

SplashMaster

Lewis Clark Neptunes Masters Survive and Find Success in Plummer

Five swimmers found their way from the Lewiston-Clarkston Valley to Plummer, Idaho for the *Survival to Success Clinic & Mini-Meet*. Lynne Beck, Trisha Campbell and Jody Earl headed north as virgin Masters competitors. Feeling intimidated by the unknown, the clinic and mini-meet were a perfect opportunity to overcome their hesitation. Margaret Hair felt like a mother hen with her chicks, wanting her co-swimmers to find the joy that swim meets can offer even as one's stomach is in knots and questions of sanity come to mind. The newbies were surprised by the camaraderie and how easy it was to adapt to the flow of a Masters meet. When asked the best part of the meet, Jody expressed her enjoyment of the 100 IM with its change-up in strokes, even though she was tired from her earlier events. As a veteran competitor, Debbie Whiteley was ecstatic to swim 5 seconds faster than her personal best for 50 free.



Trisha Campbell, Jody Earl, Margaret Hair, Debbie Whiteley, Lynne Beck and Joel Kopf

Even the mini-meet provided the usual meet stories about “oops” and “inspirational.” Lynne pushed the limit of what was legal for the 50 breaststroke. Her efforts to have a fast time by swimming freestyle during the event was not overlooked by the officials. Like a rite of passage, she became a veteran Masters competitor (continued on pg.3)

March Equals Meet Season in Inland Northwest

The **Spring Splash** had 80 participants last year and would love to hit the 100 participant mark this March. The Kroc Center is a fantastic place for a swim meet. In addition to a super pool, the facilities are top notch.

Why you should sign up:

- Brute Squad events on Friday evening March 6th. How great is that? Do the Brute Squad (1500M Free, 400 IM, 200 Butterfly) then sleep for the night. It's genius!
- Masters breakfast Saturday morning - a must do social. Breakfast will be at Todd Cory's house again. Officially starts at 8:00 but come earlier for coffee and story swapping!
- You can compete in a grand total of 17 events, including relays and Splash events. Not for the faint of heart!
- Splash Dash 25 meter events, individual and relay lengths (unsanctioned). Great (cont. pg. 3)

The Moscow Chinooks Masters are hosting the **Inland NW Champs swim meet** on March 28-29 at the University of Idaho swim center. You certainly do not need to be a champion to swim in this meet, but the facilities will make you feel like one!

Why you should sign up:

- All the events are offered. That makes it perfect for distance swimmers and sprinters alike and offers opportunities for teams looking to swim relays.
- Free food! Chinooks offer great meet hospitality for swimmers and volunteers.
- Two-day format gives you lots of rest time to swim your best.
- Socialize Saturday evening at the Inland NW banquet where annual awards are given.
- Free accommodations with the Chinooks to save on travel costs and get to know other (cont. pg. 3)

See the enclosed entry forms to enter. Or visit www.inlandnwmasters.org for links to online meet entry.

Open Water Opportunities

It's time to fill in your 2015 calendar with a local open water swim. You may swim as slow or as fast as you want. The important thing is to enjoy the experience. Each swim supports a "good cause" with local swim programs being the primary beneficiaries.

Steve Omi Swim -The date has not been determined. Typically it is mid-July. 1 mile swim in Lake Coeur d'Alene at Coeur d'Alene, Idaho. Check omiswim.com for updates.

Long Bridge Swim – Date 8/1/15. 1.76 mile swim in Lake Pend Oreille at Sandpoint, Idaho. longbridgeswim.org

Swim the Snake - Date is 8/8/15. 0.7 mile swim across the Snake River at Lyons Ferry (near Starbuck, WA). Contact Resource Conservation and Development Council for more information. [509-337-8968](tel:509-337-8968).

Coeur d'Alene Crossing - Date is 8/16/15. 2.4 mile swim in Lake Coeur d'Alene at Coeur d'Alene, Idaho. cdacrossing.com

Lake Chelan Swim - Date is 9/12/15. 1.5 mile swim in Lake Chelan at Chelan, Washington. lakechelanswim.com

Columbia Crossing Swim - Date is 9/12/15. Approximately 1.5 mile swim across Columbia River at Tri-Cities. www.racecenter.com

And new this year, Walla Walla Masters is working to set up a USMS-sanctioned open water swim series on the Columbia River west of Walla Walla in Oregon on Friday, Sept. 18 and Saturday, Sept. 19 and will feature three swims: 500M, 1500M and 5000M.



*Mark Your
Calendars!*

Meet Wrap-up: Turkey Trifecta

The students at Central Washington University took on a non-academic project of hosting a U.S. Masters Swimming sanctioned meet in November when they hosted the Turkey Trifecta in Ellensburg, Washington. In addition to getting practice in managing events, CWST also had several of their own swimmers train for and participate in a meet in their home pool. Several dozen swimmers took advantage of the fall meet to swim new events or participate in a trifecta: three events usually of the same stroke where combined times determined age group winners.

IWMSC Board of Managers

Elected and Appointed Positions

Chair: Matt Bronson (FAF)

Vice chair: Margaret Hair (LCNM)

Secretary: Tom Williams (MCM)

Treasurer: Rick Acosta (WVM)

Past Chair & Newsletter Editor: Paige Buehler (MCM)

Webmaster: Dave Cabrey (TCAS)

Registrar: Sean Murphy (TCAS)

Coaches Chair: Mike Hamm (KM)

Fitness Chair: Margaret Hair (LCNM)

Officials Chair: Wes Bratton (TCAS)

Open Water Chair: Kathy Farrell Guizar (WWM)

Sanctions Chair: Carolyn MaGee (WENM)

Top Ten Recorder: James Adams (WENM)

In addition, each Club and HMS Workout group has a representative on the IWMSC Board. See www.inlandnwmasters.org/leadership for the link to the club and workout group reps.

Survive and Find Success

(from pg. 1)

when the official handed her the DQ slip. Just about every Masters competitor has a story behind their personal DQ slip. On the trip to Plummer, Trisha's co-swimmers encouraged her to add the 500 free since she entered only one event. After making the commitment to the Clerk of Course to swim the 500 free, Trisha became nervous about the unknowns of swimming at a meet. Margaret did not help with talk of adrenaline taking over on the first 50, muscles and lungs blowing up by the second 50, and 400 yards still to swim. As the start of the mini-meet approached, Trisha excused herself from the LCN flock to "chill." She looked like a deer in the headlights. Happily, Trish did not succumb to her fears. She swam a paced 500 and afterwards even talked about her strategy for "next time."

On the trip home, there was talk of participation in a spring Masters meet with goals determined and strategies developed. The *Survival to Success Clinic & Mini-Meet* was successful in introducing newbies to a Masters meet in a friendly, non-intimidating environment.

Thank you Joel Kopf and CDAT for hosting the clinic.



Meet referee David Drown signals the final lap during the 500 free at the mini-meet in Plummer in November.



Cheering and counting during the 500 Free in Plummer.

Meets (from pg. 1)

Spring Splash

for those first timers who are afraid of that 50M barrier....

- Housing for swimmers who want to save costs on accommodations or just "mingle with the locals". Lots of space available. Contact Todd Cory with your needs and Kroc Masters will find the space!
- As an added Northern Idaho bonus: anybody in need of a little "fuzz therapy" before the meet is invited to hang out with Todd's two chocolate labs that love to be petted. Very therapeutic, for the swimmers and the dogs!

Inland NW Champs

...Masters Swimmers in our region. Contact Paige Buehler or Asaph Cousins with your needs.

- *Dancers, Drummers, Dreamers!* performs the same weekend. An amazing collaboration between the UI Music and Dance departments that consistently sells out evening shows.

Elections

The Inland Northwest Local Masters Swimming Committee manages its own fees, programming, governance and service to members under US Masters Swimming. As a non-profit organization it must have a board of managers including chair, vice chair, secretary and treasurer to guide the decisions and carry out the mission of promoting health, wellness, fitness and competition for adults through swimming. Elections for officers are in March. Please contact Kathy Farrell Guizar or Paige Buehler to run for office by March 3.

Inland Northwest Local Masters Swimming Committee

PO Box 161
Richland, WA 99352

To the swimming household of:

Left-lane Letter

By Matt Bronson, Inland NW LMSC Chair

Welcome to another issue of Splashmaster. By the time you read this, the LMSC will have hosted USMS Levels 1, 2, and 3 Coaches Certification at the Kroc Center in Coeur d'Alene. We also hosted a stroke clinic available to USMS members. I want to thank Michael Hamm, Matt Edde and Rick Acosta for doing the work to make this happen.

Elections are coming up at the end of March. If you want to make an impact on others, think about running for office. The LMSC can always use fresh ideas and volunteers. Contact Kathy Farrell Guizar or Paige Buehler (contact info on www.inlandnwmasters.org) to find out more. **A big thanks to our current board for all their efforts to provide valuable programs to our membership.**

Inland NW Champs Meet is hosted by Moscow Chinooks again this year. Our annual Membership meeting will be held that Saturday night, March 28. Hope to see you at both.

Lots of events this spring and summer: Spring Nationals in San Antonio in April, Summer Nationals (long course) at Spire Academy outside Cleveland, Ohio in August, and the LMSC is working on putting together an open water swim in September. *Good luck in whatever you choose to participate!*

Inland NW LMSC Championship Swim Meet

Saturday & Sunday, March 28-29, 2015

Date/Times: Saturday, March 28, 2015 – warm-up starts at 11:30am; meet starts at 12:00 pm. Sunday, March 29 – warm-up begins at 8:30am and meet starts at 9:15am.

Sponsor: Moscow Chinooks Masters Swim Club. Sanctioned by [Inland Northwest Masters Swimming](#) (IWMSC) for United States Masters Swimming, Inc. (USMS) Sanction number 355-S002.

Facility: University of Idaho Swim Center (1040 Rayburn St., Moscow, ID) is an indoor pool with eight 25-yard competition lanes and a separate four-lane pool for continuous warm-up/-down. Locker rooms adjacent to pool. Spectator balcony. Snacks/drinks for swimmers and volunteers provided. *The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.*

Directions: **1a.** From ID Hwy 95 come into Moscow & head west on Sixth St. toward the Univ of Idaho campus. **1b.** From Pullman on WA270/ID8 turn right at 2nd signal onto Perimeter Rd. then left onto Sixth St. **2.** Turn south on Rayburn St. and continue to parking lot #39 opposite the Kibbie Dome east side. Enter Memorial Gym and follow signs to the Swim Center. Additional parking on Rayburn St. Obey all parking signs.

Eligibility: All swimmers must be currently registered USMS swimmers or foreign equivalent. New members can register online: www.usms.org/reg.

Rules: 2015 USMS rules will apply. Available at www.usms.org/rules/ and at the meet. Certified stroke and turn judges will be present.

Deadlines: Paper entries must be postmarked by Friday, March 20. [Online entries](#) must be complete by Tuesday, March 24 at 11:59pm PDT. Mail paper entries to:

Paige Buehler, 814 Mabelle St., Moscow, ID 83843

Fees: \$40 for entries. Make payment by check/money order payable to **Moscow Chinooks Masters (MCM)**. **Cash will not be accepted.** [Online registrations](#) will be charged to a credit card. **The charge on your card will be from "ClubAssistant.com Events" for this meet.**

Conduct of the meet: Short course yards events will be seeded slowest to fastest. Participants may swim no more than six individual events with no more than five events in one day, plus four relay events.

Relays: Submit relay cards to the clerk of course during each day's warm-ups for deck seeding. Individuals must be signed up with the club/workout group they represent to have their relay points count for that club/workout group. *The entries for Women's Relays and Men's Relays may be swum in combined heats.

Awards: First-Third place ribbons will be available.

Saturday Evening Social: 5:30pm at Smoky Mtn Pizza, 1838 West Pullman Rd in Moscow. Cost is \$17 per person. The IWMSC annual membership meeting & awards will follow dinner.

LMSC Awards: The Inland NW Masters Swimming Committee recognizes Most Dedicated volunteers and Most Inspirational swimmers each year. Send your nominations to Margaret Hair (IWFitness@usms.org) so we can recognize those who make a difference in and out of the pool.

Accommodations: H.O.S.T. (House Our Swimmers Tonight): Moscow Chinooks are happy to house you for the night. Contact the Meet Director. Nearby hotels are the Idaho Inn, Palouse Inn, Super 8 Moscow and the Best Western University Inn.

QUESTIONS: Contact Meet Director Paige Buehler at (208) 892-1328 before 9pm PT or email swim@gnorth.net.

Name _____ USMS # _____ Club _____

Phone _____ Email _____

Saturday, March 28

11:30am warmup, meet starts at Noon

1. 400 Y Individual Medley
2. 1650 Y Free

Event 3 will not begin before 1:30pm

3. 50 Y Backstroke
4. 200 Y Butterfly
5. 100 Y Freestyle
6. 200 Y Mixed Medley Relay
7. 400 Y Mixed Medley Relay

10 minute BREAK

8. 100 Y Backstroke
9. 50 Y Freestyle
10. 200 Y Breaststroke
11. 200 Y Individual Medley

10 minute BREAK

- 12/13. 200 Y W/M* Free Relay
- 14/15. 400 Y W/M* Free Relay
- 16/17. 800 Y W/M* Free Relay

Sunday, March 29

8:30am warm up, meet start 9:15am

18. 500 Y Free
- Event #19 not to begin before 10:15am**
19. 100 Y Breaststroke
20. 50 Y Butterfly
21. 200 Y Freestyle
- 22/23. 200 Y W/M* Medley Relay
- 24/25. 400 Y W/M* Medley Relay

10 minute BREAK

26. 100 Y Individual Medley
27. 50 Y Breaststroke
28. 200 Y Backstroke
29. 100 Y Butterfly

5 minute BREAK

30. 200 Y Mixed Free Relay
31. 400 Y Mixed Free Relay
32. 800 Y Mixed Free Relay
33. 1000 Y Free

Please enter me in these events:

#	Event	Seed Time

Or enter online at: www.inlandnwmasters.org

Fees:

Meet Entry Fee \$ 40

Social Event Fee \$16 x ___ ppl \$ ___

Total Enclosed (no cash) \$ ___

(fill out & sign waiver on Page 2)



PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant				Date Signed