



PNS

Athlete Newsletter



Issue IX October 2011

Updated Look!

Check out the entire issue for many changes!
But don't worry...your favorite sections are still included!

New PNS Athlete Representatives

The PNS Athletes Committee is proud to announce the selection our new Athlete Representatives, **Kira Godfred** from Olympic Cascade Aquatics, and **Ben Scott** from Tacoma Swim Club.

They will join current Athlete Representative, **Tanner Keeling-Garcia** (KING Aquatic Club), and Lead Athlete Representative **Steve Sholdra** (Bellevue Club Swim Team). Their terms will begin at the PNS Board Meeting following the latest PNS House of Delegates.

Quote of the Issue

“Winning = Skill
Skill = Ability
Ability = Strength
Strength = Work Ethic
Work Ethic = Integrity
Integrity = Character
Character = You.”

- *William Bourne*

PNS Exclusive!

“Athlete Perspective: Disability Swimming” by

Haley
Beranbaum

“Balancing Act” by

Alyssa
Davis

“Intro to Disability Swimming” by

Kiko
Van Zandt

VIDEO OF THE ISSUE

Be sure to sign up for USA Swimming's new Deck Pass! More information on the Deck Pass program on page 4, or check out the official video [here](#)!

PNS Breaking News

SCHOLASTIC ALL AMERICAN



Scholastic All-American is USA Swimming's recognition program for athletes that achieve the SAA time standards (found [here](#)), and also have a GPA of 3.5 or higher.

The 2010-11 USA Swimming All-American Team was announced yesterday. Thirty-three PNS Athletes qualified for the team. Congratulations to these athletes!

Recipients receive a Certificate of Recognition for both themselves and their team, and 3-Time recipients receive a special award as well. In PNS, there were three "3-Year" recipients this year.

The full list of 2011 Scholastic All-Americans can be found on the USA Swimming website [here](#).

2011 PNS Scholastic All-Americans

Kelsey Crowder – Alyssa Davis – Jenni Domanowski –
Aly Fisher – Sarah Grundman – Heather Harper – Clara
Heffernan – Ciara Hu –Katie Kaestner – Katie Kinnear –
Kalena Laurent – Meghan O'Keefe – Hannah Peseau –
Laura Rosen – Kiana Sullenberger – Shanell Sullenberger
– Emily Tanasse – Hannah Taylor – Annemarie Thayer*
– Grace Wold – Joanna Wu – Zach Alleva – Logan Briggs
– Luke Duschl – Ethan Hallowell* – Price Hu – Andrew
McCarthy – Matt Roe – Logan Rysemus – Steve Sholdra
– Liam Sosinsky – Paolo Stanchi* – Knox Young

(* represents 3rd Year Recipients)

Challenge Meets

The 2011 PNS Challenge Meet Series has begun! On the weekend of October 15-16, the October Challenge meets were held in 8 locations. For results of every Challenge meet, visit the PNS Meet Results page on the PNS website [here](#). Good job to all the athletes who participated!

PNS Champs Feature Olympian Confirmed!

Continuing the tradition of bringing a feature Olympian to Age Group PNS Champs, Bellevue Club Swim Team has confirmed the attendance of the 2011 Feature Olympian. In previous years, BC has brought **Ryan Lochte**, **Amanda Beard**, and **Aaron Piersol**. To find out who the surprise guest is this year, come support our PNS Athletes at PNS Champs December 9-11!

"USA Swimming Officials" Facebook Page

USA Swimming [Officials Facebook Page](#) Purpose:
To promote the interaction and communication between USA Swimming Officials, Coaches, and most importantly, Athletes.

At the 2011 USA Swimming Convention, the Athlete Representatives for the USA Swimming Officials committee presented the latest addition to the USA Swimming Facebook network...the official "USA Swimming Officials" Facebook page. The Athlete Representatives update the page daily with news items such as: legislation passed at this year's Convention; exclusive links (e.g. USA Swimming Officials Apparel); rule changes; and calls. This is an interactive page, where members share info and examples, questions on calls, comments, compliments, and more. Please feel free to post any rule-related or meet-related issues. Check the page daily for new updates!

USA Swimming Officials Workshop

Two PNS Officials, **John Gagliardo** and **Lisa Vetterlein**, were selected to attend the 2011 USA Swimming Officials Workshop. The Workshop was held Oct. 14-16, in Dallas, Texas, presented by the USA Swimming Officials Committee. More information on the 2011 Officials Workshop will be included in the next issue.

New Rules and Regulations

To find the official list of all legislation passed at the 2011 USA Swimming Convention, visit the USA Swimming website link [here](#).

PNS Senior Swimming

Breaking News

New Junior Nationals Time Standards

The 2012 Summer Junior Nationals time standards have been posted on USA Swimming [here](#).

Because 2012 is an Olympic year, US Open is replacing Summer Nationals as the championship meet this summer. For the 2012 US Open Standards, click [here](#). For the Olympic Trials Standards, click [here](#). For more time standards, please click [here](#).

Balancing Act

By Guest Correspondent **Alyssa Davis** (KING)

When the average non-aquatic teenager thinks of a swimmer, they may immediately picture someone with a muscular physique, chlorine burned skin, and dry hair. Another swimming stereotype is that swimmers are known as uncoordinated and awkward on land. In the world of high school, all of the above factors make club swimmers seem unqualified to be considered “jocks.” Thankfully, there is a way to show your peers at school what it really means to be a swimmer; competing for your high school’s swim team as well as your club team. Living the life of a student-athlete can be tiring and stressful. When you have 2 or 3 practices a day mixed with the unsightly amounts of homework that weigh down our backpacks, it can be hard to imagine putting anymore responsibilities on our shoulders. High school swimming mixes the competitive competition of club swimming and the thrill of school spirit; any ultra-competitive swimmer can see this is a hard opportunity to pass up.

Swimming for your high school and swimming for your club team can be very different; these differences can be noticed in practices as well as meets. Practices on a high school team are often shorter and less aggressive than a USA Swimming club practice. This is due to the range of athletic ability on a high-school swim team. High school swimming also acts as an opportunity to break up the occasionally monotonous USA Swimming club practices. High school meets are typically more relaxed than club meets; your main goal is to score as many points possible to win the meet. In college, the goal of in-season (un-tapered, un-rested) meets is “swim to win;” this means that teams are trying to score as many points as possible to beat their opponent, while not necessarily worrying about how fast a swimmer’s times are. High school swimming and college swimming are extremely different, but the common mentality they share is a good prelude to how athletes in almost any college sport view competitions early to mid-season.

The daily endeavors of a student-athlete can be a balancing act. Everyday, we have to manage our schoolwork, a practice schedule and a minuscule amount of social time. Both club coaches and high school coaches have certain requirements that an athlete needs to maintain in order to be competitive. Although, it can be difficult to the juggle the requirements needed for both types of swim teams, there is usually a schedule that both your club coach and high school coach can agree to. Swimming for your high school has a lot to offer a student-athlete: you get to participate in competitions against other schools in your district, support your school’s educational and athletic programs, learn team cheers, meet a lot of new friends, and have an enjoyable time while doing it.

PNS Elite Training Camp

The PNS Elite LCM Training Camp, open to all PNS Athletes with a 2011 Juniors Bonus Time Standard or higher, is held at KCAC four times throughout the fall. Coordinated by Trever Gray (TSC), the dates are Sept. 24th, Oct. 9th, Oct. 23rd, and Nov. 20th.

For the inaugural Sept. 24th training practice, Andy Pym, Joel Schweiger, and Ben Olszewski were the coaches. Good luck to all the athletes participating!

Open Water

Recently, USA Swimming interviewed **Alex Meyer**, the only US Open Water Olympic Team Member to this date. In September, Alex Meyer also spoke about his Open Water experiences at the USA Swimming Convention in Jacksonville. For the full interview, please click [here](#).

The Unofficial Guide to the USA Swimming Website



Home Page

On the home page of [USA Swimming](#) (USA-S), you will find quick links to “Swimmers”, “Coaches”, “USA Swimming Foundation”, “Parents”, “Swim Clubs”, and “Officials” (different links are added occasionally).

You will also find the six latest USA-S Feature Stories, a link to the official USA-S Online Store, and a synopsis of the latest story from USA-S (Currently Athlete Protection Policies passed at the 2011 USA-S Convention).

- Want **meet information** for any National, Open Water, International, Grand Prix, Zones, Speedo Champ Series, and more? Go to “Events”, and select the level of meet from the dropdown tab. Meet Info, Psych Sheets, and Timelines can be found there.



- Want to find a customized list of all of **your times** for every event? Go to “Times”, click on “Times Search”, then choose either “Individual Times Search”, “Individual Event Rank”, or “Event Rank” (Event rank shows all swimmers ranked in an event).

- Want **time standards** for any National-level meet, or USA Swimming age-group Standard? Go to “Times”, then “Time Standards”, and select which level standards you want to see.



- Want to find **the rules** of your sport? Go to “About”, then “Rules & Regulations”. From that page, you can find the latest Official Rulebook, Code of Conduct, and new legislation passed at the latest USAS Convention!



Nutrition Tracker™

Want to analyze any single food item you ate? Want to evaluate your entire daily food intake? Want to determine your individual nutrient needs, specialized for swimming?

Go to the “Tips & Training” drop-down tab, and click on “Nutrition Center”. Also in this “Nutrition Center” tab are articles on swimming nutrition, written by experts on nutrition, including USA Olympian Garrett Weber-Gale.



The Unofficial Guide to the USA Swimming Website



HOME ABOUT MEMBER RESOURCES TIPS & TRAINING EVENTS TIMES NEWS NATIONAL TEAM OLYMPIC TRIALS FOUNDATION

SEARCH

Contact Us | **My Deck Pass** | Sign In

SEARCH

Deck Pass™

Deck pass is a new, fun way to keep track of your swims and meets. Replacing the old “My USA Swimming”, Deck Pass still includes your Best Times log, Recent Meets log, and IMX Scores. In addition to all those features, you will now earn digital patches for your accomplishments in the water, and can set and keep track of all your goals for the season.

How do you get patches? Meet a goal time, lead-off or anchor a relay, achieve a USA-S recognized time standard. Your coaches can also award patches!

It's easy to sign up for a Deck Pass! Just [create an account with USA Swimming](#), and you're ready to go. For more on Deck Pass, and all its features, visit the USA Swimming page [here](#).

Sign up today to receive
your first Patch!



IM Xtreme™ & Power Points

Are you Xtreme?

Power Point scores are calculated for each age group, which are used to create your Official IMX Score! (This score will be shown on the front page of your “Deck Pass” page.) To receive a IMX Score, you will need to swim all these required events for your age group:

10&U: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

11-12-year olds: 400 Free (LC) or 500 Free (SC), 100 Back, 100 Breast, 100 Fly, 200 IM

13-18-year olds: 400 Free (LC) or 500 Free (SC), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM.

To find out more about your score, and learn about the IMX Games, go to “Times”, and select “IMX & Power Point”.

TIMES SEARCH

TIME STANDARDS

RECORDS & RANKINGS

AGE GROUP TIMES

IMX & POWER POINT

NCAA INFORMATION

TIMES INFORMATION

- Want to read an article that is no longer on the front page? All member, national, and event news can be found under “News”, along with the SwimCam Photo Gallery.

Anything else you want to find on the website?

There's a ton of information for all USA Swimming members and contributors on the “Member Resources” tab!

UT MEMBER RESOURCES TIPS & TRAINING EVENTS TIMES NEWS NATIONAL TEAM OLYMPIC TRIALS FOUNDATION

FOR EVERYONE

PROGRAMS & SERVICES

Athlete Protection
Deck Pass
Member Welcome Kit
Member Travel Portal
Awards & Recognition
Consulting Services
Swim Camps
Conferences, Clinics & Workshops
Newsletters & Magazines
Sports Medicine Network
Insurance & Risk Management
Diversity

FOR YOU

SWIMMERS

America's Swim Team
Featured Articles
[Swimmers Video Series](#)
Age Group Swimming
Senior Swimming
Open Water
Disability

SWIM CLUBS
Starting a Club
Recognition Programs
Club Marketing & Fundraising
Business & Administration
Clinics & Workshops
Club Portal Search

PARENTS

Swimming 101
Levels of Swimming
Learn to Swim
Parent Education

OFFICIALS

Officials Tracking System
Testing & Certification
Education & Training
Applications & Forms
Recognition Programs

VOLUNTEERS

Local Opportunities
National Opportunities

COACHES

Becoming a Coach
Coach Education
Online Testing & Certifications
Clinics & Workshops
Job Board

GOVERNANCE & LSCS

Swimming Governance
LSC Management
Conferences & Workshops
LSC Websites & Portals

ES NEWS NATIONAL

MEMBER

EVENT

NATIONAL TEAM

SWIMCAM GALLERIES

Check out the
USA Swimming
website today!

There's so much
more to discover!

Feature Story

Introduction to Disability Swimming

By Guest Correspondent **Kiko Van Zandt**, PNS Disability Committee Chair

The “**Para**”lympics is the parallel event to the “**O**”lympics for athletes with a disability. They take place every 4 years right after the “**O**”lympics in the same venues. Being nominated to the U.S. Paralympics swim team and representing the United States at the Paralympics Games is an athlete with a disability’s dream.

Swimmers with physical disabilities are classified into 10 different classes based on their level of physical function....what they can or can’t do, what muscles work and to what degree, their coordination, balance, strength, what body parts they may be missing. Equity is achieved by an elaborate classification system administered by trained classifiers who have medical or technical expertise.

Swimmers with vision impairment are classed in 3 different classes based on their level of vision impairment. Completely or nearly completely blind swimmers must wear blackened goggles to even the field of play. They also utilize “tappers” for racing... people who stand at the end of the pool with a long pole with a soft end and “tap”/hit the swimmer in anticipation of the turn.

Swimmers who are deaf and hard of hearing actually have their own elite international competition called the “Deaflympics” which also happen every 4 years in the years following the Paralympics. The International Paralympic Committee (IPC) Swimming also hosts a SCM and LCM World Championships. Another major international competition in is the Para Pan American Games which take place in the year prior to the Paralympic Games. U.S. Paralympics, with Swimming Canada Para Swimming hosts a Can-Am series of meets 2 times per year. This is equivalent to Senior Nationals in the able-bodied swimming world.

Swimmers who reach this level of competition are considered elite athletes and should be thought of as swimmers first who happen to have a disability. We are fortunate to have 4 athletes who have achieved elite level qualifying time standards from PNS.

Swimmers with a cognitive disability will have, for the first time since 1996, the opportunity to compete at the Paralympics. These athletes also have opportunities to compete, not only in USA-S meets but also Special Olympic Competition. The Special Olympics offers competition for athletes with an IQ of 70 or less. Swimming is a great sport....a lifelong sport that people with a disability can participate in at all levels. USA-Swimming and PNS swimming encourages people with a disability to participate in our sport and to become the best they can be both in and out of the water. If a swimmer with a disability starts swimming with your team, encourage and support their efforts...training and racing. When you see a swimmer with a disability at a swim meet just say “hi”and if you know someone with a disability who would like to train and compete, tell them about Disability swimming! You are our best advertisement and recruiter!

Have questions? Email Steve Sholdra and he will make sure your questions get answered!

Resources include: www.usparalympics.org Disability Swimming page on the USA-S website.

The Last Page

An Athlete Perspective

Disability Swimming

By Guest Correspondent **Haley Beranbaum** (SSC), 2011 ParaPan American Games Member, and Pan-Am Record holder.

Swimming is an amazing sport. Although I have always loved the water, I have only been swimming competitively, both in Paralympic and able-bodied meets, for the past two years. Usually when I tell people about my swimming, they say “Oh, do you mean the Special Olympics?” Paralympic swimming is very different than the Special Olympics, which is intended for individuals with mental, not physical, disabilities. Paralympic athletes are elite-level athletes who train and compete in the same fashion and type of competitions, as able-bodied elite athletes. The only difference between us is that we have some form of physical disability. I am a dwarf, others are missing a limb(s) and some are either in a wheelchair or blind. I train year round, three hours a day, for five or six days a week with my home team, the Stingray Swim Club (SSC), in Everett, WA. I also occasionally practice with a local disability team called the Shadow Seals. Paralympic swimmers face many of the same challenges as able-bodied swimmers, struggling to make time standards, frustrations over aches, pains, injuries and lack of time to spend with friends. The Seattle area has other elite level Paralympic athletes, several of whom have made national teams. I will be representing the United States at this year’s ParaPan American Games in Guadalajara Mexico in November and will be attending trials in June for the US Paralympic Team going to London in 2012.

When I started swimming competitively I was looking for a sport that I could do and be safe, I wanted to play soccer but my mom was concerned I would get creamed by the ball. When I found swimming, I knew I had found my sport, and it is a sport that will stay with me for the rest of my life. Just like every competitive swimmer, I have my favorite events and the ones I like the least, but I know I need to work on them all to be a well-rounded athlete. My favorite race is the 200 IM; my least favorite is any backstroke event; and the butterfly is my favorite individual stroke. Sometimes people look at me, standing only 3’8” and figure I probably would prefer the shorter distance races but I think I am more of a middle distance and distance swimmer. I will be trying to set the US Long Course record in the 1500m Freestyle at a meet in Santa Clara, CA at the beginning of October.

If I had one message to give to people, it would be keep doing what you love, don’t give up on your dreams, and that anything can happen. Like Dory said, in Disney’s “Finding Nemo”, “Just keep swimming; just keep swimming.” I hope the readers of this article can find a way to love swimming as much as I have and understand that just because someone has a physical disability it doesn’t mean they can’t be a successful elite level athlete. You just need to go for it.

My best, *Haley Beranbaum* (PNS Athlete)

New PNS Website!

The improved PNS Website was launched immediately following the PNS House of Delegates meeting on October 8th. The website address is the same (www.pns.org), but the website is renovated with a much easier design. The new website is still being refined, so please bear with us as we work to make the easiest and most informative website possible. Check out the new design today!

Contact Editor Steve Sholdra at athletere1@pns.org

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