College of Nursing