

# Federal Way Kings

## c u r r @ n t s



### M A S T E R S S W I M M I N G

FEBRUARY 2006

#### PRESIDENT'S LETTER

By Hugh Moore

Dear Federal Way Masters Swimmers,

Once again PNA Champs is just around the corner. Please mark April 8th and 9th on your calendar. I encourage all teammates to swim in the meet. We can also use help running the meet. Profits from the meet help defray some of our team's expenses, so your volunteer efforts help keep your monthly dues down. Please contact me if you'd like to be involved in the pre-meet preparations. I'll provide more details next month of areas for which we need help during the meet. No experience is necessary. Free, on the job training is included.

Next year in addition to Champs, the USMS Short Course Nationals will be hosted at the Aquatic Center May 17-20. The organizing committee is already busy ensuring that the meet will be a success. We can use help in a number of areas including marketing, banquet, publicity, and welcome. Marketing efforts include soliciting local and national businesses for donations and financial support. We will host a social event at the banquet hall

#### COACH'S COLUMN

By Wendy Neely



It is February! Time to continue or act upon your new years resolutions. There are some fun events this February to help keep your goals in check.

- ♥ The Bellevue Club Meet: High-class facility and a well run meet. We will caravan from KCAC parking lot to help make it a team event! Entries were due Wednesday, February 8th. The meet is Sunday, February 19<sup>th</sup>.
- ♥ February Fitness Challenge: A classic event with options of yard accumulation, days swum and or water walking. This is an event for everyone!
- ♥ The Check Off Challenge: This is a national event the OUR team hosts! This is a yearlong event where you

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## CHECK OFF CHALLENGE

Check Off Challenge is still going strong! Sales of our T-Shirts continue to grow as the date has been extended are doubled over what they were last year. We have even sold 2005 shirts.

We have extended the date so you still have time to get your shirt and start your own check-off crusade. Check out the order form at the end of this newsletter.



*Hey Igor, this water reminds me of those practices at the King County Aquatic Center!*

## ONE HOUR SWIM

Federal Way Kings took it to the pool the third week of January to meet up with the National USMS postal one hour swim. They used the Wednesday, Thursday and Friday morning practices to get their swims in. A couple of the swimmers took turns on alternating days counting for each other, while the rest of the swimmers brought in helpers to record their splits.

Most swimmers bettered their times from last year, and all enjoyed the challenge of swimming non-stop for one hour. Results will be posted on the website when they are in. Congratulations to everyone who participated:

**Kathy Doonan**  
**Pat Dugan**  
**Kim Hicks**  
**Joanne Kirkland**  
**Peter Roach**  
**Dan Smith**  
**Phil Spencer**  
**Judy Williams**

## UPCOMING SCHEDULE CHANGES

Date	Normal Workout	Schedule Change
2/16/2006	7:00 - 8:00 pm	Thursday evening practice is moved to <a href="#">Kenneth Jones Pool</a> from 6:30 - 7:30 pm
2/17/2006	5:30 - 6:45 am	Friday early morning practice is cancelled
2/17/2006	9:30 - 10:30 am	Friday brunch practice is moved to <a href="#">Kenneth Jones Pool</a> from 9:30 - 10:30 pm
2/17/2006	7:00 - 8:00 pm	Friday evening practice is cancelled.
2/28/2006	7:00 - 8:00 pm	Tuesday evening practice is moved to <a href="#">Kenneth Jones Pool</a> from 6:30 - 7:30 pm
3/01/2006	5:30 - 6:45 am	Wednesday early morning practice is cancelled
3/01/2006	9:30 - 10:30 am	Wednesday brunch practice is moved to <a href="#">Kenneth Jones Pool</a> from 9:30 - 10:30 pm
3/01/2006	7:00 - 8:00 pm	Wednesday evening practice is moved to <a href="#">Kenneth Jones Pool</a> from 6:30 - 7:30 pm
3/02/2006	5:30 - 6:45 am	Thursday early morning practice is cancelled
3/02/2006	7:00 - 8:00 pm	Thursday evening practice is moved to <a href="#">Kenneth Jones Pool</a> from 6:30 - 7:30 pm
3/03/2006	5:30 - 6:45 am	Friday early morning practice is cancelled
3/03/2006	9:30 - 10:30 am	Friday brunch practice is moved to <a href="#">Kenneth Jones Pool</a> from 9:30 - 10:30 pm

adjacent to the pool and need help organizing it. Publicity in both local and national publications prior to the meet and during the meet can benefit all of USMS. We want to make sure that participants feel welcome, with special events. Please contact me if you are interested in helping.

Sincerely,  
Hugh

### TEAM OFFICERS

<b>President</b>	<b>Hugh Moore</b>
<b>Vice President:</b>	<b>Gregg Metzler</b>
<b>Secretary:</b>	<b>Judy Williams</b>
<b>Treasurer</b>	<b>Holly Bork</b>
<b>Membership:</b>	<b>Kim Hicks</b>
<b>Webmaster:</b>	<b>Dan Smith</b>

**Federal Way Masters**  
**PO Box 24083**  
**Federal Way, WA 98093**  
<http://www.fwmasters.com>

check off the events that you are able to complete. We incorporate learning as well as completing these events during regular practices.

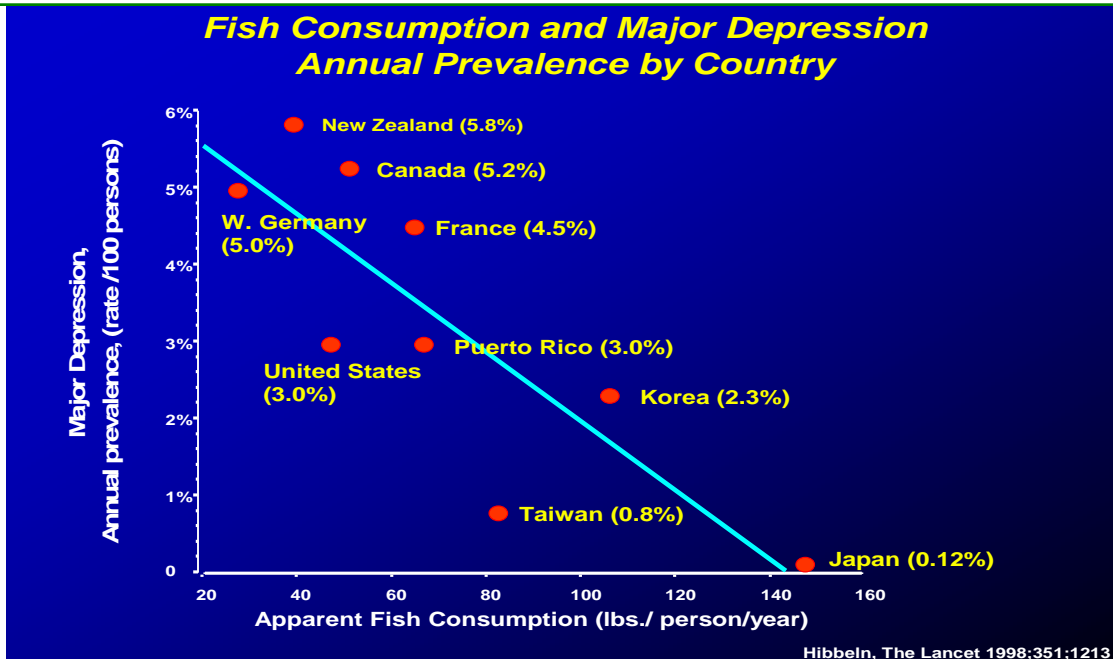
♥ Champs are right around the corner April 8<sup>th</sup> and 9<sup>th</sup>. I wish everyone would enter the Check Off Challenge even if it were only for the t-shirt. The t-shirts are fabulous color and design! I guarantee you do not have one in your drawer like this. Lets show everyone our team SPIRIT at Champs this year! Veni, Vidi, Swimi.

If you are not enticed by these events simply swim because you love it! Spread your love of swimming and encourage a friend to join the team. Plan workouts to meet up with good friends!

Swim yourself through a happy year!

Wendy

### FISH MAKES YOU HAPPY?!? :





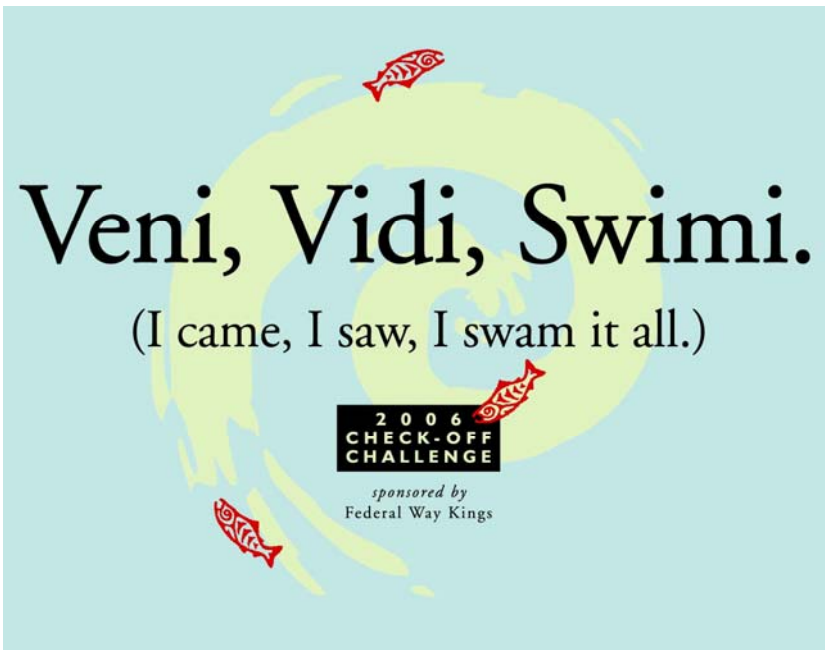
## Local and Regional Events Calendar

<i>Date</i>	<i>Event</i>	<i>Type</i>	<i>Contact or Link</i>	<i>Location</i>	<i>Entry Deadline</i>
Jan 21, 2006	PNA Masters Meet	SCY	<a href="mailto:Lesliemix@msn.com">Lesliemix@msn.com</a> Mike Lund: 360-293-0673 (daytime) <a href="#">Entry Form</a>	Fidalgo Pool, Anacortes, WA	01/21/2006
Feb 19, 2006	Bellevue Club	SCM	<a href="#">Cory Hildebrand</a>	Bellevue, WA	02/08/2006
Mar 11, 2005	The Island Meet	SCY	Brian Russell (425) 985-2677-cell <a href="mailto:brian.russell@earthtech.com">brian.russell@earthtech.com</a> <a href="#">Entry Form</a>	Bainbridge Is- land, WA	03/01/2006
Apr 8-9, 2006	PNA Champs	SCY	<a href="#">Hugh Moore</a>	WKCAC Pool, Federal Way, WA	pending
Apr 28-30, 2006	Northwest Zones	SCY	<a href="tel:2083651166">208/365-1166</a> <a href="mailto:dee@bigskytel.com">dee@bigskytel.com</a> <a href="#">Entry Form</a> <a href="#">Meet Information</a>	YMCA & Boise Aquatic Center	04/10/2006

## National and Postal Events Calendar

<i>Date</i>	<i>Event</i>	<i>Type</i>	<i>Contact or Link</i>	<i>Location</i>	<i>Entry Deadline</i>
Jan 1 to Dec 31, 2006	USMS Check-off Swim Challenge	POSTAL	<a href="#">Entry Form</a> <a href="#">Hugh Moore</a>	POSTAL	12/01/2005
Jan 1 - Dec 31, 2005	2005 30-Minute Fitness Swim Challenge	POSTAL	<a href="http://www.usms.org/fitness/swim30.shtml">www.usms.org/fitness/ swim30.shtml</a>	POSTAL	12/31/2005
Jan 1 to Jan 31, 2006	USMS One Hour Postal Champion- ships	POSTAL	<a href="#">Entry Form</a> Tom Spence, 216-299-3858, <a href="mailto:tom13@msn.com">tom13@msn.com</a> ; Laura Kessler, 440-526-9590, <a href="mailto:swimlaura@ameritech.net">swimlaura@ameritech.net</a>	POSTAL	1/31/2006
May 11 to 14, 2006	USMS Short Course Nationals	SCY	Michael Lohberg, 12241 Royal Palm Blvd., Coral Springs, FL 33065, 954-345-2121, <a href="mailto:mlo-&lt;br/&gt;hberg@aol.com">mlo- hberg@aol.com</a>	Coral Springs, FL	pending
May 15 to Sep- tember 9, 2006	USMS 5k and 10k Postal Champion- ships	POSTAL	Neil Salkind, 785-841-0947, <a href="mailto:njs@sunflower.com">njs@sunflower.com</a>	POSTAL	pending
Aug 4 to 10, 2006	2006 XI FINA world Masters Champion- ships	LCM	Michael Moore, 350 Wayland St., San Francisco, CA 94134, <a href="mailto:mi-&lt;br/&gt;chael@2006FINAmasters.org">mi- chael@2006FINAmasters.org</a> <a href="#">Website</a>	Palo Alto, CA	pending
Sep 15 to Nov 11, 2006	USMS 3000/6000 Yard Postal Champi-	SCY	Max Veltman, 915-584-0227, <a href="mailto:max_veltman@yahoo.com">max_veltman@yahoo.com</a>	POSTAL	pending





**Federal Way Kings  
Masters Swimmers presents a  
“Latin Challenge” to your  
swimming abilities:**

Sanctioned by the Pacific Northwest LMSC for USMS, Inc. #063612.

Visit [www.usms.org/fitness](http://www.usms.org/fitness) for additional entry forms.

**What is the Check-off Challenge?**

The CHECK-OFF CHALLENGE is a postal event designed to motivate swimmers to complete as many of the 18 “pool” events as possible during the 2006 calendar year. It challenges all levels of swimmers. Novice swimmers can swim events that they never have before. Experienced swimmers can try for their personal best times in as many events as practical. Simply “Check-off” each swim on your t-shirt when you complete the event.

**Where and when do I accomplish the Check-off Challenge?**

The events may be swum in practice or in meets, in yards or in meters, any time during 2006. The challenge is to complete all events or try new events. COACHES: Sign up your entire team and use the event as a team challenge. Spread out the events over a period of time during practice sessions, progressively building up to the tougher events. The entire team can work together, completing all of the events.

**How do I score the Check-Off Challenge?**

“Scoring” is simple – just mark the event on the list on the back of the t-shirt.

**When do I receive my T-shirt?**

The event is open to registered Masters swimmers. Enter by filling out the entry form included below. Entries must be postmarked by February 28, 2006. T-shirts will be mailed in mid-March, 2006. T-shirts are short-sleeved cotton with three-color design. The Latin logo will be on the front and the list of events on the back. We over purchased shirts for 2005 and would like to reduce inventory - order 2005 shirts at an \$8 discount when you enter the 2006 event.

**Event Director**

If you miss the deadline and are still interested in purchasing a shirt, or have other questions, contact Hugh Moore 2102 N. Vassault, Tacoma, WA 98406, [swimmoore@comcast.net](mailto:swimmoore@comcast.net)

**2006 Check-Off Challenge Entry Form**

Name \_\_\_\_\_ Club or workout group \_\_\_\_\_ DOB \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email address \_\_\_\_\_ Registration # \_\_\_\_\_

2006 T-Shirt				2005 T-Shirt				Mail this form and your check to:
Size	Qty	Price	Total \$	Size	Qty	Price	Total \$	
S	___	@ \$15	_____	M	___	@ \$7	_____	Holly Bork 6233 S 233rd St Kent, WA 98032 Make checks payable to “ <b>Federal Way Masters</b> ”
M	___	@ \$15	_____	L	___	@ \$7	_____	
L	___	@ \$15	_____	XL	___	@ \$7	_____	
XL	___	@ \$15	_____	XXL	___	@ \$9	_____	
XXL	___	@ \$17	_____					

**Liability Release**

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.

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_

