

# 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 AUGUST 2006

### PRESIDENT'S LETTER

By Hugh Moore

Federal Way Kings Swimmers,

For the past few years I haven't participated in as many swim meets as I used to. When I have competed, I've noticed that I'm not as good as I used to be at many of the basics such as starts, streamline turns, optimum breathing patterns, pacing, psyching and planning races. Many of you swam in high school or college. If you recall those years, most of your races were done in dual meets. Dual meet competition helped you fine tune your racing skills. The dozen or so dual meets prepared you for the championship meets at the end of the season. Undoubtedly, most swimmers would swim slower times in the championship meets if they hadn't participated in the dual meets earlier. I've been working on a plan to enable Masters swimmers to enjoy dual meet competition without committing the time required to travel to a competitor's pool to participate in a meet.

*(Continued on page 4)*

### COACH'S COLUMN

By Wendy Neely

Do you feel like somebody is watching you?

Last week I was able to use the viewing tunnels during a few workouts and tape what I was seeing. Most of you didn't know I was filming and didn't "perform" for the camera, which is exactly what I wanted.

All and all body position and kick has strengthen over last 6 month. This has been from all of the constant reinforcement you have all been doing.

To finish the equation we all need to work on EVA. What is EVA? It stands for Early Vertical Forearm, the "catch" or feel for the water.

Have you ever been swimming in a lane and next to you the person just zooms by with the look of ease? The reason they zoom by you is because the have a better "feel" or means of propulsion than you.

The primary key to swimming faster is by minimizing drag and improving your propulsion. Unfortunately, high

*(Continued on page 3)*

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

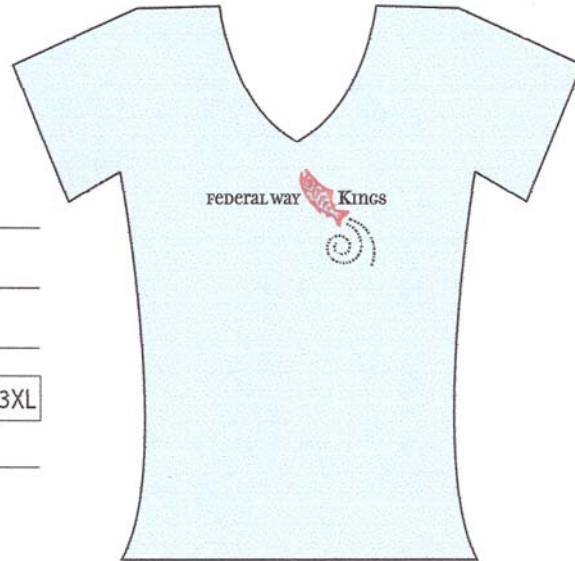
VOL. 8, ISSUE 8

### INSIDE

PAGE	CONTENT
1	President's Letter
1	Coaches Column
3	Kings Go To Worlds
5	Calendar
6	Emerald City Open Water Swim Entry Form
7	Park To Park Open Water Swim Entry Form

**At last! A Federal Way Kings women's tee shirt!**

Fitted V-neck, 100% cotton jersey in light aqua, with 3-color logo design.  
Ladies' sizes S-3XL @ \$17 each.



Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

Primary swim time: \_\_\_\_\_

Quantity: \_\_\_\_\_ Size:  S  M  L  XL  2XL  3XL

Total amount included: \_\_\_\_\_

Please give this order form with payment to Coaches Wendy or Jen.  
Make checks payable to Federal Way Masters.

***“For myself, losing is not coming second.  
It's getting out of the water knowing you  
could have done better. For myself, I have  
won every race I've been in”***

**- Ian Thorpe [AUS]**

(Continued from page 1)

yards and repeats do not replace or build EVA.



Little EVA on display at KCAC

Over the next six weeks EVA is going to be our focal point during practices. If you have taken the summer off this would be a great time to ease back into things.

Leave your paddles and pull buoys at home.

See you at the pool,  
Wendy



**Orcas Open Water Challenge**  
San Juan Islands, Washington  
2006

**Saturday and Sunday, September  
9th and 10th**

Sign up at:  
<http://www.islandathleticsevents.com/>

**KINGS GO TO WORLDS**

Many Federal Way Kings attended the XI FINA World Masters held at Stanford, California. The event that spans from August 4th to August 17th and includes Open Water, Swimming, Diving, Water Polo and even Masters Synchronized Swimming. The swimming took place from the 4th to the 11th.

There were over 7,200 entrants (over 5,500 swimmers) representing 74 countries entered in this championship meet.

Name	Event	Time	Place	Sex/Age
<b>Courtney, Zena H</b>				<b>F47</b>
	200 Back	2:42.68	5	
	400 IM	6:02.03	8	
	200 IM	2:49.89	12	
	100 Back	1:15.58	8	
	50 Back	35.12	10	
<b>Dybdahl, Eric T</b>				<b>M46</b>
	800 Free	10:56.13	43	
	200 Back	3:06.15	42	
	100 Free	1:07.94	111	
	200 Free	2:25.47	72	
	400 Free	5:19.53	40	
<b>Lautman, Scott M</b>				<b>M54</b>
	400 IM	5:28.83	3	
	100 Fly	1:04.86	7	
	200 Fly	2:23.19	1	
	400 Free	4:51.98	17	
<b>Taylor, Thomas T</b>				<b>M75</b>
	800 Free	13:03.06	3	
	100 Breast	1:46.24	8	
	50 Breast	46.00	5	
	200 Breast	3:58.26	5	
	400 Free	6:24.16	2	

Event	Time	Place
Mixed 200 Medley Relay	2:07.75	4
<b>Courtney, Zena H</b>		<b>F47</b>
Baca, Jon L		M46
<b>Lautman, Scott M</b>		<b>M54</b>
Davis, Charlotte M		F56
Men 200 Medley Relay	2:12.32	47
Kelly, Michael W		M47
Towle, Jacob D		M40
Durban, Lars R		M49
<b>Dybdahl, Eric T</b>		<b>M46</b>
Women 200 Medley Relay	2:26.00	18
<b>Courtney, Zena H</b>		<b>F47</b>

(Continued from page 1)

The idea is to host regular "virtual dual meets" during practice. Two competing teams would each swim their races at their home pools during a regular practice session. Events would be limited so that they could be completed during a normal practice session. Times would be "handicapped" so that 75-year-old swimmers could compete against 25-year-old swimmers. That way groups of around 15 swimmers can field teams that will fill most of the event slots. Once completed, the two teams simply email their times to each other and the results are compiled. Individual and relay results, as well as team scores, can be announced at the next practice. Virtual dual meets may not have the excitement of a regular dual meet, but I think that they will offer a level of excitement above that of "time trials" and provide an opportunity for Masters swimmers to compete on a more regular basis. Please send me an email at [swimmooore@comcast.net](mailto:swimmooore@comcast.net) and let me know what you think of the concept.

Sincerely,  
  
Hugh

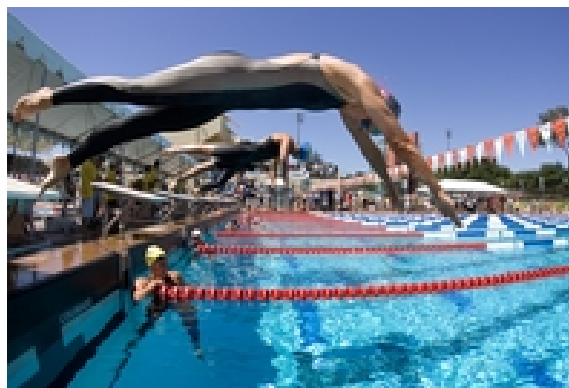
## TEAM OFFICERS

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>

(Continued from page 3)

Johnson, Janet S                    F52  
Lotts, Kelly C                         F29  
Whitney, Jamie F                    F42  
Men 200 Free Relay                 1:46.88     6  
Graham, Donald G                   M52  
Baca, Jon L                             M46  
Lautman, Scott M                    M54  
Jacobs, Ronald                        M55



Open water finishes were as follows:


Name	Sex/Age	Time	Place
Courtney, Zena	F45-49	52:30	11
Lautman, Scott	M50-59	43:41	7
Dybdahl, Eric	M45-49	50:53	28

Also, congratulations to our friends from North End Otters who placed very well, including Charlotte Davis who set another World Record

Davis, Charlotte M                    F56  
100 Free     1:07.15     2  
400 IM     6:07.72     1  
50 Fly     33.26     1  
50 Free     30.56     4  
200 IM     2:53.15     1  
Lippold, Mary B                        F50  
800 Free     10:39.81     4  
100 Free     1:06.39     5  
200 Free     2:26.14     4  
50 Free     30.02     6  
100 Fly     1:14.80     4  
McColly, Michael                        M61  
800 Free     10:56.75     8  
200 Back     2:52.08     8  
400 IM     6:10.23     5  
200 IM     2:54.33     12  
400 Free     5:11.83     4



<b>Local and Regional Events Calendar</b>					
<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	<a href="#">Entry Form</a>	Seward Park, Lake Washington	8/12/2006
August 26, 2006	Park To Park	Open Water	<a href="#">Entry Form</a>	Madison Park, Lake Washington	8/09/2006 or 8/26/2006
Sept 9-10, 2006	Orcas Open Water Challenge	Open Water	<a href="http://www.islandathleicevents.com/water-challenge/index.html">http://www.islandathleicevents.com/water-challenge/index.html</a>	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



<b>National and Postal Events Calendar</b>					
<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="#">Hugh Moore Entry Form</a>	POSTAL	12/01/2006
Jan 1 - Dec 31, 2006	2005 30-Minute Fitness Swim Challenge	POSTAL	<a href="http://www.usms.org/fitness/swim30.shtml">www.usms.org/fitness/swim30.shtml</a>	POSTAL	12/31/2006
May 15 to September 9, 2006	USMS 5k and 10k Postal Championships	POSTAL	Neil Salkind, 785-841-0947, <a href="mailto:njs@sunflower.com">njs@sunflower.com</a>	POSTAL	pending
Sep 15 to Nov 11, 2006	USMS 3000/6000 Yard Postal Championships	SCY	Max Veltman, 915-584-0227, <a href="mailto:max_veltman@yahoo.com">max_veltman@yahoo.com</a>	POSTAL	pending

SEATTLE PARKS AND RECREATION PRESENTS:

# THE 22<sup>nd</sup> 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](mailto: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
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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
AGE GROUPS:		SPECIAL <input type="checkbox"/> group prizes		
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 23<sup>rd</sup> 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](http://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 hereby 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 hereby 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 \_\_\_\_\_