

Federal Way Kings

Currents



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

FEBRUARY 2007

VOL. 9, ISSUE 2

PRESIDENT'S LETTER

By Hugh Moore

Dear Federal Way Kings,

I've been a member of Federal Way Masters for twenty-three years. I've watched the team grow from a small group of swimmers who practiced a few times a week at the Kenneth Jones Pool to over 100 swimmers, with most of our twenty weekly practices held at the prestigious Weyerhaeuser King County Aquatic Center. We have added workouts at the Kent-Meridian pool and will also start using the new Federal Way pool in a couple of months. Our coaching staff is enthusiastic and interested in our swimmers and growing the team. It's been fun to watch Wendy's enthusiasm grow over the years.

Even though I'm excited about the current status of the team, I also feel that we should periodically review what we're doing. At our February 10th board meeting, we're going to review the direction of the team. We'll include

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COACH'S COLUMN

By Wendy Neely

Federal Way Kings, Kenneth Jones is closing its doors after 36 years of operation. This will be a joyous yet sad day when it closes. For many of you who are new to our team Kenneth Jones is where it all started for Federal Way Masters in 1974. We all will hold fond memories of hot water, large hairballs and humid air close to our hearts.

This pool is a funny place. I always have mixed feelings yet the fondest kid memories of this pool. On most days it has to be the hottest, most humid over-chlorinated swimming pool ever invented. When we have a visitor in from anywhere else they assure me their pool is worse. On other days it was the pool of firsts: learning to swim, getting my chubby 5 year old elbow stuck in the gutter, hitting my head on the bottom of the pool in the ever so shallow end and many joyous times with friends.

As I coached a high school workout at KJ last Friday I watched the high

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**Bellevue Club SCM
Entries Due By
Wednesday,
February 7, 2007.
Get your entries in
right away!**

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- ### TEAM OFFICERS
- President: Hugh Moore
 - Vice President: Gregg Metzler
 - Secretary: Judy Williams
 - Treasurer: Holly Bork
 - Membership: Julie Fay
 - Webmaster: Dan Smith

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



2007 USMS SHORT COURSE NATIONALS

Spring Nationals is getting progressively closer, now is the time to set your goals to compete at it and start using it as motivation in your workouts.



Remember, you can swim up to three events without worrying about qualification times, so every should consider taking part in this National competition right in our own home pool.

With PNA hosting two major meets at KCAC this spring there is a great need for volunteers and also there is a great opportunity for clubs looking to earn money by supplying timers for these meets.

PNA Championships is a two day meet on April 14-15, 2007 and will require 5 hours of timing each day. Masters SCY National Championships is a four day meet on May 17-20, 2007 and will require around 8 hours of timing each day.

We will need 32 timers each day as these Short Course Yard meets will be run simultaneously in both pools. PNA Masters Swimming will pay \$5.00 per hour per timer.

If your club is interested in providing timers for either or both of these meets, please contact:

Walt Reid, PNA Chief Timer
 Email: walt.reid@comcast.net
 Phone: 253-588-4879

ONE HOUR POSTAL SWIM AT KCAC

The hour swim is the most popular USMS Postal Event offered each year with thousands of people taking part. It basically consists of a swimmer, a counter and a lane to yourself. You swim as far as you can in one hour. While many of us groan when we do 30 minute or 2000 yard swims in practice, we still turn out well for this swim every year.

The one hour swim is a great opportunity to set a pace for yourself and challenge yourself to hold it. On the surface it may seem boring, but it is actually a very engaging event. You focus on walls and turns, think about stroke count and pace and find that an hour goes by quickly when you are pushing yourself through this challenge. You find your inefficiencies very quickly and are able to try to maintain all the things that coach Wendy has been telling us, good streamlines, keep your core tight, head in line with your spine, no breathing off the walls. All these things, while important in any race, really add up in a one hour swim.

The one hour swim is also a great opportunity to chart your progress (or how well you are holding off the decline) each year. In meet events, you can have good or bad races, but the one hour swim is a pretty clear indicator of your current level of conditioning. Many swimmers also find that because of the extended opportunity to feel the water in a race-like atmosphere, you notice how the race improves your practices in the following week. Of course, anything at practice feels easily after you have swum hard for an hour straight!

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discussions on workouts and team growth (Are we offering the proper number of practices and lanes each week? Should we add more practices?); social activities (Should we offer more group activities and/or activities for each workout group? Should we have more fund raisers?); motivation and competition (Are we offering enough events or too many events?); hosting events (Do we have enough resources to continue to run events such as Champs and the Check-off Challenge, Should we host an open water event or postal event?).

This will be a brainstorming session and I'd like feedback from our members. The meeting will start at 8:30 a.m. following practice. Let me know if you're interested in attending or of any ideas that you have. You can email me at swimmoore@comcast.net.

Sincerely,

Hugh

CHECK-OFF CHALLENGE



You have all year to complete the swim, but time is running out on the deadline to get your T-Shirt!

Get your entry form in by February 28th in order to get your check-off challenge T-Shirt.

Support our team and support yourself with a very attainable goal for 2007.

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Federal Way Kings came together to swim the 30th annual one hour swim on Sunday, January 14, 2007. Wendy made arrangements to make KCAC available and it was a solid turnout of swimmers that took advantage of it.

The first wave of swimmers started their hour at 11:30, while the other swimmers counted for them. An hour later, the swimmers and the counters traded places and the second wave started at 12:40.

The day was sunny and the swims were solid. Many swimmers had their best distances every. Individual entries will be sent in as scored by March 9, 2007. Many swimmers sent their entries into PNA as well where they are combined with others into men's, women's and mixed relays to be sent in and scored.

Congratulations to all who participated:

- ◆ **Greg Collins**
- ◆ **Zena Courtney**
- ◆ **John DeWit**
- ◆ **Cathy Doonan**
- ◆ **Eric Dybdahl**
- ◆ **Carolyn Euker**
- ◆ **Hugh Kimball**
- ◆ **Scott Lautman**
- ◆ **Arni Litt**
- ◆ **Hugh Moore**
- ◆ **Kathy Rogers**
- ◆ **Dan Smith**
- ◆ **Phil Spencer**
- ◆ **Judy Williams**



FOUR HOURS, FOUR STROKES

The one hour swim entry had a paragraph that caught the attention of four swimmers on our team:

FUN AWARDS: *Awarded to each relay of four, same club, who completes a One Hour Medley Relay, swimming all four strokes. Each of the swimmers must complete his/her entire hour swim in a different stroke, free, back, breast or fly.*

While it may be argued that swimming a stroke for a solid hour is no fun, you wouldn't have heard that from four swimmers who decided to take this idea and swim with it. With some encouragement and gentle arm twisting, the Federal Way Kings put together a relay of four swimmers: Paul Stoermer, backstroke; Dan Smith, breaststroke; Eric Dybdahl, butterfly and Phil Spencer, freestyle.

Phil, Dan and Eric all swam a one hour freestyle with the team on Sunday, January 14th. Phil had one of his best hour swims every and felt very pleased with it. He focused on stroke count rather than pace clock and held a smooth fast past throughout the swim, finishing with 4,840 yards.

On Wednesday, January 24, Eric and Paul took their respective strokes on a one hour journey during early morning workout. Paul looked cool and composed as he swam his backstroke hour, and his first words after finishing were, "it was fun". Seems like the entry form was right.

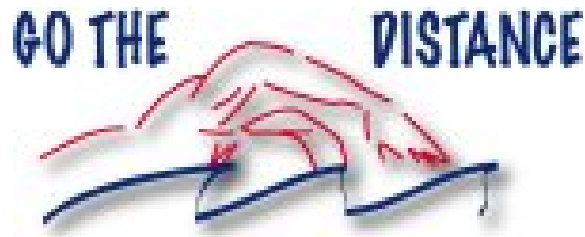
Watching Eric's hour of butterfly was simply amazing. It was like the proverbial parent who would say, "now this is going to hurt me a lot more than it is going to

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GO THE DISTANCE WITH USMS

Many athletes, swimmers included love to keep logs. Logs of how many workouts they have attended, how many yards they have swum, logs of times, personal journals, milestones and other accomplishments. Keeping logs helps you to chart accomplishments, remember goals and measure your improvement.

Many of us have our own Microsoft Excel spreadsheets where we enter our daily time and have it give us our yards, accumulative totals, highs, lows, averages and any other statistics we find interesting.



Recognizing this, USMS has come up with a very useful new fitness event called Go The Distance. The objective of this event is for participants to track the distance they swim during the year 2007. When participants achieve specific distance milestones of 50 miles, 100 miles, 250 miles, 500 miles, 750 miles and 1000 miles – they will be recognized on the USMS website and awards will be available for purchase (for a minimal fee). There is no cost to enter this event and the spreadsheet is downloadable from www.usms.org or www.fwmasters.com.

Whether you keep your own log, or have never logged your yardage, you should consider downloading this and trying it out. It will amaze you at just how far you swim each year, and it will also provide additional motivation to be consistent in getting to workouts.



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school boys who were warming up all disappear to the center bottom of the pool. Inquisitively, I stared wondering if someone was having a medical emergency. Seconds later I witnessed a handful of guys come up screaming like a bunch of squealing girls because of the gigantic hairball on the bottom of the pool. After the discovery was the clever ways on how and who was going to get the hairball out! This event gave me deja-vu back to the good old days of the hair balls on the bottom and the ones that would get stuck and drag off of the rubber of our hand paddles. The hairballs are so gross, but are such amazing entertainment!

All in all this pool has been the staple of our team's existence. If we didn't have KJ to complain about we wouldn't have a swim team to share our complaints with.

Come join us for our last Saturday practice on February 10th and a wait the opening day of the new Federal Way Pool!

Sincerely,
Wendy

NEW POOL

Until further notice workouts at [Covington Aquatic Center](#) are being moved to [Kent Meridian Pool](#). This is still a great opportunity for those on the East Hill of Kent to swim with Masters and experience quality coaching and quality workouts.

[Kent Meridian Pool](#)
25316 101st Ave. SE
Kent, WA 98030
253-854-9287

M-W-F
5:30 - 6:30 am

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hurt you". We were watching and counting and imagining how much it would hurt us, all the while Eric was smooth and in control for the entire hour. He held a steady pace and never stopped at even one wall for a breather. He had a very smooth glide into each stroke and was able to maintain form without ever showing any signs of "survival fly".

Eric got fifty yard ahead of Paul during the first forty-five minutes. In the last fifteen minutes Paul picked up the pace and the two of them finished strong and together, finishing at 3,740 yards

On Friday, January 26, Dan finished up the medley relay with an hour of breaststroke. Swimming an hour of breaststroke means Dan spent 1/3 of the hour underwater and had to deal with more torque in the knees. After holding a steady pace it looked like he was going to break 4,000 yards but came up just 20 yards short, finishing at 3,980 yards. Looks like the making of a sequel.

Fun? Yes. Even though the soreness hung around a lot longer than a freestyle hour, they are already talking about strategies to improve on those "stroke hour" swims. Let us know how the "fun awards" turn out!



Paul Stoermer, Dan Smith, Eric Dybdahl and Phil Spencer swim Federal Way Kings first-ever one hour medley relay



Local and Regional Events Calendar					
Date	Event	Type	Contact or Link	Location	Entry Deadline
Feb 18, 2007	PNA LMSC Bellevue Club Meet	SCM	Entry Form or email coryh@bellevueclub.com	Bellevue Club Pool, Bellevue, WA	2/07/2007
April 14-15, 2007	PNA Champs	SCY	Pending	Weyerhaeuser King County Aquatic Center, Federal Way, WA	TBD
National and Postal Events Calendar					
Date	Event	Type	Contact or Link	Location	Entry Deadline
Jan 1 - Dec 31, 2007	USMS Check-off Swim Challenge	POSTAL	Hugh Moore Entry Form	POSTAL	2/28/2007
Jan 1 - Dec 31, 2007	Go The Distance	FIT-NESS	Entry Form Spreadsheet	POSTAL	the 5th following each month
May 15 - Sep 15, 2007	USMS 5 and 10 Km Postal Championships	POSTAL	Susan Ingraham 210-493-0388 aquatex101@aol.com	POSTAL	9/15/2007
May 17 - 20, 2007	USMS National Short Course Championships	SCY	Entry Form or Online starting 2/1/07	Weyerhaeuser King County Aquatic Center, Federal Way, WA	4/05/2007

QUOTE CORNER

"The water is your friend.....you don't have to fight with water, just share the same spirit as the water, and it will help you move".

Alexandr Popov

"Body does what mind prefers."

Lenny Krayzelburg

"If you're not on your 'A' game in your workouts every day, you're going to get absolutely smoked."

Michael Phelps

"I enjoyed every bit of my swimming career. I think that's the most important advice — to enjoy what you do".

Summer Sanders 1992 double gold medalist



**Federal Way Kings
Masters Swimmers present a challenge to
your swimming abilities:**

Sanctioned by the Pacific Northwest LMSC for USMS, Inc.
#367-F01

Visit 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 2007 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 2007. 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 (aka Yellow Jersey).

When do I receive my T-shirt?

The event is open to registered Masters swimmers. Enter by filling out the entry form included below. Shirts will be mailed in mid-December for entries received by December 1, 2006 so that swimmers will receive them by the first of the new year. A second mailing will occur in mid-March, 2007 for entries received by February 28, 2007. T-shirts are yellow short-sleeved cotton with two-color, black and white design. The logo will be on the front and the list of events on the back.

Event Director

If you miss the February 28 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

2007 Check-Off Challenge Entry Form

Name _____ Club or workout group _____ DOB _____

Address _____ City _____ State ____ Zip _____

Phone _____ Email address _____ Registration # _____

T-Shirt		Mail this form and your check to:	
Size	Qty	Price	Total \$
S	___	@ \$15	_____
M	___	@ \$15	_____
L	___	@ \$15	_____
XL	___	@ \$15	_____
XXL	___	@ \$17	_____

Holly Bork
6233 S 233rd St
Kent, WA 98032
Make checks payable to “Federal Way Masters”

Liability Release

WAIVER: I, the undersigned participant, intending to be leally 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: _____

SIGNED: _____ DATE: _____

2007 USMS NATIONAL SHORT COURSE CHAMPIONSHIPS OFFICIAL ENTRY FORM

Sanctioned by the Pacific Northwest Association of Masters Swimmers for USMS, Inc. - Sanction number 367-002

Last name:* _____ First: _____ MI: _____
 Street Address: _____ City: _____ State: _____ ZIP: _____ Country: _____
 E-Mail: _____ Day Phone: _____ Eve.Phone: _____
 Emergency contact: _____ Phone: _____ Age: _____ (on 5/20/07)** D.O.B: _____ Sex: _____
 Club Name or Unattached: _____ USMS or International Reg. #: _____
 * Print name as it appears on USMS registration card. ** 18-year-olds must be 18 on 5/16/07

Before completing, read meet information on previous page. Check in for all deck-seeded events.

Check-in for Thursday starts **THE DAY BEFORE** and ends at 7 a.m. on Thursday for the 1000, and one hour before the start of the 1650. Check-in for all Friday through Sunday events ends at 11 a.m. the day of the event.

Event #	Entry Time Women	Date	6	Event	Event #	Entry Time Men	Date	6
Thursday, May 17, 2007				Warm-Up 6:30-7:50 a.m.	Start 8:00 a.m.			
2				1000 Freestyle**	1			
4				1650 Freestyle**	3			
Friday, May 18, 2007				Warm-Up 6:30-7:50 a.m.	Start 8:00 a.m.			
6				100 Butterfly	5			
8				50 Breaststroke	7			
10				100 Backstroke	9			
12				200 Freestyle	11			
13/14	See Relay Form			200 Mixed Medley Relay	13/14	See Relay Form		
16	See Relay Form			200 Free Relay	15	See Relay Form		
18				400 IM	17			
Saturday, May 19, 2007				Warm-Up 6:30-7:50 a.m.	Start 8:00 a.m.			
20				100 IM	19			
22				200 Butterfly	21			
24				50 Backstroke	23			
26				100 Freestyle	25			
28				200 Breaststroke	27			
30	See Relay Form			200 Medley Relay	29	See Relay Form		
32				500 Freestyle (Women)				
Sunday, May 20, 2007				Warm-Up 6:30-7:50 a.m.	Start 8:00 a.m.			
34				200 Backstroke	33			
36				50 Freestyle	35			
38				200 IM	37			
40				50 Butterfly	39			
42				100 Breaststroke	41			
43/44	See Relay Form			200 Mixed Free Relay	43/44	See Relay Form		
				500 Freestyle (Men)	45			

**You may enter either the 1000 and 1650 Free, but not both.

WEYERHAEUSER KING COUNTY AQUATIC CENTER
 Federal Way, Wash.
 May 17-20, 2007

ENTRIES MUST BE U.S. POSTMARKED BY APRIL 5, 2007, OR RECEIVED BY APRIL 12, 2007.

- ENTRY CHECKLIST**
- Entry form filled out completely?
 - "Date" and "6" events clearly marked? (Date is for NQTs that have been met. Mark "6" only if entering six events.)
 - Seed times in proper columns?
 - No more than three events per day entered?
 - Liability release signed and dated?
 - Fees payable to "USMS" enclosed?
 - International registration card attached?
 - SASE enclosed? (Indicate purpose on envelope.)
 - Entry postmarked by April 5, 2007, or received by April 12, 2007, deadline?
- Questions?** Call 253-759-4956 (before 9 p.m. PT)



FEES:
 Meet Surcharge (required for all events) . . . \$40
 Number of Individual Events . . . x \$4 _____
 Final Results x \$15 _____
 Social x \$35 _____
 Gold Medal Sponsor x \$65 _____
TOTAL FEES ENCLOSED _____
 Check or money order payable to
United States Masters Swimming

Internet entries will be accepted starting Feb. 1, 2007. Please see www.usms.org for additional information.
Liability 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, 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."

Signature: _____
Date: _____