

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

MARCH 2006

PRESIDENT'S LETTER

By Hugh Moore

Dear Federal Way Masters Swimmers,

Have you entered PNA Champs yet? The deadline is rapidly approaching. Entries must be post-marked by Saturday, March 25th. If you're never entered Champs before, consider participating in this fun experience. Champs is a unique meet with nearly three times as many swimmers as other local meets. Since 16 lanes are used for the meet, there is constant action. We need everyone's participation to ensure that we defend our team title.

The meet is also a fund raiser for the team. Profits help us keep our monthly fees lower. Everyone can help with the meet organization. Prior to the meet we can use help with proofing data entry. We have an organizing meeting scheduled for 8:30 am Saturday, March 18th. During the meet we need safety marshals and timers. These are both important tasks. Even though an automatic timing system is used, timers provide a backup function that is occasionally needed due to swimmers

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COACH'S COLUMN

By Wendy Neely

Federal Way Kings,

There are some upcoming clinics that you want to be sure to take advantage of in preparation for this year's champs, and also to just improve your technique:

Flip turn clinic: Learn how to do and perfect the art of flip turns!
 Dates: Saturday, March 18th
 Saturday, April 1st
 Time: 8:15-9:15am at Kenneth Jones Pool
 Cost: \$10.00 for Members,
 \$15.00 for Non-Members

Champs Prep Clinic: We will be creating a meet environment with special guest official Mary Coddington! She will be running us through real meet situation starts (with the whistle) reviewing safe turns, relay exchanges & safe finishes.
 Date: Saturday, March 11
 Time: 8:00-10:00am at City of Tukwila Pool
 Cost: Free for Members,
 \$15.00 for Non-Members

We are looking for a few swimmers who are strong in the start or turn department. Not only do we want someone with strong

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2006 BELLEVUE SCM MEET

Congratulations to all the Federal Way Kings who came together to represent our team at the Bellevue Club SCM meet. We had a great team showing and in addition to all the great individual swims, we had entries in the men's, women's and mixed relays. Congratulations and thanks again to everyone who swam:

KRYS POSTMA
JENNIFER MESLER
KIMBERLY HICKS
SHAUNA EGGEN
PATRICIA DUGGAN
ALLEN IGAWA
PAUL HAVICK
ERIC DYBDAHL
BRUCE BOYTLER
DOUG PARRISH
BOB HARTWIG
SCOTT LAUTMAN

ARE YOU A "BUTTERNUT" ???

The latest issue of USMS Swimmer magazine highlighted an article about Daniel Projansky who swam a 5K open water swim in Lake Michigan, ALL BUTTERFLY. This well qualified him for "Butternut" status. What is a Butternut you may ask? It all started with a USMS article that claimed the best way to train for a 200 Fly was to practice a 500 Fly. From there the Noblesville Adult Swim Team Indiana (NASTI) created the Butternut club, open to anyone that swims a legal, continuous 500 Fly. This started with NASTI member Dan Welklin and has now extended to anyone brave (crazy?) enough to do it. The entry form is attached, who will be the first FWM King to complete it?

(Continued from page 1)

skills, but most importantly be able offer gentle and encouraging words to help others with legal and fluid turns
IF YOU ARE INTERESTED IN MENTORING PLEASE SEND AN E-MAIL OF INTEREST TO WENDYMAL@MAC.COM



We need YOU!

Champs is coming up and you all are invited (needed!!!) to swim. A lot of teams (may we not mention names) were talking trash about beating us and they will be prepared to knock us of our throne. So we need some action!

In the years past we have all shown up to swim as a team and left I's at the end. What I am asking is FWM UNTIL THE END! What does that mean? I am encouraging (begging) all of you to enter the 1650. Why? (groans). Because it will help you warm down from a hard meet or allow you to go for it and not worry about finding a counter! Holly, board and team members dedicate many volunteer hours to host this annual event so we can use it as a fundraiser. Lets show our appreciation and FWM UNTIL THE END!

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who miss the touch pad or power failures. With more than 300 swimmers warming up the pools can get crowded. Safety is extremely important and marshals help keep things under control. You can do these tasks between events and we offer on the job training. Family and friends are welcome to help. If you're interested in attending the organizing meeting or would like to volunteer to time or be a safety marshal, contact me at swimmoore@comcast.net for directions.

Sincerely,
Hugh

(Continued from page 2)

We will also do a team dinner that evening. The venue will be announced before the end of champs.

No practice Monday, April 10th Recovery Day!

If you have questions about entries feel free to ask.

Please wear team cap(\$5) and team suit/ black or best suit will work fine

Go FWM !!!
Wendy

HAPPY BIRTHDAY TO WWW

March 9th was a special day for our website www.fwmasters.com. One year ago we put a page counter on the main page of our web site. Though not it's official birthday, when we hit March 9th we were over 6,000 visitors in one year. That is over a 500 visitor per month average. The biggest volume the web site received was directly after champs when all the pictures and results were posted on our web site. Our swim team loves pictures and I notice that the hits go up when there are fresh pictures. So keep those pictures coming.

Also, it continues to be a great place to get last minute schedule changes and a source of happenings that our team is interested in. Not always a bearer of good news, it was a very helpful place to inform members of difficult things as well including Elliott's passing and Malcolm's illness.

New things are being added all the time. Starting this week, 2006 Board Minutes will be available on the News page. We are currently researching how to allow you to pay your dues online.

There may be things that we have not thought of that you would like to see on our web site. If so please email greysmoke@juno.com and let us know your ideas. And if you are not on our email contact list, be sure to go to our home page and submit your email address to get weekly updates.

TEAM OFFICERS

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

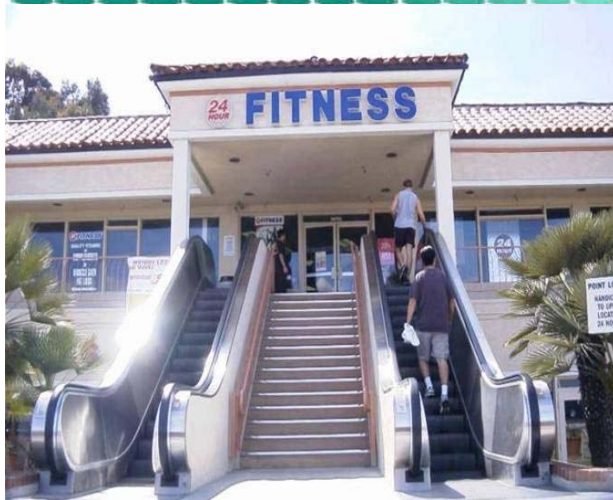
Federal Way Masters
PO Box 24083
Federal Way, WA 98093
<http://www.fwmasters.com>

Local and Regional Events Calendar

Date	Event	Type	Contact or Link	Location	Entry Deadline
Apr 8-9, 2006	PNA Champs	SCY	Hugh Moore Entry Form	WKCAC Pool, Federal Way, WA	pending
Apr 28-30, 2006	Northwest Zones	SCY	208/365-1166 dee@bigskytel.com Entry Form Meet Information	YMCA & Boise Aquatic Center	04/10/2006

National and Postal Events Calendar

Date	Event	Type	Contact or Link	Location	Entry Deadline
Jan 1 to Dec 31, 2006	USMS Check-off Swim Challenge	POSTAL	Hugh Moore Entry Form	POSTAL	12/01/2005
Jan 1 - Dec 31, 2005	2005 30-Minute Fitness Swim Challenge	POSTAL	www.usms.org/fitness/swim30.shtml	POSTAL	12/31/2005
May 11 to 14, 2006	USMS Short Course Nationals	SCY	Michael Lohberg, 12241 Royal Palm Blvd., Coral Springs, FL 33065, 954-345-2121, mlohberg@aol.com	Coral Springs, FL	pending
May 15 to September 9, 2006	USMS 5k and 10k Postal Championships	POSTAL	Neil Salkind, 785-841-0947, njs@sunflower.com	POSTAL	pending
Aug 4 to 10, 2006	2006 XI FINA world Masters Championships	LCM	Michael Moore, 350 Wayland St., San Francisco, CA 94134, michael@2006FINAmasters.org Website	Palo Alto, CA	pending
Sep 15 to Nov 11, 2006	USMS 3000/6000 Yard Postal Championships	SCY	Max Veltman, 915-584-0227, max_veltman@yahoo.com	POSTAL	pending



What's wrong with this picture?



Dan Smith reads the Jerusalem Post while bobbing like a cork in the Dead Sea.

Hosted by Federal Way Masters

Sanctioned by the Pacific Northwest Association of Masters Swimmers for USMS, Inc. Sanction # 063604

DATE: **Saturday, April 8th and Sunday, April 9th, 2006**

TIMES: **Saturday, April 8th:** Warm-up: **11:00 – 11:50 AM**, Meet starts: **Noon**
Sunday, April 9th: Warm-up: **8:00 – 8:50 AM**, Meet starts: **9:00 AM**

PLACE: WEYERHAEUSER KING COUNTY AQUATIC CENTER, 650 SW Campus Drive, Federal Way, WA 98023 (206)296-4444

MEET DIRECTOR: Hugh Moore (253)759-4956 / swimmoore@comcast.net

FACILITY: The venue is an indoor facility with spectator seating for 2500 people and elevator access to the deck level. It includes a 50-meter championship pool set up as two 25-yard courses, each with eight nine-foot-wide lanes and a water depth range of nine feet to ten and one-half feet; and a seven-lane, 25-yard diving tank for continuous warm-up during the meet. Two championship courses will be used for all events except relays. The championship pool is rated one of the fastest pools in the world. Deck-level, concrete surge gutters and lane lines minimize wave action. An Omega timing system is linked to a state-of-the-art, eight-lane readout scoreboard

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all year 2006 USMS or foreign registered swimmers age 18 and above as of April 9th. Age groups will be based upon the swimmer's age as of April 9, 2006.

DIRECTIONS: From North or South Bound I-5 take exit 142 B, which directs traffic west on S 348th (a continuation of westbound Highway 18). Continue west on S 348th across Pacific Highway S (Highway 99) and across 1st Ave S (NOTE: 348th becomes SW Campus Drive after crossing 1st Ave S). The pool is on the right about 1/2 mile past 1st Ave S.

ORDER OF EVENTS (ORDER #BB) (Seeding slow to fast / Deck enter relays at the meet.)

Saturday, April 8th: Noon		Sunday, April 9th: 9 AM	
1	400 Individual Medley	13	500 Freestyle
2	50 Breaststroke	14	100 Backstroke
3	100 Butterfly	15	50 Freestyle
4	200 Freestyle	16	200 Breaststroke
5	Women's 200 Medley Relay	17	200 Individual Medley
6	Men's 200 Medley Relay	18	Women's 200 Freestyle Relay
7	100 Breaststroke	19	Men's 200 Freestyle Relay
8	200 Backstroke		Special Awards Presentation
9	50 Butterfly	20	50 Backstroke
10	100 Individual Medley	21	200 Butterfly
11	200 Mixed Freestyle Relay	22	100 Freestyle
12	1000 Freestyle	23	Mixed 200 Medley Relay
		24	1650 Freestyle
			PNA Team Awards

NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPRINT LANES.

Entry Confirmation: If entry confirmation is desired, include a self-addressed, stamped envelope or postcard with your entry. Swimmers should keep a copy of the completed entry form.

Check-in: Check-in is required for the 1000 Freestyle (Deadline end of event 6), the 500 Freestyle (Deadline: Sunday at 8:30 AM), and the 1650 Freestyle (Deadline: end of event 19). Swimmers who do not check in by the deadline may be scratched from the event. **Relay check-in deadlines:** events 5&6, end of event 1; event 11 end of event 6; events 18-19 end of event 13; and event 23 end of event 19.

Saturday, April 8th and Sunday, April 9th, 2006

NAME: _____ M F AGE: _____

ADDRESS: _____

PHONE _____ Email _____

BIRTHDATE: _____ USMS #: _____ - _____

Include a copy of your Masters registration card if you are not a PNA member

LMSC _____ (PNA, Oregon, Inland NW, etc.) Club _____ (non-PNA members only)

TEAM _____ (note: PNA teams must register with PNA by 3/26/06)

AGE GROUP (**Determined by your age as of April 9th, 2006**):

18 - 24 25 - 29 30 - 34 35 - 39 40 - 44 45 - 49 50 - 54 55 - 59
 60 - 64 65 - 69 70 - 74 75 - 79 80 - 84 85 - 89 90 - 94 95+

ENTRY LIMIT: 6 INDIVIDUAL EVENTS (5 per day) PLUS RELAYS

EVENT NUMBER	EVENT	SEED TIME

Emergency Contact: _____ Phone Number: _____

ENTRY FEE: \$ 17.00 Surcharge
 Individual Events: + _____ \$2 per event. No charge for relays.
 No charge for need-basis or seniors (65 & over).
 \$ _____ T-shirts @ \$15 indicate size (M ___ L ___ XL ___)
Total: \$ _____ Please make checks payable to Federal Way Masters

Mail this entry form and fees to: Holly Bork
 6233 S 233rd St
 Kent, WA 98032

Questions? Email Holly at holly.d.bork@boeing.com
 Entries must be postmarked no later than Saturday, March 25th or received by March 30th, 2006. All swimmers must have a valid 2006 USMS (or foreign) registration prior to meet entry or submit an application accompanying the entry.

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 _____:

Additional Information:

In Memory of Steve Engel
June 17, 1943 - February 17, 1996

PNA's annual Championship meet is dedicated to the memory of the co-founder and first president of the PNA. Steve lost his battle with complications from leukemia, but his energy and enthusiasm will long be remembered by those of us fortunate to have known him.

"Across America, there are now more than 30,000 of us. And one of the pioneer associations in the nation was right here in Steve Engel land. Thank You, Steve. Your vision long ago became a solid reality that will endure. It was not a false start. You have swum the entire distance to heaven."

- From Tom Taylor's tribute in the March 1996 WetSet

Individual Awards: PNA Championship ribbons will be awarded first through 8th place in every age group in every event. PNA medals can be purchased for \$2 each.

Club/Team: PNA members must indicate the team that they plan to score points for during the meet. Non-PNA swimmers should indicate the club that they are registered with.

PNA Team Eligibility: To be eligible for team awards, teams must submit a 2006 team registration by the meet entry deadline. PNA team registration forms are available in the WetSet and on the PNA website, www.swimpna.org.

PNA Team Categories: Eligible PNA teams will be divided into three categories, (Large, Medium, and Small), based upon the number of swimmers entered from each team in the meet. Category assignments will be made after the meet entry deadline and announced during the meet.

Scoring: The meet shall be scored from places 1 through 12 in every age group for every event. Individual events will be scored 13-11-10-9-8-7-6-5-4-3-2-1. Relays score double the individual points. Non-PNA swimmers will not score points and will not displace PNA swimmers from scoring points.

PNA Team Awards: Plaques will be awarded to the top three teams in each category.

Website: Visit the PNA website at www.swimpna.org for updated information.

Motels: There are numerous motels within fifteen miles of the pool including

Name	Distance to Pool	City	Phone
Holiday Inn Express	1.4 miles	Federal Way	253-838-3164
Best Western Executel	5 miles	Federal Way	253-941-6000
Super 8 Motel	2.4 miles	Federal Way	253-838-8808
Motel 6	7 miles	Fife	253-922-1270

PNA Coach of the Year and Dawn Musselman Awards: The 2006 PNA Coach of the Year and the 2006 PNA Inspirational Swimmer Award, named in honor of Dawn Musselman, will be presented on Sunday at the conclusion of event #19.

T-shirts. T-shirts are available for \$15, but must be ordered with your entry. The meet t-shirt design can be found on the Federal Way Masters website at www.fwmasters.com.

Mail entry & fees to:

Northwest Zone Meet
Dee Turner
2279 UA Ave.
Emmett, ID 83617

2006 Northwest Zone Short Course Meet Official Entry Form YMCA & Boise Aquatic Center Boise, ID April 28-30, 2006

Sanctioned by the Snake River LMSC for USMS, Inc. – Sanction number 596-001



Name _____ Print name as it appears on USMS registration card.

 Last First Middle Initial

Address _____

 Street City State ZIP Country

E-Mail _____ Day Phone _____ Eve..Phone _____

 A/C A/C

Emergency _____ Age _____ Birthdate _____ Sex _____

 Name Phone (on 4/30/06) (Month/Day/Year) M/F

Club Name or Unattached _____ USMS or International Reg. # _____

MEET DIRECTOR: Dee Turner 208/365-1166
or dee@bigskytel.com

FACILITY: The Boise Aquatic Center pool provides 8 competition lanes and 4 warm-up lanes.

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all year 2006 USMS registered swimmers age 18 and above on the day of competition. Age groups will be based on the swimmer's age as of April 30, 2006.

ORDER OF EVENTS: (Seeding will be slow to fast/Deck enter relays at the meet.)

Event #	Event	Seed Time
Friday April 28: 4PM Warmup, Start at 5PM		
1	1000 Freestyle*	_____
2	1650 Freestyle*	_____
3	400 Individual Medley	_____
Saturday April 29: 7:45-8:45AM Warmup, Start at 9AM		
4	500 Freestyle	_____
5	50 Freestyle	_____
6	200 Butterfly	_____
7	100 Backstroke	_____
break		
8	200 Individual Medley	_____
9-11	Mixed Freestyle Relay	Deck Seeded
12	100 Freestyle	_____
13	50 Backstroke	_____
14	200 Breaststroke	_____
15-16	Medley Relay	Deck Seeded
Sunday April 30: 7:45-8:45AM Warmup, Start at 9AM		
17	200 Backstroke	_____
18	50 Breaststroke	_____
19	100 Butterfly	_____
break		
20-22	Free Relay	Deck Seeded
23	100 Individual Medley	_____
24	200 Freestyle	_____
25	100 Breaststroke	_____
26	50 Butterfly	_____
27-28	Mixed Medley Relay	Deck Seeded

INDIVIDUAL ENTRY LIMITS: A swimmer may enter no more than 6 individual events for the entire meet and no more than 5 individual events on one day. *A swimmer can enter either the 1000 or 1650, not both.

RELAY ENTRY LIMITS: A swimmer may enter only one Freestyle Relay, one Mixed Freestyle Relay, one Medley Relay, and one Mixed Medley Relay.

CHECK-IN: Check-in required for all events. On Friday by 4:30PM, Saturday and Sunday by 8:30AM for that days events.

SAFETY FIRST: NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPRINT LANES.

ENTRY FEE: \$14.00 Surcharge (includes NW Zone surcharge)
Individual events + _____ \$4 per event. No charge for relays

TOTAL: \$_____ Make checks payable to "YMCA Sawtooth Masters"

A COPY OF SWIMMER'S USMS REGISTRATION CARD MUST BE ATTACHED.

Entries must be Postmarked by April 10, 2006 or received by April 14, 2006.

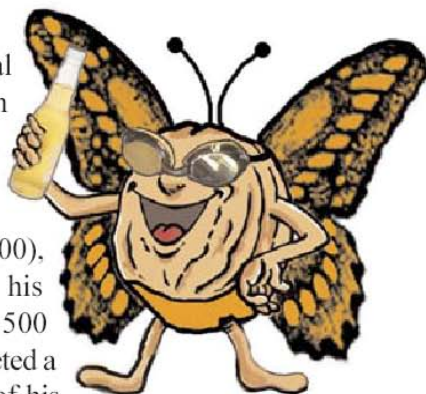
Mail entry form, copy of USMS card, and fees to:
Northwest Zone Meet
Dee Turner
2279 UA Ave.
Emmett, ID 83617

USMS RELEASE: "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, THE 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 _____

DO A 500 FLY AND BECOME A BUTTERNUT!

For a summer goal (and based on an article from *Swimmer* stating that the best way to train for a 200 was to practice a 500), Dan Welklin challenged his NASTI teammates to a 500 fly. Dan eventually completed a 1,000 LCM, and several of his teammates have “joined the club” with a 500 LCM. NASTIs would like to extend “membership” to anyone “brave” enough (i.e., nutty enough) to try this! Please fill out the form to the right and send it to the address indicated. ButterNut Club Members will receive a color certificate and custom full-color T-shirt to wear with pride!



BUTTERNUT RULES:

1. Continuous Butterfly Swim; 500-Yard Minimum
2. Swim duration must be USMS legal (all regulation butterfly; no one-armed strokes or turns, fins, etc.)
3. A witness who'll vouch for your success!

PLEASE PRINT:

Name: _____

Club Team: _____

Street Address: _____

City/St/Zip: _____

Phone: (_____) _____

E-mail: _____

Distance Butterfly Completed (minimum 500 required) : _____

Course Type: ___SCY ___SCM ___LCM

Time (optional): _____

Date Completed: _____

Witness: _____

T-shirt size: ___S ___M ___L ___XL

Please mail with \$20 check (payable to Noblesville Adult Swim Team) to cover entry, certificate, T-shirt, postage & handling to: 8001 Dowitch Lane #E, Indianapolis, IN 46260. Proceeds benefit Noblesville Adult Swim Team and Friends of Central Pool. Questions? E-mail raenalex@hotmail.com.



Champs Prep Clinic

**Saturday, March 25
City of Tukwila Pool
8:00-10:00 am**

We will be creating a meet environment with special guest official Mary Coddington! She will be running us through real meet situation starts (with the whistle), reviewing safe turns, relay exchanges and safe finishes

There will be a two-hour practice in 3 lanes for those that don't want meet preparation. (The shallow end will be for turn practice)

**Cost: Free For Members
\$15.00 Non-Members**

TUKWILA POOL

**4414 So. 144th
Tukwila, WA 98168
206 267-2350**