



PNS

Athlete Newsletter



TM

Issue X November 2011

SPECIAL EDITION

10th Issue!

For this monumental issue, we will be highlighting some of the lesser-known and interpretive rules of swimming.

Look for the Rules Quiz on the bottom of each page, and see if you know the answers! Send your answers to

athleterepl@pns.org. Anyone who correctly answers every question will be featured in the next issue. For hints, "like" the USA Swimming Officials Facebook Page [here](#).

QUOTE OF THE ISSUE

"Success is doing better than what you thought was your best."

-KIM GANSNER & WILLIAM BOURNE

Note from the Editor

Recently, it was brought to my attention that members from at least ten other LSCs across USA Swimming are reading this Newsletter every month. I would personally like to thank you for your interest in this Newsletter, and we hope that it provides you with knowledge, news, stories, humor, and trivia about swimming. Along with the normal LSC news, this Newsletter will now also include more USA Swimming news. To our members and contributors from this LSC, Pacific Northwest Swimming (For those of you not from WA, that's what the "PNS" stands for), please continue to submit material and news updates about your athletes from all across PNS; our athletes deserve to be recognized for their accomplishments.

As of this issue, I would like to extend the offer of publishing material submitted to this Newsletter to all members of LSCs across USA Swimming. We would love your input on swimming.

Please submit to athleterepl@pns.org.

Thank you very much for reading the PNS Athlete Newsletter.

-Steve Sholdra, Editor, PNS Lead Athlete Representative

VIDEO OF THE ISSUE

USA Swimming members!

Do you want to see the America's Swim Team video with the famous Swimmer's Pledge™?

Starring Ryan Lochte, Matt Grevers, and athletes just like you, this is the perfect way to see how "We Are America's Swim Team."™

Check out the official USA Swimming video right [here](#)!

Question #1

When is it appropriate to call an infraction for "Delay of Meet"?

PNS Breaking News Part 1

All-Star Meet Information

The 2012 Pacific Coast All-Star Meet will be held January 7-8, in Langley, BC. The All-Star meet is a highly selective meet for swimmers ages 11-14. Every swimmer selected for the meet will be eligible for a maximum of 6 events throughout the meet. The full meet information can be found [here](#).

Open Water Swimming



In honor of USA Swimming's promotion of Open Water swimming, each future issue of the PNS Athlete Newsletter will include a section on news relating to Open Water Swimming. We hope that athletes from across USA Swimming will be "inspired" (see The Last Page) to participate in Open Water events. This is a great new aspect of our sport of swimming, and we hope all swimmers will take advantage of the opportunity to participate in these Open Water competitions.

> USA Swimming is expanding its Open Water Meet Calendar for 2012, and is promoting LSC Open Water meets as well. USA Swimming's main Open Water event, the **USA Swimming Open Water Nationals**, will be held April 27-29, 2012, in Fort Myers, Florida. The date was changed from June (when the meet is normally held) because of the London Olympics. We hope to see many athletes attending!

BREAKING NEWS: The Time Standards for the 2012 Open Water Nationals have just been posted on the USA Swimming website [here](#).

> For the 2012 Olympics, the USA male athlete for the 10K Open Water event will be Alex Meyer. The female has yet to be determined. Alex won the 10K race at the 2011 Open Water Nationals in Fort Lauderdale, and was a presenter at the USA Swimming Convention.

> PNS hosted a successful Pool Open Water meet in October, and the PNS Open Water Committee is planning another P.O.W. meet soon.

Calling All Officials!

Jeannine Dennis, the famous Starter for multiple Olympics, Olympic Trials, World Champs, and more, is the latest USA Swimming Officials Committee member to agree to an exclusive deal with the USA Swimming Officials Facebook Page!

She will join the ranks of **Clark Hammond** (Officials Committee Chair), **Dan McAllen** ("The Living Rulebook" himself, Rules & Regulations Committee Chair), and **John Kinney**. This exclusive deal is very simple. If you have any questions on anything involving officiating and swimming; from rule interpretations to meet protocol; post these questions on the USA Swimming Officials Facebook Page wall.

The Athlete Reps for the Officials Committee (who run the page) will immediately submit the question to the expert in that aspect of swimming. With four members already agreeing to answer these questions, comments, or concerns, you can be sure that you will get the best, most definitive answer possible. We will work to get even more board members signed on, and will keep you updated.

This is an exclusive opportunity, so please take advantage of it while it is available. It would be almost impossible to get such an "Official" answer to your question anywhere else (a little swimming humor there). Simply "like" the USA Swimming Officials page, and post your review, compliment, comment, concern, or anything else, right on the wall.

We will get an answer back to you as fast as we can!

Question #2

Once a swimmer has surfaced (for any stroke), may they re-submerge at any time?

PNS Breaking News Part 2

2011 USA Swimming Officials Workshop

The 2011 USA Swimming Officials Workshop was held October 14-16, in Dallas, Texas. Hosted by the USA Swimming Officials Committee, and the Chair of the committee, **Clark Hammond**, the Workshop is a great way for officials to share and exchange ideas and concerns about officiating, with officials from all across the US. There were a series of breakout sessions and presentations from nationally-recognized Officials with years of experience and knowledge, and also presentations from distinguished members of the Officials Committee. Your editor had the privilege to present as well, giving a report on the "Athlete's Perspective of Officiating".

Reviews of the Workshop written by attendees can be found on the USA Swimming Officials Facebook Page [here](#).

Two PNS Officials, **John Gagliardo** and **Lisa Vetterlein**, were selected to attend the 2011 USA Swimming Officials Workshop. Both are certified Referees with KING Aquatic Club. They are also very involved members of the PNS Officials Committee (Chaired by **Dave Withrow**).

USA Swimming "Deck Pass" App Now Available!

Swimming has long been a sport about achievements. Now, with the launch of USA Swimming's "Deck Pass"™, a new online and mobile application, swimmers can easily connect with one another and share their achievements with other members of the swimming community.

[Deck Pass™](#) is an innovative digital application that lets swimmers track their best times, set goals and earn digital patches for their accomplishments in the pool. It's easy, free to use and is designed to let swimmers capture what they're accomplishing in the water online and to share with their friends and family. Users can access Deck Pass™ online or via a [free mobile application](#).

Deck Pass™ users can choose to connect their accounts with Facebook to share their swimming milestones with their friends and family. The program is a great motivational tool that is designed to help guide to swimmers to achievements both in and out of the water. For example, if a swimmer swims a best time at a recent meet, they will automatically earn a digital patch celebrating their achievement.

While Deck Pass™ times updates are automatic for USA Swimming members, the application can be used by anyone. Whether you're a recreational swimmer or a club swimmer, Deck Pass™ has something for everyone! Coaches can even award special patches to their swimmers.

For more information, go to usaswimming.org/DeckPass

Beranbaum Breaks 2 American Records

Haley Beranbaum (SSC) broke two of her own American records at the 2011 October Challenge. She broke her 200 Free record, and smashed her 200 IM record by over seven seconds. Congratulations Haley!

Williams Attends National Select Camp

Kim Williams (BCST) was chosen to attend the 2011 USA Swimming National Select Camp October 27-30th, at the Olympic Training Center in Colorado Springs. "I loved it," said Kim, about the camp. Congratulations to Kim for being selected!

Question #3

After the starter has announced the "Take Your Mark" command, a swimmer falls in the water as he is crouching down to assume the start position. Should this swimmer be disqualified for a False Start?

PNS Age Group Swimming

The Return of **Why Do We Do This Drill?** *Breaststroke w/ Flutter Kick*

This drill is quite simple, focusing on the finer details of breaststroke. While doing flutter kick, it is difficult to get into an undulation during the pull, and it is even harder to bring hands back to the extension quickly. This difficulty will help swimmers slow down the timing of their stroke, and focus on proper technique of the pull.

Instructions

1. Swim with a regular breast pull, while substituting flutter kick for breast kick.

Focus on the proper execution of this drill. With the flutter, it is natural to pause at the “back” of the pull (or the “widest part of the pull”, for you officials). The hard part is getting a smooth, fluid pull, with no breaks or pauses except in the extension. When executed properly, this will emphasize strong core strength during the stroke, and force swimmers to break from their normal “groove”, and actually have to think about timing their stroke for maximum efficiency.

Injury Prevention

Balance. That’s vital in any sport, but especially swimming.

There are different definitions of the term “Balance”, so to begin, let’s start with the “Balance beam” version of Balance. This version doesn’t apply much to swimming, except for standing on the blocks, and swimming in a straight line. We shall therefore get into to the other definition, the “Muscle Balance” version. Different strokes use different muscles; that’s common knowledge. Finding a trainer and a dryland program that suits your stroke specialty is extremely important for injury prevention. Distance swimmers tend to use arms more than sprinters; Butterfliers use back muscles more than breaststrokers; breaststrokers use forearms and triceps more than backstrokers. Every swimmer is different, so to find out which muscles you mainly use, try focusing on each individual muscle you’re using in that stroke during practice. You not only want to focus on strengthening those muscles, you also want to focus on the opposing muscles.

Yes, while you are swimming, it is good to strengthen the muscles you use, but once you stop swimming, you don’t want to have developed a weak set of opposing muscles, since you didn’t train them at all during your swimming career. Please take this advice into consideration the next time you go to your swim team’s dryland session.

Proper Balance will pay off in the long run.

Question #4

During the Start, when the starter announces “Stand”, are swimmers allowed to step off the blocks?

PNS Senior Swimming



Girls' State

The 2011 WIAA Girls' State Championships was held November 11-12, at WKCAC in Federal Way.

Complete meet results can be found here: [2A](#) [3A](#) [4A](#)

Washington State Girls' Swimming Championships

	<u>1st Place</u>	<u>2nd Place</u>	<u>3rd Place</u>
2A:	Sehome	Squalicum	Sumner
3A:	Mercer Island	Bainbridge	Hanford
4A:	Skyline	Stadium	Mt. Rainier

National Interscholastic Swimming Coaches Association All-America Qualifiers

NISCA All-America recognizes the nation's top 100 high school swimmers in each event.

2A

Katie Kaestner	100 Breast	1:04.28
Kiana Sullenberger	100 Breast	1:04.63

3A

Grace Wold	200 IM	2:02.50
Kim Williams	200 IM	2:04.72
Anna Keane	50 Free	23.50
Grace Wold	100 Fly	55.08
Tess Harpur	100 Fly	56.39
Anna Keane	100 Free	50.62
Kim Williams	100 Breast	1:03.97

4A

Skyline	200 Medley Relay	1:47.22
Sarah Elderkin, Andi Scarcello, Katie Kinnear, Maria Volodkevich		
Amber Cratsenberg	200 Free	1:50.01
Felicity Cann	200 Free	1:50.94
Kenna Ramey	50 Free	23.62
Katie Kinnear	100 Fly	53.46
Amber Cratsenberg	500 Free	4:57.55
Katie Kinnear	100 Back	54.60
Megan Kawaguchi	100 Back	55.65
Sage Sneak	100 Breast	1:04.31

WIAA Dick LaFave Officials Award

This year's WIAA Dick LaFave Award was presented to John Wukstich, a longtime official with PNS and WIAA. Congratulations John!

New WIAA Meet Records (by PNS Swimmers)

Katie Kaestner	100 Breast	1:04.28
Squalicum	200 Medley Relay	1:51.89
Carlee Bock, Camorah King, Rylie Martin, Maddi Dohm		

Watch Video Coverage of 2011 WIAA Girls' State

For professional footage of this event, visit the official WIAA Network website [here](#).

2012-13 Girls' HS Swimming Dates Announced

The 2012-13 Girls' Season will begin August 20, 2012. Girls' State will be held November 9-10, 2012 (tentative).

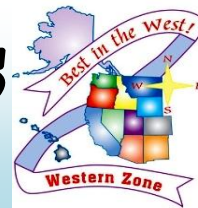
Question #5

What do the "Short Whistles" at the start mean?



Western Zone News

By Western Zone Athlete Rep Erin Fuss



*As a special feature in this Newsletter, upcoming issues will now include a page of news from all across our USA Swimming Western Zone, submitted by the Western Zone Athlete Representative **Erin Fuss** (Snake River, Idaho). The USA Swimming Western Zone consists of 17 LSCs, from the states Alaska, Arizona, California, Colorado, Hawaii, Idaho, Montana, New Mexico, Oregon, Nevada, Utah, Washington, and Wyoming.*

The History of Our Western Zone

USA Swimming is split into four “zones”, with each zone hosting their own Zone Championships. The four zone concept wasn’t developed until 1978. Previously, USA Swimming was associated with the Amateur Athletic Union (AAU), as one of the committees, not its own individual body (as it is today).

In 1978, USA Swimming split from the AAU, and the four-zone concept was developed and established. Ever since then, USA Swimming has been divided into the four zones that we know today: Western, Central, Southern, and Eastern.

Our first Zone Representatives, Dean Dillingham from Pacific and Anne Supple from New Mexico, devised the Zone Championship meet. One year after the formation of the Western Zone, the first Zone Championships, (at least one year before Central, Southern and Eastern), was hosted by Pacific Swimming in Concord, CA. Continuing strong to this day, the 34th Annual Western Zone Championships is coming up in August 2012. We encourage athletes from across our Zone to attend this meet!

If you’re intrigued by the summary of our history, there’s a more detailed history of our Zone [here](#), on the official Western Zone Website.

Western Zone on the Web!

Want to make sure you have access to the latest news from the Western Zone? Be sure to visit the official website [here](#), and the NEW official Facebook page [here](#)! And look for new Western Zone News in upcoming issues of the Newsletter!

Western Zone’s Missy Franklin Breaks World Record

At the age of 16, Missy Franklin broke her first World Record recently at the FINA World Cup Series in Berlin, Germany. Coming in with the fastest time of 2:00.03 for the 200 SCM Backstroke, she beat the previous world record by .15 (held by Japan’s Shiho Sakai).

Missy Franklin is proving to be a super star in the sport of swimming. Not only with her new world record, but also making national headlines earlier this year by taking first place in the USA Swimming Toyota Grand Prix series. Missy swims for the Colorado Stars Swim Team, under the coaching supervision of Todd Schmitz. We are proud to have her in our Western Zone.

We’ll all be rooting for her at the USA Olympic Trials! Go Missy Go!

To read more about Missy Franklin’s first World Record, and the results from the World Cup, please visit the USA Swimming article here: <http://www.usaswimming.org/ViewNewsArticle.aspx?TabId=1561&ItemId=3887&mid=5810>

Question #6

On Breaststroke, at what point of the underwater pullout are swimmers allowed to do a dolphin kick?

The Last Page

22 New PNS Records in October

In October, our PNS swimmers set a shocking 22 new PNS records. Below are all the PNS records set. Congratulations to all of these swimmers!

25 YARDS

Boys 10U:

- 50 yard backstroke – **Garrett Waite** (BISC), 30.56; Previous Record: David Ducic (IST), 30.80 (1980);
- 100 yard backstroke – **Garrett Waite** (BISC), 1:05.98; Previous Record: Todd McCarthy (BISC), 1:06.51 (2007);

25 METERS

Boys 11-12:

- 100 meter breaststroke – **Mitch Hovis** (UN), 1:14.30; Previous Record: Owen Wurzbacher (CSC), 1:17.50 (2004);
- 200 meter breaststroke – **Mitch Hovis** (UN), 2:49.38; Previous Record: Scott Zabel (SSCD), 2:52.45 (1983);

Girls 13-14:

- 200 meter medley relay – **KING** (A. Cook, S. Delzer, B. Fleeman, A. Sutherland), 2:09.26; Previous Record: BC 2:11.07 (2004)

Boys 13-14:

- 100 meter butterfly – **Mathias Oh** (KING), 59.46; Previous Record: Thane Maudslien (KING), 1:00.15 (2009)
- 200 meter butterfly – **Mathias Oh** (KING), 2:11.84; Previous Record: Thane Maudslien (KING), 2:14.92 (2009)
- 200 meter freestyle relay – **KING** (M. Oh, T. Anderson, K. Kolyvek, Z. Johnson), 1:45.59; Previous Record: TSC 1:46.52 (1986)
- 200 meter medley relay – **KING** (T. Anderson, Z. Johnson, M. Oh, K. Kolyvek), 1:55.06; Previous Record: TSC 2:01.07 (1986)

Boys 15-16:

- 100 meter backstroke – **Logan Rysemus** (KING), 56.03; Previous Record: Bart Wanot (KING), 57.77 (2009)
- 100 meter butterfly – **Thane Maudslien** (KING), 58.23; Previous Record: Sean Victor, (TSC), 58.80 (1986)
- 200 meter individual medley – **Logan Rysemus** (KING), 2:07.39; Previous Record: Kevin Munsch (KING), 2:09.46 (2006)
- 200 meter freestyle relay – **KING** (T. Thach, L. Rysemus, E. Fulmer, T. Maudslien), 1:39.16; Previous Record: BBST 1:42.71 (1986)
- 200 meter medley relay – **KING** (L. Rysemus, K. Schendel, T. Thach, T. Maudslien), 1:50.76; Previous Record: BBST 2:00.74 (2002)

Girls 15-16:

- 200 meter freestyle relay – **KING** (F. Cann, H. Vanderwel, G. Wold, R. Hansen), 1:52.13; Previous Record: SSC 1:53.16 (2011)
- 200 meter medley relay – **KING** (H. Vanderwel, G. Wold, H. Weiss, F. Cann), 2:03.93; Previous Record: SSC 2:05.76 (2011)

Boys 17-18:

- 50 meter freestyle – **Sean Ekavithvorakul** (KING), 24.07; Previous Record: Tom Ruthven (TSC), 24.16 (1989)
- 400 meter freestyle – **Steve Sholdra** (BC), 3:58.03; Previous Record: William Antisdale (BC), 4:03.31 (2003)

Open Women:

- 200 meter freestyle relay – **KING** (J. Wu, C. Penrose, H. Weiss, T. Wibmer), 1:51.08; Previous Record: KING 1:51.92 (2002)
- 200 meter medley relay – **KING** (H. Vanderwel, G. Wold, H. Weiss, F. Cann), 2:03.93; Previous Record: SSC 2:05.76 (2011)

Open Men:

- 200 meter freestyle relay – **KING** (T. Thach, L. Rysemus, E. Fulmer, T. Maudslien), 1:39.16; Previous Record: CSC 1:40.65 (2011)
- 200 meter medley relay – **KING** (L. Rysemus, K. Schendel, T. Thach, T. Maudslien), 1:50.76; Previous Record: SSC 1:52.09 (2011)

Question #7

On Breaststroke, a swimmer must surface at what point of the race?

Bonus Question: Is there a 15-Yard/Meter “Surface By” rule on Breaststroke?

Contact Editor Steve Sholdra at athletere1@pns.org

© November 2011, GCP Distributing. A Division of Penguin Publications. All rights reserved.