

# Federal Way Kings

## Currents



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

OCTOBER 2007

### PRESIDENT'S LETTER

By Hugh Moore

Federal Way Kings,

I just returned from Southern California where I attended the USMS annual meeting. As chairman of the USMS Communications Committee, I had the honor of announcing this year's recipient of the USMS Newsletter of the Year Award. USMS has been presenting this awards since 1994. It is given annually to the most outstanding LMSC or club newsletter. This year's recipient is Oregon's newsletter, The Aquamaster, edited by David Radcliff. I was told by the selection committee that they looked at 260 newsletters before selecting 20 semi-finalists and then three finalists. It was with great pride that I was able to announce that the runner-up was the Federal Way Kings newsletter. Please take time to congratulate Dan Smith for his outstanding efforts. Between this recognition

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### COACH'S COLUMN

By Wendy Neely

Federal Way Kings,

As you all know we have been working on distance per stroke (DPS). We have been doing this in slow repetitive sequence so we can erase old muscle memory and create new memory!

**Swim the 3000 or 6000 yard Postal Swim by November 15th. Tell the coach if you are interested. With enough interest we may make it a team happening.**

With DPS comes the Early Vertical Forearm (EVF) or catch. As the word implies, the "catch" involves some kind of hold on the water. A study of the mechanics and science of the pull phase of the stroke indicates that the arms are in their most propulsive position when the forearm is vertical, and the sooner the swimmer engages the vertical forearm, the more propulsive will be the pull.

As all of you have realize the EVF is not for wimps! While doing EVF you are holding onto the water which is exhausting, but so rewarding! Try EVF out of the water for 5-10 seconds. Just hold your

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### TEAM OFFICERS

- President: Hugh Moore
- Vice President: Gregg Metzler
- Secretary: Judy Williams
- Treasurer: Holly Bork
- Membership: Julie Montiel
- Webmaster: Dan Smith

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



## FEDERAL WAY KINGS IN THE NEWS

By Dan Smith

Congratulations to many of our Federal Way Kings who have been in the news lately, promoting swimming, fitness and a healthy lifestyle:

**Zena Courtney** took part in the Tour De Mercer, a 13.12 mile swim which takes place over six days within two weeks and circumnavigates Mercer Island. Though she didn't win the coveted "yellow thong", there is always next year! Check it out at <http://www.freewebs.com/tourd Mercer/>

**Paul Stoermer, LeaAnn McGhie-Stoermer** and **Zena Courtney** all competed in the Long Bridge swim, a National Open Water Championship swim in Idaho. Zena took second place in her age group and all were pleased with their swims.

**Scott Lautman** swam two events at Long Course Nationals at The Woodlands, Texas, and came home with two first places in the 100 and 200 Fly. He also spent a good portion of time swimming over in Europe on a 'swimming safari'.

**Jane Moore** was quoted in Better Homes and Gardens this year as a representative of the USMS Sports Medicine Committee. They ran an article on Fitness about how Summer is for Swimming. Don't we all know it!

**Aaron Scheidies** who has been training with us in the evenings, became the first blind triathlete to finish an Olympic-distance triathlon in under two hours Sunday, October 14, 2007, finishing the U.S. Open Triathlon in one hour 58 minutes eight seconds. Check it out at [http://www.thespec.com/Wire/Sports\\_Wire/article/266178](http://www.thespec.com/Wire/Sports_Wire/article/266178)

**Karen Kuykendall** had a nice write up about her triathlon training and how the Federal Way Masters program has helped her improve her swimming. Kuykendall credits Neely's team in large part with helping her complete Ironman Coeur d'Alene on June 24. She set a goal time of 15 hours to finish the 2.4-mile swim, 112-mile bike ride and 26.2-mile marathon. She very nearly hit it right on, crossing the line in 15 hours, 4 minutes. Check it out at <http://www.kentreporter.com/jumpstory.html?story=sports1&pubdate=7/7/2007>

**Jim Mays** also had an article written about him in the Auburn reporter detailing his improving swimming skills in his triathlon competitions. "Wendy was able to bring out the natural swimmer in me. "Having been in triathlons for years and years, I know a lot of people. And a lot of them (who remember his slower swimming days) are coming up to me and saying, 'What are you doing?'. Check it out at <http://www.auburnreporter.com/jumpstory.html?story=sports1&pubdate=7/7/2007>



**Don't forget to set your clocks  
back 1 hour on  
Sunday, November 4, 2007  
at 2 a.m.**

**PRESIDENT'S LETTER, Continued**

and the compliments on the Nationals News, Dan is getting much-deserved recognition at the national level.

USMS is focusing on providing more member benefits. Over the past few years USMS has added new staff, including most recently an Executive Director. A couple of years ago we changed our magazine publisher and gained more control of the content. I've heard that many members appreciate the quality of USMS Swimmer magazine.

USMS also has a great website and is working on expanding the way it uses Information Technology. We are working toward on-line registration. Additionally, on-line meet entries should be available for most meets within a couple of years. This

should not only make it easier to enter meets, but make it easier for meet hosts to conduct meets.

Another often forgotten benefit of being a USMS member is insurance, both liability and secondary accident insurance. Over the next few years USMS is planning to expand its efforts in helping teams and LMSCs prosper.

With the efforts to provide improved benefits and inflation, annual fees for USMS/PNA will need to be increased from \$35 to \$40 in order to balance the budget. I think that the \$40 is a great investment and hope that you all agree.

Hugh

**COACH'S COLUMN, Continued**

arms out in front of you at a 90 degree angle. Feel the burn? It is amazing how challenging it is on dry land let alone with applied force.

Remember while doing EVF you are engaging core muscles and are taking the brunt of the work load directly off the shoulders and relying on larger muscles for stabilization. Please take a look at the link below on Shoulder exercises! These are some great exercises provide by USA swimming for the "healthy" shoulder for injury prevention.

Funny thing is we want to fix our injured shoulder, so why don't we want to learn to protect your shoulders?

Also take a look at the EVF video footage at the links below!!! You can really see how impressive the EVF done well. By looking at the other strokes you can see the EVF is needed in all strokes.

Wendy

*If you have problems typing in these links, they can also be found on the first page of our website at [www.fwmasters.com](http://www.fwmasters.com)*

**Shoulder Exercises:** <http://www.usaswimming.org/USASWeb/ViewMiscArticle.aspx?TabId=445&Alias=Rainbow&Lang=en-US&mid=700&ItemId=700>

**Early Vertical Forearm Examples:**

**Freestyle:** <http://www.nyhoff.net/swimcity/Crawl-SwimcityMediaCentre-BennettGold&PollBronze400mSydney2000.mpg>

**Backstroke:** <http://www.nyhoff.net/swimcity/Backstroke-SwimcityMediaCentre-BethBotsfordGold100m19Atlanta1996.mpg>



## Local and Regional Events Calendar

Date	Event	Type	Contact or Link	Location	Entry Deadline
Jan 1 - Jan 31, 2008	USMS 2008 One Hour Postal Championships	POSTAL	Mel Goldstein, 317-253-8289, <a href="mailto:goldstein@sbcglobal.net">goldstein@sbcglobal.net</a>	POSTAL	2/05/2008

## National and Postal Events Calendar

Date	Event	Type	Contact or Link	Location	Entry Deadline
Jan 1 - Dec 31, 2007	Go The Distance	FIT-NESS	<a href="#">Entry Form</a> <a href="#">Spreadsheet</a>	POSTAL	the 5th following each month
Sep 15 - Nov 15, 2007	USMS 3000 and 6000 Yard Postal Championships	POSTAL	<a href="#">Entry Form</a> Jeff Erwin, 208-389-9847, <a href="mailto:rudder-boy@aol.com">rudder-boy@aol.com</a> ; Jill Wright, 208-338-5287, <a href="mailto:swimjmw@aol.com">swimjmw@aol.com</a>	POSTAL	11/25/2007

**\*\* NOTE:** To open Entry Forms using links, go to our website at <http://www.fwmasters.com/calendar>



*This is what the Aquatic Center looked like Thursday, September 20th. At the conclusion of morning workout, all the power went out. No emergency lights, no warning, just the eerie glow of green exit lights. The lights came on for a second and we started a kick set but could only get 12 yards in before the power was out again. At least the lifeguards had a few flashlights to take into the locker rooms!*

**FEDERAL WAY KINGS MEMBER BUSINESS DIRECTORY; A-M**

Below is a new feature listing businesses of team members. Swimmers, especially lane-mates, are a close, friendly group and I have often noticed many of us who would love to have fellow swimmers help them out once they are aware of what they do for a living.

Do you have a business, service, idea or skill that you would like to make known to other Federal Way Kings? You can put your business contact information here for free.

Send your info to [greysmoke@juno.com](mailto:greysmoke@juno.com) and next month see your names in print. (at least in pixels)

Business	Swimmer/Email/Web	Address / Description	Phone	Fax
<b>American Drapery, Blind and Carpet</b>				
	Don Williams donw@american-drapery.com www.freeinhome.com	700 S 3 <sup>rd</sup> Street in Renton, WA 1555 N.W. Market Street, Seattle WA 7990 Leary Way in Redmond, WA <i>We have been in business 54 years. We sell and install custom drapery treatments, mini blinds, cellular shades, vertical blinds and wood blinds all made in our factory. We furnish and install all lines of carpet, vinyl flooring, laminate and wood floors. We sand and refinish hardwood floors. We offer free in-home estimates.</i>	425-981-4642	425-277-2244
<b>Bell'adesso Day Spa &amp; Personal Fitness Training</b>				
	Karen A Kuykendall karen@belladesso.com www.belladesso.com	PMB 123 26828 Maple Valley Hwy. Maple Valley, WA 98038 <i>Lifestyle &amp; Weight Management Consultant</i>	206-423-4518 425-432-8787	
<b>BK Business Systems</b>				
	Dan Smith dans@bkbusiness.com  www.bkbusiness.com	14241 Ambaum Blvd SW Seattle, WA 98168 <i>Specializing in supporting small business computing needs, we service all areas of information technologies from building workstations and servers, installing and maintaining networks, custom programming, web-site development, repairs and consulting services.</i>	206-246-2525 206-356-1663	206-246-5102
<b>CM Travel</b>				
	Linda E. Sullivan CMAgentLinda@aol.com  <a href="http://www.cmagent.net/lindas.html">http://www.cmagent.net/lindas.html</a>	<i>I am a CM Travel Consultant. I can meet or beat Internet sites and provide the service they are lacking. A straight 15% from the commission is now being offered and donated to our Fun Fundraiser for Coach Wendy's travel in team events. Such as the latest one in consideration ~ Bonaire Eco swim November 10th. Contact me if you are interested!</i>		
<b>Ecoquest International/Independant Dealer</b>				
	Paul Stoermer paulandlee@earthlink.net	5509 55th St Ct West University Place, WA. 98467 <i>I am an Independent Dealer for high-tech Air and Water Purification Systems and eco-friendly Laundry Pure system</i>	hm: 253-476-1172 cell: 253-227-6919	

**CONTINUED ON NEXT PAGE**



## FEDERAL WAY KINGS MEMBER BUSINESS DIRECTORY; F-Z

Business	Swimmer/Email/Web	Address / Description	Phone	Fax
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## Freeborn Law Offices, P.S.

Stephen L. Freeborn	freebornlaw@qwest.net	33516 9th Avenue South #6 Federal Way, WA 98003 Federal Way, WA 98003	253-661-0200 206-624-5313 206-624-5313	253-838-0202
<i>General law practice: criminal defense, debtor/creditor bankruptcy issues; business and contract law, landlord-tenant law, restrictive covenants and homeowner associations; homeowner property/boundary disputes. My wife, Sue - also an attorney - specializes in wills and estate issues, guardianship law and also her masters in clinical counseling with 3 offices, Seattle, Federal Way, and Enumclaw.</i>				

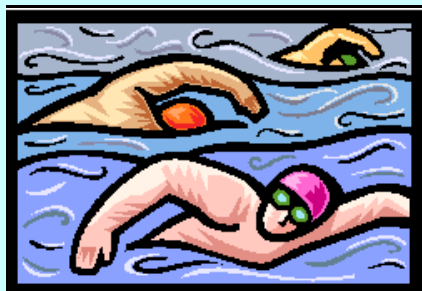
## St. Joseph Medical Clinic

Greg Collins, LMP	notmaui06@earthlink.net	1708 South Yakima Ave. suite 110 Tacoma, WA. 98405	253-593-8449	253-502-5977
<i>Greg specializes in deep tissue massage, with an emphasis on Trigger Point Therapy. He has spent the last 12 years practicing preventive and remedial treatment of muscles and soft tissue for the management of pain, stress and soft tissue injuries. Greg is a past member of the AMTA National Sports Massage Team, and the Washington State Sports Massage Team. Greg was director of Massage Services for the 2001 USMS Long Course Nationals.</i>				
<a href="https://www.fhshealth.org/doctor/doctor.asp?ID=1382">https://www.fhshealth.org/doctor/doctor.asp?ID=1382</a>				

## Weekenders consultant

Zena Courtney	zenacourtney@hotmail.com	Corporate: www.weekendersusa.com	Personal: www.weekendersusa.com/ warriorprincess	hm:253-927-3695 cell:206-715-4733
<i>Free personal wardrobe consult/sales for stylish, easy care, wash and wear Weekenders womens fashions and Cookie Lee jewelry. Shopping in your own home building on your current wardrobe, sizes XS-XXL. Ingeniously inter-mingle work, dress, and play wear to maximize your wardrobe dollars.</i>				

STEEL LAKE IS BRRR COLD!!!

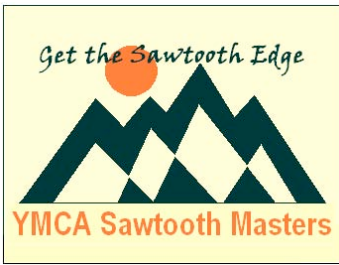


## OPEN WATER TRAINING

Another season of Open Water swimming has come and gone at Steel Lake.

Thank you's to Malcolm and Wendy who came out and encouraged us, challenged us, and gave us this opportunity to experience this aspect of swimming.

Many new 'converts' were won over to open water swimming this summer.



# 2007 USMS POSTAL 3000-6000 YARD NATIONAL CHAMPIONSHIPS

Sponsored by YMCA Sawtooth Masters Swim Club  
Sanction #597-001

**DATE:** All swims must take place between September 15, 2007 and November 15, 2007.

**OBJECTIVE:** To swim 3,000 or 6,000 yards. The recorded time determines the order of finish. If two or more swimmers report the same time, a tie will be declared.

**LOCATION:** Any 25 or 50 yard pool.

**ELIGIBILITY:** Each participant must be registered for 2007 with USMS (or the equivalent organization for non-U.S. swimmers). **A copy of your 2007 USMS registration card must accompany your entry.**

**INDIVIDUAL ENTRIES:** Men and women compete separately in age groups of five-year increments: 18-24, 25-29, 30-34,...100+. The swimmer's age group will be determined on the day he or she actually completes his/her swim. Swimmers who change age groups during the meet may enter twice, but must swim the event twice (once in each age group).

**TEAM ENTRIES:** Team events will be contested in three categories: 3 men, 3 women, 4 mixed (2 men, 2 women). Each team member must enter the individual event and be registered with the same club. Unattached teams are not permitted. The youngest team member's age shall determine the team's age group. Age groups are 18+, 25+, 35+, 45+, . . . 95+. The cumulative time for individual swims will be the team time.

**FEES:** \$10 for each individual entry (\$15 for non-US swimmers) and \$18 for all team entries. Fees are non-refundable and are payable by check or money order only – no cash. Foreign entrants must submit fees in U.S. Funds via internal money order or bank check drawn on a bank with a U.S. affiliate. **Entries must be received by November 25<sup>th</sup>, 2007.**

**SCORING:** Each Club will be entered automatically in the Club scoring. Club point scoring will be calculated based on Quality Points, which are ratios of each individual time to the corresponding USMS Record for the gender & age group. The faster the swim the more Quality Points a swimmer earns. Club totals will be the sum of the Quality Points of its swimmers. Since every swimmer will receive Quality Points, every swimmer counts!

**AWARDS:** The top six finishers in each age group in the individual and top three in the team events will receive USMS Long Distance National Championship medals. First place finishers in each individual and relay age group will also receive a USMS championship patch. Only one patch per event will be awarded. Awards will be presented to top three teams in each division.

**RULES:** The 2007 USMS Rules govern these events. Drafting, flotation, and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. No more than two swimmers may share a lane, with each swimming on one side of the lane during the entire race (i.e. no circle swimming). An adult acting as a start/head timer/referee shall be present at all times during the swim. Each swimmer must have a verifier to count laps, record cumulative splits and time the event with a stop watch. Times must be recorded to the nearest hundredth of a second. The verifier must sign the official entry form. One person may serve as a counter for no more than two swimmers per heat. **Swimmers submitting incomplete entries will be contacted by collect phone call or e-mail.**

**T-SHIRTS/CAPS:** A 2007 USMS 3000/6000 Postal National Championship T-shirt is available at a cost of \$17 and a cap for \$6. (International orders please add U.S. \$5 postage for each shirt).

**RESULTS:** Complete results will be available by mail or via the internet. Awards will be mailed by December 25, 2007.

**QUESTIONS:** Contact event director, Jeff Erwin, 4361 N. Cartwright Rd., Boise, ID, 83714 at 208-389-9847 before 9:00pm MST or email: rudderboy@aol.com.

\*\*\*\*\*

## Relay Entry Form – Use only for relay entries (please print clearly)

**Relay Type:** Age Group \_\_\_\_\_ F M Mixed  
(↑circle one↑)

Club Name: \_\_\_\_\_ Club Abbr. \_\_\_\_\_

Contact Person: \_\_\_\_\_ Mail results/awards to: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ County: \_\_\_\_\_

Swimmer #1 \_\_\_\_\_ M or F (circle one) Age \_\_\_\_\_ Time: \_\_\_\_:\_\_\_\_.\_\_\_\_

Swimmer #2 \_\_\_\_\_ M or F (circle one) Age \_\_\_\_\_ Time: \_\_\_\_:\_\_\_\_.\_\_\_\_

Swimmer #3 \_\_\_\_\_ M or F (circle one) Age \_\_\_\_\_ Time: \_\_\_\_:\_\_\_\_.\_\_\_\_

Swimmer #4 \_\_\_\_\_ M or F (circle one) Age \_\_\_\_\_ Time: \_\_\_\_:\_\_\_\_.\_\_\_\_

Total Team Time: \_\_\_\_:\_\_\_\_.\_\_\_\_

Team Entry Fees: U.S. \$18 Payable in U.S. \$ check or International Money Order ONLY

# 2007 USMS Postal 3/6000 Yard National Championship Individual Entry Form – PLEASE PRINT

**Please Note:** Only entries accompanied by a 2007 USMS card will be treated as official and be eligible for awards and results. All other entries will be considered "unofficial."

Name: \_\_\_\_\_ M F (Circle One) Age: \_\_\_\_\_ Birth date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Address: \_\_\_\_\_ Club: \_\_\_\_\_ Abbr: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Country: \_\_\_\_\_ USMS# \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ E-mail address: \_\_\_\_\_

Name of your timer/counter: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

**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 LOS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OR THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC.; THE LOCAL MASTERS SWIMMING COMMITTEE; THE CLUB; 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."

I certify that I have read the rules of this event and on \_\_\_\_/\_\_\_\_/2007, I swam 3000/6000 yards

in the time of: \_\_\_\_:\_\_\_\_:\_\_\_\_. at (pool location/address) \_\_\_\_\_

Signature of Swimmer: \_\_\_\_\_ Timer \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/07

Check which USMS Postal Events you have entered this year? 1 Hour \_\_\_\_ 5K \_\_\_\_ 10K \_\_\_\_ 3000 \_\_\_\_ 6000 \_\_\_\_

**Results:**

Electronic results via email **OR**

Paper results via US Postal

**Awards:** check if you **do not** wish to receive your

Championship Medal

Patch

**Be sure to include:**

1. Photocopy of 2007 USMS registration card  
**TAPE OR STAPLE HERE!**
2. Complete form and split sheet
3. Check payable to SAWS

**Send to:** Sawtooth Masters 3000/6000  
4361 N. Cartwright Rd.  
Boise, ID 83714 USA

**ALL ENTRIES MUST BE RECEIVED BY  
November 25, 2007**

\_\_\_\_ = \$10 individual entry fee U.S. (\$15 international)

\_\_\_\_ = \$18 team entry fee per team

\_\_\_\_ = \$17 for each t-shirt (\$22 foreign) Size M \_\_\_\_ L \_\_\_\_ XL \_\_\_\_ XXL \_\_\_\_

\_\_\_\_ = \$6 for each cap

\_\_\_\_ = **TOTAL** enclosed with entry

SPLIT SHEET: Record CUMULATIVE (not split) time for each 50 yards (to 10ths) and final time (to 100ths).										
50		1050		2050		3050		4050		5050
100		1100		2100		3100		4100		5100
150		1150		2150		3150		4150		5150
200		1200		2200		3200		4200		5200
250		1250		2250		3250		4250		5250
300		1300		2300		3300		4300		5300
350		1350		2350		3350		4350		5350
400		1400		2400		3400		4400		5400
450		1450		2450		3450		4450		5450
500		1500		2500		3500		4500		5500
550		1550		2550		3550		4550		5550
600		1600		2600		3600		4600		5600
650		1650		2650		3650		4650		5650
700		1700		2700		3700		4700		5700
750		1750		2750		3750		4750		5750
800		1800		2800		3800		4800		5800
850		1850		2850		3850		4850		5850
900		1900		2900		9003		4900		5900
950		1950		2950		3950		4950		5950
1000		2000		3000		4000		4000		6000