

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

JULY 2006

PRESIDENT'S LETTER

By Hugh Moore

Dear Federal Way Kings,

Safety First. I've been concerned lately that we're not thinking about safety as much as we should. USMS currently enjoys reasonable liability insurance rates. That could change in a heartbeat if there is a serious accident at one of our practices or meets. The number one rule is always enter the pool feet first in a cautious and controlled manner. Diving on top of someone or having a head-on collision with someone that you don't see could easily result in one of you being paralyzed. The only times that we can dive are during competition, in a sprint lane in a meet warm-up, or while practicing starts under supervision of a coach. This applies to backstroke starts as well. No exceptions! I have occasionally seen swimmers dive at the beginning of practice. It may seem like a safe action, but if we allow it to continue, we become vulnerable for an accident.

Don't miss the two Lake Washington Swims coming in August. Entry Forms are included at the end of this newsletter.

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COACH'S COLUMN

By Wendy Neely

Are you getting stressed out with all the technique aspects in swimming?

Many have you have been picking up swim videos and books to get a better visual picture or to better grasp your strokes. After you watch or read you may leave practice a little more confused and with the possible thought that swimming "technically correct" or even "70 percent correct" is hopeless.

Lately, I have been stepping out of the swimming world and picking up different genres of reading. In doing so I have found a slight addiction to reading books that look interesting and trying to apply them to swimming. This helps be to improve myself and explain things based on the "real world".

Here are a few fabulous summer reads that based on their cover have nothing to do with swimming, but on the inside have everything to do with swimming successfully.

A Quote:

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THE IN AND OUT OF LONG COURSE MEETS

Federal Way Kings recently enjoyed two Long Course swim meets, one outdoors and one indoors. The outdoor meet was held at Titlow pool in Tacoma and the indoor meet was held at the South Kitsap High School pool in Port Orchard.

The Titlow meet was the first annual meet of hopefully many more to come. It was the site of the 2002 Northwest Zones LCM meet. Swimmers from Oregon and Canada came, and many were taking advantage of this meet as a warm-up to Masters Worlds held at Stanford in August.

The morning was cool and so was the pool. It also sported a lot of bird feathers floating in the corners. Our own Jane Moore was meet director, and she spent her entire warm-up with a net on a long pole fishing out the feathers for us. The attendance was fair, given the late notice and it being the first annual meet. The volunteers that helped with this meet did a great job, many of those swimming the meet also spent time helping at timing. The meet started at 9:00 and was over by noon.

The Port Orchard meet was billed as "Get Psych'd for Worlds" and was also very well attended. Since Worlds has generated a lot of interest, there is a lot of interest in long course. This meet had the full slate of events, all the 50's 100's and 200's as well as the 400 free, 400 IM and 800 free. The meet went until 2:00pm and then they opened up the pool to time and count for swimmers that swam a postal 5K.

Charlotte Davis, a swimmer from NEO who has been working out regularly with

us this summer, set a world record in the 400 IM. There were many other great swims and feats of endurance. Jane and Hugh Moore swam events throughout the meet and then stayed to swim the 5K.

The meet was hosted by the Puget Sound Swim Club of Port Orchard, and once again they had a full contingent of young age group swimmers timing, cheering and counting laps for the meet. Kids counted our 400 and 800 swims, and even stayed to time, record splits and count for the 800. Their coach told me he wanted them to appreciate swimming and see it as a lifelong possibility. They certainly gave their all and went far beyond what most volunteers would have been willing to do. A great big thank you to them.

For those Kings going to Worlds, these meets were a great opportunity to race in Long Course setting, and for those not going to Worlds it was a chance to see if all our Long Course training has paid off. By listen to all the complaints of other swimmers about how LONG Long Course really is, it is safe to say our training has paid off.

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WELCOME NEW SWIMMERS

Be sure to welcome the new members that joined since last month:

New Members:

Gordon (KCAC a.m.)
Deidre (Covington)

Welcome to our Visitors:

James Rodovich
Linda Thompson

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"More Visceral than Visual"

This involves relating to your deep inward feeling instead of picturing or thinking about it. "Feel it", "Gut Feeling".

Book #1:

Confessions of a Happily Organized Family

by Deniece Schofield



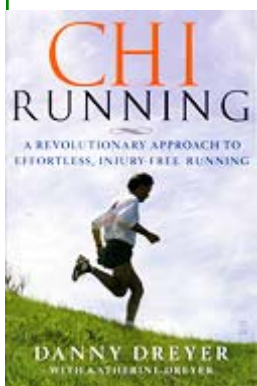
This book has been my tool for teaching goal setting and far surpasses other sources I have come across.

Confessions of a Happily Organized Family is a quick and applicable book for goal setting, eating healthier, organizing you time and managing life/family better.

Book #2:

Chi Running

by Danny Dreyer



Chi Running has entwined Tai Chi and running into an effortless pain free sport. Are you convinced that running can be painless?

This is an awesome and simple explanation of perceived effort (importance of

70%) and productive discomfort. A must read for any athlete.

- Wendy

FAT SALMON SWIMS AGAIN

After taking a year off, the Fat Salmonites swam again in Lake Washington. After a string of hot days, we showed up to the event on with a cooler overcast start. The sun held off until after the swim was over, which aided in the swim, not having to stare at the sun for all of us right-side breathers.

In total there were 260 swimmers in this year's event. The 3.4 mile division had 58 wetsuits and 53 non-wetsuits. The 1.25 mile division had 84 wetsuits and 65 non-wetsuits. Zena Courtney created a new division all her own. She started out in a wetsuit, then shed it half way through the race to finish non-wetsuit.

The event draws a fair number of Masters swimmers as well as Triathletes. Federal Way Masters had strong representation there as well with eight members attending. Eric Dybdahl was using it for a precursor to the open water swim at World's which will be held out in the bay near Stanford. The lake was a warm 70 degrees though, a far cry from the low 60's that he will face at Worlds.

Even though there was no open fishing season like in 2004, the water was still rather choppy. But there was a large crew of volunteers on paddle board and kayaks, including Malcolm Neely, that kept us safe and on the right track. And instead of pulling everyone from the lake at 2 hours like they warned us they had to do, they allow every participant to finish, and the final finisher at 2 hours 19 minutes received an great round of applause.

Awards were given to the top three finishers in each division. Third place was some canned salmon, second place was

(Continued from page 1)

Since we now are enjoying the wider lanes at the Aquatic Center, my concerns with a head-on collision while swimming are reduced, but it is still a possibility. There is still a danger of head or shoulder injuries. Please make sure that you stay to the right side of the lane and pass cautiously and quickly. If you can't pass someone within 15 yards or so, tap them on the feet and wait until the next turn. If you're tapped on the foot, stop on the right side of the lane at the next turn and let the faster swimmer pass. These few simple rules greatly reduce the chance of injuries to everyone.

Sincerely,

Hugh

(Continued from page 2)

Participants at Titlow:

- Bruce Boytler
- Zena Courtney
- David Ducolon
- Pat Duggan
- Bob Hartwig
- John Leet
- Hugh Moore
- Jane Moore
- Wendy Neely
- Dan Smith

Participants at Port Orchard:

- Bruce Boytler
- Zena Courtney
- Pat Duggan
- Eric Dybdahl
- Scott Lautman
- John Leet
- Hugh Moore
- Jane Moore
- Dan Smith

Results are at www.swimpna.org

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some smoked salmon and first place was a fresh salmon courtesy of City Fish at Pike Place Market. The grand prize was a 20 lb. King Salmon.

The event came back strong like a salmon run and we all expect it to be even bigger next year.

Results at results.racecenter.com/2006

- READY -



- SET -



- GO!!! -



AROUND THE HORN

Many members of Federal Way Masters have been busy accomplishing many athletic feats this summer. While most don't like to draw any attention to themselves, we want to recognize their accomplishments.

PACIFIC CREST OLYMPIC TRIATHLON

NAME	TIME	OVER-ALL	DIVI-SION
Sada Hertzig	3:12:18	224	13
Amy Molen	3:06:35	193	8

ARMED FORCES CHAMPIONSHIPS

NAME	TIME	OVER-ALL	DIVI-SION
Heidi Grimm	1:59:09	30	1
Amy Cocanour	2:09:47	55	2

MASTERS CYCLING CRITERIUM CHAMPS

NAME	OVER-ALL
James Mays	3

FORD IRONMAN COUER D'ALENE TRI

NAME	TIME	OVER-ALL	DIVI-SION
Phil Spencer	10:35:31	87	22
Mitch Hungate	10:57:16	158	5

BRI TRIATHLON AT SEAFAIR

NAME	TIME	OVER-ALL	DIVI-SION
Heidi Grimm	1:02:35	9	1
Phil Spencer	1:03:58	15	10
Karen Oyama	1:15:03	141	3

If you have participated in any events recently, be sure to let coach Wendy know.



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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					
<i>Date</i>	<i>Event</i>	<i>Type</i>	<i>Contact or Link</i>	<i>Location</i>	<i>Entry Deadline</i>
August 19, 2006	Emerald City Open	Open Water	Entry Form	Seward Park, Lake Washington	8/12/2006
August 26, 2006	Park To Park	Open Water	Entry Form	Madison Park, Lake Washington	8/09/2006 or 8/26/2006
Sept 9-10, 2006	Orcas Open Water Challenge	Open Water	http://www.islandathleticevents.com/water-challenge/index.html	Cascade Lake Orcas Island, WA	Pending
Sept 10, 2006	OMS Pentathlon	SCM	Pending	Camas, WA	Pending
Sept 23, 2006	9th Annual Oak Harbor Pentathlon	SCM	Pending	Oak Harbor, WA	Pending



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	Hugh Moore Entry Form	POSTAL	12/01/2006
Jan 1 - Dec 31, 2006	2005 30-Minute Fitness Swim Challenge	POSTAL	www.usms.org/fitness/swim30.shtml	POSTAL	12/31/2006
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

SEATTLE PARKS AND RECREATION PRESENTS:

THE 22nd ANNUAL EMERALD CITY OPEN WATER SWIM

Saturday, August 19, 2006 at 9:00am
Andrew's Bay, Lake Washington (Seward Park)



- Sign up for the 1/2 mile straight course or the 1 mile triangle course. The 1/2 mile event will begin at 9am sharp with the 1 mile course immediately following. There is a 30 minute time limit for the 1/2 mile event and a 1 hour limit for the mile event.
- Each swimmer will receive a specially designed, commemorative swim cap and T-shirt. Awards will be given to top overall male and female, top age group male and female, and top overall male and female in wet suit division.
- Wetsuits will be allowed, but swimmers wearing them won't be eligible for age group prizes or grand prize.
- Post race refreshments and hot drinks will be available for swimmers.
- Certified lifeguards will be in the water to supervise the swim. Swimmers 17 and under must have parental approval to participate. Minimum age is 10 years.
- DIRECTIONS: Take the Swift/Albro Exit off I-5 and head east up South Graham Street. At the top of the hill take a left onto Beacon Ave. South. Take a right on S. Orcas Street. Follow S. Orcas eastbound until you reach Lake Washington Boulevard. Seward Park is directly in front of you. Parking lot space is limited. Additional parking directly up hill from lower parking lot.
- Visit our web site at <http://www.seattle.gov/parks/Aquatics/OpenWater.htm>. For additional information call 684-4766. TDD Only 233-7061 (Persons with disabilities will be accommodated upon request.) Send e-mail comments and questions to timothy.ewings@seattle.gov
- **PARKING:** The lower lot fills quickly. Drive up the hill within the park to access upper lot for additional parking.

Fill out entry form COMPLETELY--- Please PRINT clearly--- Copies okay --- ONE entrant per form

1 MILE 1/2 MILE **EMERALD CITY OPEN WATER SWIM**

Last Name	MI	First Name
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Street Address

City	State	Zip Code
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Phone Number	E-mail address
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Date of Birth	Age on 8/19	Sex	Estimated Swim Time
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DIVISIONS:	MALE <input type="checkbox"/>	FEMALE <input type="checkbox"/>	WETSUIT <input type="checkbox"/> not eligible for age
			SPECIAL <input type="checkbox"/> group prizes
AGE GROUPS:			
10-12 <input type="checkbox"/>	25-29 <input type="checkbox"/>	45-49 <input type="checkbox"/>	70-79 <input type="checkbox"/>
13-15 <input type="checkbox"/>	30-34 <input type="checkbox"/>	50-54 <input type="checkbox"/>	80 & up <input type="checkbox"/>
16-19 <input type="checkbox"/>	35-39 <input type="checkbox"/>	55-59 <input type="checkbox"/>	
20-24 <input type="checkbox"/>	40-44 <input type="checkbox"/>	60-69 <input type="checkbox"/>	

NON REFUNDABLE ENTRY FEE

EARLY REGISTRATION
(BY MAIL ONLY)
Youth 10-18yrs \$20
Adult 19 & up \$25

Mail in entries must be postmarked no later than 8/12/06.
SAVE MONEY with early registration!

Make checks payable to:
Medgar Evers Pool

Mail to: Medgar Evers Pool
Attn: Tim Ewings
500 23rd Ave.
Seattle, WA 98122

LATE REGISTRATION (DAY OF RACE)
Youth 10-18yrs \$30
Adult 19 & up \$35

T- Shirt Size (Adult sizes only)

S	M	L	XL
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Release: In consideration of the acceptance by sponsors of my entry in the Emerald City Open Water Swim, I will not hold the City of Seattle or Parks and Recreation or any employees or volunteers associated with the Emerald City Open Water Swim responsible for any injuries, damage, or personal loss incurred while participation in said program. I am aware of the hazards in open water swimming, including potential for hypothermia. I attest and verify that, to the best of my knowledge, my physical condition and fitness are adequate for me to safely compete in the open water swim, and that no physician or other qualified individual has advised me against competing in any portion of Seattle Parks and Recreation, Emerald City Open Water Swim.

ENTRY FEES ARE NOT REFUNDABLE

Signature _____ Parent/Guardian Signature _____
(Participant-Swimmer) (date) (If participant is under 18 years of age) (date)

Park to Park Swim

At a neighborhood summer barbecue in 2001, friends challenged each other to a swim across Lake Washington, after which they would celebrate their success with a festive breakfast. With such a great base of participants, and expectations of further growth, it seemed only natural to use this swim for a philanthropic cause and invite the community to participate. Last year, 2005, the swim was opened to the public and 98 swimmers participate with the help of over 120 volunteers. For our first year we as a community raised \$25000 all of which was donated to Children's Hospital. This year 2006, swimmers will start at the new Sand Point beach and swim across the lake to O.O. Denny Park in Kirkland, where they will enjoy a delicious breakfast.

Registration includes: Bus transportation, T-Shirt, swim cap, water bottle, breakfast at O.O. Denny Park, Champion Chip timing, discount at Everyday Athlete during race packet pick up, entry to race festivities and great camaraderie.

Prizes: Registration includes a chance to win prizes such as a wet suit. Additional raffle ticket may be obtained during packet pick up or at event for a donation of 2\$ or 3 tickets for 5\$.

Breakfast: Additional breakfast coupons, for family, friends and neighbors, may be obtained the morning of the event at O.O. Denny Park for a donation of \$5.

Registration Deadline: Registration is limited to 300. All registrations must be received on or before Sat August 26th. There is NO race day registration. Please make check payable to: Park to Park Swim.

Registration Fee:

- \$45 received prior to July 15, 2006
- \$55 received July 16 to August 10, 2006
- \$65 received August 10 to August 26, 2006

Register in person or mail registration form, signed waiver of liability and check to:

Attn: Park to Park Swim
 Everyday Athlete
 11829 96th Avenue NE
 Kirkland, WA 98034

Race Packet Pick-up: Race numbers and packet pick-up will take place at Everyday Athlete (425) 821-4301, located in Juanita Village on August 24th, 25th between 2 pm and 8 pm and 26th between 10:00 a.m. and 3:00 p.m.

Registration Form

Name: _____

Address: _____

Email: _____

Phone: (____) _____

Age on day of race: _____

(Participants must be at least 12 years of age on day of race.)

M F (circle one)

T-shirt: S M L XL (adult sizes)

Waiver: Choose waiver by estimated time for a 1000 yard swim (20 laps of an Olympic size pool, 25 yards in length.)



Less than 13 minutes

13 minutes – 16 minutes

16 minutes – 20 minutes

20 minutes – 25 minutes

Gear check and transfer: Swimmers gear w/ identity tag, (included w/ packet pickup) should be dropped off at the start for transport.

Shuttle Bus sign up: (check one)

Before Race – From O.O. Denny Park to Magnuson Bus Departs at 6:20 a.m.

This bus is for residents of or very near to Holmes Point. There is minimal parking available at O.O. Denny Park the morning of the event. Parking area will be restricted to Emergency and support services. Race participants should park at Sand Point.

After Race - From O.O. Denny Park to Magnuson Buses will leave O.O. Denny Park starting at 9:00 a.m. in 30 minute intervals. The last bus departs at 11:00 a.m.

Please visit www.EverydayAthlete.us for more information on volunteer opportunities.

For safety reasons, swimmers who cannot complete a 1.5 mile swim in less than 2 hours should not register for this event. Also in the event of inclement weather, the race director may close the course and thereby preventing swimmers from starting or finishing the race.

WAIVER MUST BE READ, SIGNED AND MAILED WITH ENTRY OFFICIAL WAIVER: I acknowledge that an open water swim is an extreme test of a person's physical and mental limits and carries with it potential for death, serious injury, and property loss. I HERBY ASSUME THE RISKS OF PARTICIPATING IN THIS EVENT. I certify that I am capable of completing this event, and that I am physically fit and that I have sufficiently trained. I agree to abide by the competitive rules. I herby take the following action for myself, my executors, administrators, heirs, next of kin, successors and assigns, or anyone else who might claim or sue on my behalf, and I herby waive, release and discharge from any and all claims, losses, or liabilities for death, personal injury, partial or permanent disability, property damage, medical or hospital bills, or theft which may arise out of or relate to my participation in this event. I agree not to sue, and to hold harmless any and all persons, sponsors, volunteers, Children's Hospital, King County, Sand Point Park, Magnuson Park, and O.O. Denny park, City of Seattle, City of Kirkland, the Greater Seattle Chamber of Commerce, the Greater Kirkland Chamber of Commerce, participants or government agencies for any and all claims or liabilities that I have waived, released or discharges herein. I further agree to return the timing Chip that has been issued to me or to pay a \$20 replacement charge. ENTRY FEES ARE NON-REFUNDABLE.

Print Full Name _____
 Signature X _____
 Date _____

If you are between the ages of 12 and 18 on the day of the event, your parent or guardian also must sign below:

Print Full Name _____
 Signature _____
 Date _____