

# SPLASHMASTER

Volume 9 Number 1

January/February 2006

## Make Your New Year's Weight Loss a Success

BY: RYAN HITE, NSCA-CPT



With the Holiday season behind us and a new year well underway, many people have started their attempt a weight loss regime. Here are five helpful tips to make your new year's weight loss a success.

1. Perform the pantry shuffle! Get rid of all the junk food that may be hanging around from the holidays. Select whole foods that are nutrient dense. These foods not only provide lots of nutrients and energy for your workouts, but they tend to fill you up quicker than their sugary counterparts.

2. Consume smaller portions. Eat until you are satisfied, not until you are full. One of the easiest ways to do this is to use a smaller plate. Most Americans tend to eat off of a plate the size of a horse trough. This usually leads to overeating and weight gain. Also, before sitting down to eat put away all the leftovers. This will reduce your likelihood of continually going back for a second and third serving.

3. Eat more often. Do not let yourself go long periods of time without eating. This means eating every 2.5-4 hours

see **WEIGHT LOSS** on page 2

### Inland NW Masters Calendar

#### February

February Fitness Challenge, see details online at [www.barracudas.org](http://www.barracudas.org)

#### February 22, 2006

Deadline for Wenatchee March Madness Meet entry forms, see page 3

#### March 4, 2006

Wenatchee March Madness Meet, deck entries accepted.

#### March 20, 2006

Deadline for Inland NW Masters Champs entry forms. Deck entries not accepted at this meet.

#### April 1, 2006

Inland NW Masters Champs Meet and General Membership meeting in Pullman

#### April 22, 2006

Spring Fling in Spokane, entry in next issue of the Splashmaster

#### April 22, 2006

USAT Triathlon Clinic in Pullman, for details visit [www.urectriathlon.wsu.edu](http://www.urectriathlon.wsu.edu)

#### April 29-30, 2006

NW Zone SCY Champs in Boise, Idaho entry form in the next issue of the Splashmaster

### Inside This Issue

- **Wenatchee March Madness swim meet entry form on page 3.**
- **Championships entry form on page 5.**
- **15 Inland NW Masters and one NW Zone record set at Fall Classic Meet in Sandpoint. See all the results on page 3.**
- **Immune System Boosters, page 6**



## Inland Northwest Masters

Local Masters Swimming Committee  
Board and Team Representatives  
full contact information available online  
[www.InlandNWMasters.org](http://www.InlandNWMasters.org)

### Board

#### Chair

Susanne Simpson  
3117 S. Jefferson  
Spokane, WA 99203  
509-458-3982  
[SBSBFLY@aol.com](mailto:SBSBFLY@aol.com)

#### Vice Chair & North Spokane Masters Rep

Bernard Kingsly  
813 E Percival  
Spokane, WA 99218  
509-218-4709

#### Treasurer

Virgil Crampton  
615 E Southview Ave.  
Colfax WA 99111  
509-397-2499  
[vec@vetmed.wsu.edu](mailto:vec@vetmed.wsu.edu)

#### Secretary

Larry Krauser  
1111 W 28th Ave  
Spokane, WA 99203  
509-455-7789  
[krauser@sowles.com](mailto:krauser@sowles.com)

#### Registrar & Spokane Club Rep

Suzanne Dills  
639 N. Riverpoint Blvd. #3W  
Spokane, WA 99202  
509-456-7281  
[jacksuedills@comcast.net](mailto:jacksuedills@comcast.net)

#### Past Chair

Elin Zander  
509-448-5250  
[elinswims@usms.org](mailto:elinswims@usms.org)

#### Top Ten &

Lake City Masters Rep  
Margaret Hair  
208-667-3721  
[ramgolf@gocougs.wsu.edu](mailto:ramgolf@gocougs.wsu.edu)

### Meets/Sanctions

Brian Johnson  
208-883-4949  
[johnsonb@uidaho.edu](mailto:johnsonb@uidaho.edu)

### Splashmaster Editor & Coaches Rep

Doug Garcia  
1505 NW Kenny Dr  
Pullman WA 99163  
509-332-1621  
[douggarcia@usms.org](mailto:douggarcia@usms.org)

### Team Reps

#### Moscow Chinook Masters

Tom Lamar  
208-883-3741  
[tlamar@moscow.com](mailto:tlamar@moscow.com)

#### Sandpoint West Athletic Club

Mike Brosnahan  
208-265-8362  
[mbroz@verizon.net](mailto:mbroz@verizon.net)

#### Spokane Masters Swim & Tri

Lynn Reilly  
509-448-1548  
[SLPreilly@aol.com](mailto:SLPreilly@aol.com)

#### WSU Masters

Devin Schmelzer  
509-951-6993  
[devin\\_j\\_s@hotmail.com](mailto:devin_j_s@hotmail.com)  
[WSUMastersSwimming.org](http://WSUMastersSwimming.org)

#### Wenatchee Valley Masters

Carolyn Magee  
509-662-6012  
[wenswim@aol.com](mailto:wenswim@aol.com)

#### Yakima Valley Masters

Dave Krueger  
509-966-2361  
[laurelkrueger@msn.com](mailto:laurelkrueger@msn.com)



### WEIGHT LOSS from page 1

starting from the time you wake-up. Remember that these are smaller quantities of food every 2.5-4 hours, not a five course meal at each sitting. Eating whole foods more often will help to regulate your blood sugar and keep you from riding an energy rollercoaster throughout the day. This will also minimize your cravings later in the day. Individuals that skip breakfast or lunch are more likely to go home after school or work and grab whatever they can find rather than taking the time to prepare a nutrient rich meal.

4. Include Resistance training. Most people tackle their New Year's weight loss

**resistance training can greatly increase one's calorie burning potential throughout the entire day.**

people are really good at selecting how much weight they want to lose. The part they forget about is what they are going to do once they achieve their desired weight

loss. Without a long range goal after weight loss, individuals end up putting the weight they lost back on.

If these five tips are followed in their entirety, your New Year's weight loss will be a success. With that

said hold nothing back, train hard, and let work ethic reign supreme. Best of luck to you in your training!

For questions and comments about this article, or suggestions for future articles email Ryan at [rhte02@yahoo.com](mailto:rhte02@yahoo.com).

### Male and Female Individual Scores

Place	Name	Age	Team	Points
1	Sr. Madonna Buder	75	UNA	47
2	Margaret Hair	50	LCM	46
3	Imre Schmidt	85	SWAC	45
4	Armin Arndt	65	SMT	36
5	Mary Adams	50	LCM	30
5	William Bresko	77	LCM	30
5	Christine Mabile	18	LCM	30
5	Cindy Clutter	45	LCM	30
5	Donald Caskey	61	WKM	30
5	Larry Krauser	52	SCM	30
11	Robert Morrison	51	UNA	29
12	Eric Ridgway	44	SWAC	28
12	Bill Triol	51	WKM	28
14	Courtney Sanborn	31	SWAC	24
14	Carol Bensen	44	SWAC	24
14	Steve Tanner	52	LCM	24
17	Glen Murray	66	MCM	22
18	Brian Johnson	44	MCM	20
19	Glenn Mabile	43	LCM	16
20	Harm-Jan Steenhuis	38	SMT	12
20	Debbie May	45	SWAC	12
20	Steve Vinsonhaler	47	UNA	12

### Combined Team Scores after Fall Classic Swim Meet

Place	Team	Points
1	Lake City Masters	206
2	Sandpoint West Athletic Club	133
3	Unattached	88
4	West Kootenay Masters	58
5	Spokane Masters & Tri	48
6	Moscow Masters	42
7	Spokane Club Masters	30

Volume 9 Number 1

January/February 2006

[www.InlandNWMasters.org](http://www.InlandNWMasters.org)

Published irregularly by: Washington State University  
PO Box 641227 • Pullman WA 99164-1227

Send address changes to: Sue Dills, Registrar

Send editorial comments to: Doug Garcia, Editor

112355/GEO6002

WENATCHEE VALLEY MASTERS PRESENTS

# March Madness Swim Meet

SATURDAY MARCH 4, 2006

**DATE/TIMES:** Saturday, March 4, 2006. Warm-up starts at 8:30 am, Meet starts at 9:30 am. Event 3 (200 Yard Freestyle Relay) not to begin before 11 am

**SPONSOR:** Wenatchee Valley Masters. Sanctioned by Inland Northwest Masters Swimming (IWMSC) for United States Masters Swimming Inc. (USMS) Sanction number 356304.

**ELIGIBILITY:** All swimmers must be currently registered IWMSC/USMS swimmers. New registrations (found in the Splashmaster or online) should be sent to Sue Dills or will be available at the meet.

**RULES:** All current USMS rules will apply. Certified stroke and turn judge will be present at all IWMSC sanctioned meets. Please consult the 2006 USMS Rulebook about proper stroke and turn rules. Events will be seeded slow to fast.

**DEADLINE:** All entries must be postmarked by February 22, 2006. Incomplete or late entries will be treated as "deck entries."

**FEES:** \$10 for entries sent before February 22, \$15 for "deck entries." Make checks payable to: IWMSC, cash will not be accepted with entry forms or at the meet.

**CONDUCT OF THE MEET:** Each participant may swim five individual, and three relay events.

**AWARDS:** First-Third place ribbons will be available free of charge.

**RELAYS:** Submit relay cards to the clerk of course during the warm-ups. Individuals must be signed up with the club they represent to have their relay points count for that club.

**DIRECTIONS:** Off Interstate 90 take Wenatchee exit, traveling through the town of Quincy and into East Wenatchee. Follow the signs to Wenatchee taking you across the Columbia River bridge. After crossing the bridge turn right onto Mission and get in left lane for immediate left on Ferry (first light). Follow Ferry until you hit Miller (note Ferry changes name to Russell). At Miller, Russell becomes Millerdale and the high school is on this corner. Turn left onto Miller, then turn right into the parking lot behind the high school and follow it to the end. The pool door is marked and will be propped open.

**POSTMARKED BY:** February 22, 2006  
**MAIL ENTRIES TO:** Carolyn Magee  
1580 South Miller  
Wenatchee, WA 98801  
**ENTRY FEE:** \$10 prior to February 22  
\$15 for Deck Entries  
**CHECKS PAYABLE TO:** IWMSC

NAME \_\_\_\_\_ ☐ MALE ☐ FEMALE BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY, STATE, ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ USMS # \_\_\_\_\_ INLAND NW TEAM \_\_\_\_\_

**SHORT COURSE YARD TIMES PLEASE • MAXIMUM OF 5 INDIVIDUAL AND 3 RELAY EVENTS.**

1) 400 Y Individual Medley \_\_\_\_\_

2) 1650 Y Freestyle \_\_\_\_\_

If you are doing the 1650, would you be willing to share the lane with one other swimmer. ☐ Yes ☐ No

## SECOND WARM UP

3) *Freestyle Relay* \_\_\_\_\_

4) 50 Y Butterfly \_\_\_\_\_

5) 100 Y Breaststroke \_\_\_\_\_

6) 200 Y Backstroke \_\_\_\_\_

7) 100 Y Freestyle \_\_\_\_\_

8) 200 Y Individual Medley \_\_\_\_\_

## 10 MINUTE BREAK

9) *Mixed Medley Relay* \_\_\_\_\_

10) 50 Y Backstroke \_\_\_\_\_

11) 100 Y Butterfly \_\_\_\_\_

12) 50 Y Freestyle \_\_\_\_\_

13) 200 Y Breaststroke \_\_\_\_\_

## 10 MINUTE BREAK

14) *Medley Relay* \_\_\_\_\_

15) 200 Y Butterfly \_\_\_\_\_

16) 100 Y Backstroke \_\_\_\_\_

17) 200 Y Freestyle \_\_\_\_\_

18) 50 Y Breaststroke \_\_\_\_\_

## 10 MINUTE BREAK

19) 100 Y Individual Medley \_\_\_\_\_

20) 500 Y Freestyle \_\_\_\_\_

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.

YOUR SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_



# Fall Classic Swim Meet

November 26, 2005, Sandpoint, Idaho

## WOMEN'S EVENTS

### Women 18-24

#### 50 Meter Freestyle

1 Christine Mabile 18 LCM 31.59

#### 100 Meter Freestyle

1 Christine Mabile 18 LCM 1:11.99

#### 50 Meter Backstroke

1 Christine Mabile 18 LCM 38.49

#### 50 Meter Breaststroke

1 Christine Mabile 18 LCM 41.56

#### 100 Meter Individual Medley

1 Christine Mabile 18 LCM 1:26.36

### Women 30-34

#### 400 Meter Freestyle

1 Courtney Sanborn 31 SWAC 6:38.56

#### 50 Meter Breaststroke

1 Courtney Sanborn 31 SWAC 56.00

#### 100 Meter Breaststroke

1 Courtney Sanborn 31 SWAC 1:48.21

#### 200 Meter Individual Medley

1 Courtney Sanborn 31 SWAC 3:32.85

### Women 40-44

#### 50 Meter Freestyle

1 Carol Bensen 44 SWAC 39.24

#### 50 Meter Backstroke

1 Carol Bensen 44 SWAC 47.03

#### 50 Meter Breaststroke

1 Carol Bensen 44 SWAC 51.16

#### 200 Meter Individual Medley

1 Carol Bensen 44 SWAC 3:28.48

### Women 45-49

#### 50 Meter Freestyle

1 Debbie May 45 SWAC 44.75

#### 100 Meter Freestyle

1 Debbie May 45 SWAC 1:41.42

#### 200 Meter Freestyle

1 Cindy Clutter 45 LCM 2:56.02

#### 400 Meter Freestyle

1 Cindy Clutter 45 LCM 6:10.57

#### 800 Meter Freestyle

1 Cindy Clutter 45 LCM 12:25.16

#### 100 Meter Breaststroke

1 Cindy Clutter 45 LCM 1:46.43

#### 100 Meter Butterfly

1 Cindy Clutter 45 LCM 1:47.65

### Women 50-54

#### 50 Meter Freestyle

1 Margaret Hair 50 LCM 33.84 (I)

#### 100 Meter Freestyle

1 Margaret Hair 50 LCM 1:17.70 (I)

#### 50 Meter Backstroke

1 Margaret Hair 50 LCM 44.84

#### 100 Meter Backstroke

1 Mary Adams 50 LCM 1:58.12

#### 100 Meter Breaststroke

1 Mary Adams 50 LCM 1:57.15

#### 50 Meter Butterfly

1 Margaret Hair 50 LCM 39.20 (I)

#### 100 Meter Butterfly

1 Mary Adams 50 LCM 2:07.46

#### 100 Meter Individual Medley

1 Mary Adams 50 LCM 1:53.26

#### 200 Meter Individual Medley

1 Mary Adams 50 LCM 3:59.84

#### 400 Meter Individual Medley

1 Margaret Hair 50 LCM 6:44.87 (I)

### Women 75-79

#### 50 Meter Freestyle

1 Sr. Madonna Buder 75 UNA 55.90

#### 100 Meter Freestyle

1 Sr. Madonna Buder 75 UNA 2:04.47 (I)

#### 800 Meter Freestyle

1 Sr. Madonna Buder 75 UNA 18:22.62 (Z)

#### 100 Meter Breaststroke

1 Sr. Madonna Buder 75 UNA 2:38.71 (I)

#### 50 Meter Butterfly

1 Sr. Madonna Buder 75 UNA 1:35.27

## MEN'S EVENTS

### Men 35-39

#### 50 Meter Breaststroke

1 Harm-Jan Steenhuis 38 SMT 40.25

#### 100 Meter Breaststroke

1 Harm-Jan Steenhuis 38 SMT 1:31.55

### Men 40-44

#### 50 Meter Freestyle

1 Glenn Mabile 43 LCM 36.58

#### 100 Meter Freestyle

1 Glenn Mabile 43 LCM 1:26.28

#### 200 Meter Backstroke

1 Brian Johnson 44 MCM 2:37.56 (I)

#### 50 Meter Breaststroke

1 Eric Ridgway 44 SWAC 39.58

2 Glenn Mabile 43 LCM 48.24

#### 100 Meter Breaststroke

1 Eric Ridgway 44 SWAC 1:28.78

#### 200 Meter Breaststroke

1 Eric Ridgway 44 SWAC 3:15.43

2 Brian Johnson 44 MCM 3:15.65

#### 100 Meter Individual Medley

1 Brian Johnson 44 MCM 1:15.12

2 Eric Ridgway 44 SWAC 1:21.80

#### 200 Meter Individual Medley

1 Eric Ridgway 44 SWAC 3:05.59

### Men 45-49

#### 50 Meter Freestyle

1 Steve Vinsonhaler 47 UNA 29.53

#### 100 Meter Freestyle

1 Steve Vinsonhaler 47 UNA 1:08.39

### Men 50-54

#### 50 Meter Freestyle

1 Bill Triol 51 WKM 32.68

2 Steve Tanner 52 LCM 36.30

3 Robert Morrison 51 UNA 38.50

#### 100 Meter Freestyle

1 Bill Triol 51 WKM 1:16.34

2 Steve Tanner 52 LCM 1:17.84

#### 200 Meter Freestyle

1 Bill Triol 51 WKM 2:47.62

#### 800 Meter Freestyle

1 Steve Tanner 52 LCM 12:37.73

#### 50 Meter Backstroke

1 Larry Krauser 52 SCM 33.28

2 Steve Tanner 52 LCM 42.92

#### 200 Meter Backstroke

1 Larry Krauser 52 SCM 2:37.15

#### 50 Meter Breaststroke

1 Robert Morrison 51 UNA 36.60

#### 100 Meter Breaststroke

1 Robert Morrison 51 UNA 1:19.53 (I)

#### 200 Meter Breaststroke

1 Robert Morrison 51 UNA 2:59.90 (I)

#### 100 Meter Butterfly

1 Bill Triol 51 WKM 1:28.09

#### 200 Meter Butterfly

1 Larry Krauser 52 SCM 2:46.75

#### 100 Meter Individual Medley

1 Steve Tanner 52 LCM 1:32.42

#### 200 Meter Individual Medley

1 Larry Krauser 52 SCM 2:37.84

2 Bill Triol 51 WKM 3:09.36

#### 400 Meter Individual Medley

1 Larry Krauser 52 SCM 5:37.84

### Men 60-64

#### 800 Meter Freestyle

1 Donald Caskey 61 WKM 16:26.09

#### 50 Meter Backstroke

1 Donald Caskey 61 WKM 52.28

#### 100 Meter Backstroke

1 Donald Caskey 61 WKM 1:54.46

#### 100 Meter Individual Medley

1 Donald Caskey 61 WKM 1:58.59

#### 200 Meter Individual Medley

1 Donald Caskey 61 WKM 4:28.88

### Men 65-69

#### 400 Meter Freestyle

1 Armin Arndt 65 SMT 7:39.44

2 Glen Murray 66 MCM 7:47.59

#### 50 Meter Breaststroke

1 Armin Arndt 65 SMT 45.75 (I)

2 Glen Murray 66 MCM 49.50

#### 100 Meter Breaststroke

1 Armin Arndt 65 SMT 1:45.24 (I)

2 Glen Murray 66 MCM 1:47.09

#### 200 Meter Breaststroke

1 Armin Arndt 65 SMT 3:53.30 (I)

2 Glen Murray 66 MCM 3:54.69

#### 100 Meter Individual Medley

1 Glen Murray 66 MCM 2:01.21

### Men 75-79

#### 50 Meter Breaststroke

1 William Bresko 77 LCM 1:01.28

#### 100 Meter Breaststroke

1 William Bresko 77 LCM 2:25.93

#### 200 Meter Breaststroke

1 William Bresko 77 LCM 5:35.00

#### 50 Meter Butterfly

1 William Bresko 77 LCM 1:28.47

#### 100 Meter Individual Medley

1 William Bresko 77 LCM 2:42.61

### Men 85-89

#### 50 Meter Freestyle

1 Imre Schmidt 85 SWAC 52.43 (I)

#### 100 Meter Freestyle

1 Imre Schmidt 85 SWAC 2:07.78 (I)

#### 800 Meter Freestyle

1 Imre Schmidt 85 SWAC 21:00.06 (Z)

#### 50 Meter Breaststroke

1 Imre Schmidt 85 SWAC 1:06.77 (I)

### Codes

Inland NW Masters Record	(I)
NW Zone Record	(Z)
USMS Record	(U)
World Record	(W)
Unofficial	(X)
Disqualified	(DQ)

### Key for Teams

Lake City Masters	LCM
Moscow Masters	MCM
North Spokane Masters	NSM
Pacific Northwest Masters	PNA
Spokane Club Masters	SCM
Unattached	UNA
WSU Masters	WSU
Wenatchee Valley Masters	WVM
Yakima Valley Masters	YVM

WSU MASTERS SWIMMING

# Inland NW Masters Championships

SATURDAY APRIL 1, 2006

**DATE/TIMES:** Saturday, April 1, 2006. Warm-up starts at 10 am, meet starts at 11 am, event 4 will not begin before 12:30 pm

**SPONSOR:** WSU Masters. Sanctioned by Inland Northwest Masters Swimming (IWMSC) for United States Masters Swimming Inc. (USMS) Sanction number 3560402.

**ELIGIBILITY:** All currently registered USMS swimmers.

**RULES:** All current USMS rules will apply. Certified stroke and turn judge will be present. Consult the 2006 USMS Rulebook about proper stroke and turn rules. Events will be seeded slow to fast.

**DEADLINE:** All entries must be postmarked by March 20, 2006.

**FEES:** \$15.00, make checks payable to: IWMSC, cash will not be accepted with entry forms or at the meet. **No deck entries.**

**RELAYS:** Submit relay cards to the clerk of course during the warm-ups. Individuals must be signed up with the team they represent to have their relay points count for that team.

**AWARDS:** First-Third place ribbons will be available free of charge.

**CONDUCT OF THE MEET:** The course is short course yards. Participants may swim no more than five individual events, and four relay events.

**DIRECTIONS:** From Spokane, take Highway 195 south to Pullman. Turn left at the first stop light onto Grand Ave. Take Grand Ave to Stadium Way, turn right. Stadium Way to Colorado St., turn right. The athletic complex will be on your left. **From Moscow, ID** turn right onto Stadium Way travel to Colorado Street (4th light), turn left. The athletic complex will be on your left. Gibb Pool is in the Physical Education Building, to the right of the building with curved windows. Follow all parking signs. For details visit [www.WSUMastersSwimming.org](http://www.WSUMastersSwimming.org)

**GENERAL MEMBERSHIP MEETING** will be held immediately following the meet at a location adjacent to the pool.

Postmarked by:	March 20, 2006
Mail Entries to:	Virgil Crampton 615 East Southview Avenue Colfax, WA 99111
Entry Fee:	\$15.00
Checks payable to:	IWMSC

Name \_\_\_\_\_ ☐ Male ☐ Female Birthdate \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_ USMS # \_\_\_\_\_ Team \_\_\_\_\_

Maximum of 5 individual events • Include a copy of your USMS registration card if you are from outside Inland Northwest LMSC.

## NO DECK ENTRIES

10 am warm up, meet starts at 11 am

1) 1650 Freestyle \_\_\_\_\_

2) 1000 Freestyle \_\_\_\_\_

(participants may swim either the 1650  
or the 1000, not both)

3) 400 Individual Medley \_\_\_\_\_

**Event 4 will not begin before 12:30 pm**

4) 50 Breaststroke \_\_\_\_\_

5) 100 Butterfly \_\_\_\_\_

6) 200 Freestyle \_\_\_\_\_

### 10 Minute Break

7) 200 Medley Relay \_\_\_\_\_

8) 400 Medley Relay \_\_\_\_\_

9) 100 Breaststroke \_\_\_\_\_

10) 200 Backstroke \_\_\_\_\_

11) 50 Butterfly \_\_\_\_\_

12) 200 Individual Medley \_\_\_\_\_

### 10 Minute Break

13) 200 Mixed Freestyle Relay \_\_\_\_\_

14) 400 Mixed Freestyle Relay \_\_\_\_\_

15) 800 Mixed Freestyle Relay \_\_\_\_\_

16) 100 Backstroke \_\_\_\_\_

17) 50 Freestyle \_\_\_\_\_

18) 200 Breaststroke \_\_\_\_\_

19) 100 Individual Medley \_\_\_\_\_

### 10 Minute Break

20) 200 Freestyle Relay \_\_\_\_\_

21) 400 Freestyle Relay \_\_\_\_\_

22) 800 Freestyle Relay \_\_\_\_\_

23) 50 Backstroke \_\_\_\_\_

24) 200 Butterfly \_\_\_\_\_

25) 100 Freestyle \_\_\_\_\_

### 10 Minute Break

26) 200 Mixed Medley Relay \_\_\_\_\_

27) 400 Mixed Medley Relay \_\_\_\_\_

28) 500 Freestyle \_\_\_\_\_

Waiver: 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.

Your Signature \_\_\_\_\_ Date \_\_\_\_\_

# Immune System Boosters



“Perhaps the new slogan will be a carrot a day keeps the heart surgeon away.”

**Vitamin C** tops the list of immune boosters. Vitamin C increases the production of infection fighting white blood cells and antibodies and increases the level of interferon, the antibody that coats cell surfaces and prevents the entry of viruses. Vitamin C also reduces the risk of cardiovascular disease by raising level of HDL cholesterol (good cholesterol), while lowering blood pressure and interfering with the process by which fat is converted to plaque in the arteries. About 200 milligrams seems to be the generally agreed upon amount. That can be obtained by eating at least 6 servings of fruits and vegetables a day. If you take supplements its best to space them throughout the day rather than take one large dose which may end up being excreted in your urine.

**Vitamin E** stimulates the production of natural killer cells, those that seek out and destroy germs and cancer cells. Vitamin E enhances the production of B-cells, the immune cells that produce antibodies to destroy bacteria. Vitamin E supplements may also reverse some of the decline in immune response commonly seen in aging. You need 100-400 milligrams per day. You can get 30-60 grams per day from a diet rich in seeds, vegetable oils and grains but it is difficult to consume more than 60 milligrams through diet alone. Supplements may be necessary. People who are active and lead a healthy lifestyle need less Vitamin E than those who are sedentary, smoke and consume high amounts of alcohol.

**Carotenoids** are powerful antioxidants that mop up excess free radicals that accelerate aging. They also reduces the risk of cardiovascular disease by interfering with how the fats and cholesterol in the blood stream oxidize to form arterial plaques. Studies have shown that beta carotene (the best known carotenoid) can lower the risk of cardiovascular disease. Perhaps the new slogan will be a carrot a day keeps the heart surgeon away. Beta carotene is the most familiar carotenoid but is only one member of a large family that work together to produce these good effects.

**Bioflavonoids** protect cell membranes against pollutants by attaching to them.

Along the membrane of each cell there are microscopic parking places, called receptor sites. Pollutants, toxins or germs can park here and gradually eat their way into the membrane of the cell. When bioflavonoids fill up these parking spaces there is no room for the toxins. Bioflavonoids also reduce cholesterol's ability to form plaques in arteries and lessen the formation of microscopic clots inside arteries, which can lead to heart attack and stroke. A diet rich in fruits and vegetables (at least 6 servings daily) will help you get the bioflavonoids needed to help your immune system work in top form.

**Zinc** increases the production of white blood cells that fight infection and helps them fight more aggressively. It also increases killer cells that fight cancer and helps white cells release more antibodies. Zinc also increases the number of infection fighting T-cells.

**Garlic** is a powerful immune booster that stimulates the multiplication of infection fighting white cells, boosts natural killer cell activity and increases the efficiency of antibody production. The immune boosting properties of garlic seem to be due to its sulfur containing compounds. Garlic is heart friendly since it keeps platelets from sticking together and clogging tiny blood vessels.

**Selenium** increases natural killer cells and mobilizes cancerfighting cells. The best food sources of selenium are tuna, red snapper, lobster, shrimp, whole grains, vegetables (depending on the selenium content of the soil they are grown in), brown rice, egg yolks, cottage cheese, chicken (white meat), sunflower seeds, garlic, Brazil nuts and lamb chops.

**Omega-3 fatty acids** found in flax oil and fatty fish (salmon, tuna, mackerel) act as immune boosters by increasing the activity of phagocytes, the white blood cells that eat up bacteria. They also help reduce LDL (bad) cholesterol.

## Habits That Weaken the Immune System

Certain foods can keep the immune system from doing a good job. Watch out for these threats to your body's defenses.

**Overdosing on sugar:** Eating or drinking 100 grams of sugar (the equivalent of one 12-ounce can of soda) can reduce the ability of white blood cells to kill germs by 40 percent. The immune suppressing effect of sugar starts 30 minutes after ingestion and may last up to 5 hours. In contrast, the ingestion of complex carbohydrates (starches) has no effect on the immune system.

**Excessive alcohol intake** can harm the body's immune system in 2 ways. First, it produces an overall nutritional deficiency, depriving the body of valuable immune boosting nutrients. Second, alcohol, like sugar, when consumed in excess can reduce the ability of white cells to kill germs. High doses of alcohol suppress the ability of white blood cells to multiply and inhibit the action of killer white cells on cancer. One drink (12 ounces of beer, 5 ounces of wine or 1 ounce of hard liquor) does not appear to bother the immune system, but three or more drinks do. Damage to the immune system increases in proportion to the quantity of alcohol consumed.

**Food allergens:** Due to a genetic quirk, some divisions of the immune system army recognize otherwise harmless substances (such as milk) as a foreign invader and attack it, causing an allergic reaction. After many encounters with food allergens the wall of the intestine is damaged, allowing invaders and potentially toxic substances in foods to get in the bloodstream.

**Too much fat:** Obesity can lead to a depressed immune system. It can also affect the ability of white blood cells to multiply, produce antibodies and rush to the site of an infection.

—Jani Sutherland

Reprinted from the February 2006  
Oregon Masters *Aqua Master*

# United States Masters Swimming & Inland Northwest Masters 2006 Member Registration

Register with the name you will use for competition, please print clearly

Last Name	First Name	Middle Initial	For Office Use
Street Address		Apt.#	
City	State	Zip	
Phone (with area code)		Email: (to be used for online newsletter, and will not be sold for junk email)	

Date of Birth	Age	Sex
---------------	-----	-----

## Team Affiliation

- |   |   |   |  |
|---|---|---|--|
| <input type="radio"/> Lake City Masters     | <input type="radio"/> Moscow Chinook Masters  | <input type="radio"/> North Spokane Masters | <input type="radio"/> Sandpoint West Athletic Club |
| <input type="radio"/> Spokane Club Masters  | <input type="radio"/> Spokane Masters and Tri | <input type="radio"/> WSU Masters           | <input type="radio"/> Wenatchee Valley Masters     |
| <input type="radio"/> Yakima Valley Masters | <input type="radio"/> Unattached team         | <input type="radio"/> Unattached club       |  |

**Unattached team** means you will not be able to participate in relay events at Inland NW Masters meets, but can still participate in relays at zone or national meets as part of the Inland NW Masters club. **Unattached club** means you will not be able to participate in relay events at Inland NW Masters meets, zone or national meets.

- |  |  |  |
|--|--|--|
| <input type="radio"/> I am a certified USA Swimming Official | <input type="radio"/> I am a certified high school swimming official | <input type="radio"/> I coach Masters Swimmers |
|--|--|--|

## Benefits of Membership Include:

⇒ *USMS Swimmer Magazine* for the length of the membership ⇒ the *Splashmaster* newsletter, other mailing and emails from Inland Northwest Masters Swimming ⇒ Secondary accident insurance ⇒ Coached workouts in locations nationwide.

**Where do my registration fees go?** ⇒ \$20.00 to United States Masters Swimming (\$7.00 for *USMS Swimmer Magazine*)  
⇒ \$10.00 to Inland Northwest Masters Swimming Committee for local programming and communications.

## 2006 UNITED STATES MASTERS SWIMMING MEMBER REGISTRATION (Membership will expire 12/31/2005)

Please check appropriate level • You may start renewing or registering for 2006 memberships on November 1, 2005

- |   |  |   |
|---|--|---|
| <input type="radio"/> Individual Registration \$30.00   | <input type="radio"/> Couples Registering together \$55.00 | <input type="radio"/> Senior Registration (age 60+) \$27.50 |
| <input type="radio"/> Late Year Registration \$18 (for those registering in September-December, to expire on December 31, 2006) |  |   |

## SWIMMING ENDOWMENT FUNDS (Please consider making a donation one or both of these funds.)

### United States Masters Swimming Endowment Fund

☐ In addition to my registration fee, I have enclosed \$ \_\_\_\_\_  
for the USMS Endowment Fund

### International Swimming Hall of Fame Endowment Fund

☐ In addition to my registration fee, I have enclosed \$ \_\_\_\_\_  
for the International Swimming Hall of Fame Endowment Fund

Make check payable to  
Mail check and form to:

IWMSC  
Sue Dills  
639 N. Riverpoint Blvd. #3W  
Spokane, WA 99202

Amount Enclosed

Waiver: 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

# SPLASHMASTER

DOUG GARCIA • WASHINGTON STATE UNIVERSITY  
PO BOX 641227 • PULLMAN WA 99164-1227Non-Profit Org.  
U.S. Postage Paid  
Pullman, WA  
Permit No.1

## Awards Nominations Sought

Please submit your suggestions for the Most Inspirational and the Most Dedicated Swimmer of the year award. Write a brief statement as to why these individuals should receive the award (it might actually be read at the awards announcement, so nothing too embarrassing). These two awards, along with the high point male and female swimmer will be **ANNOUNCED AT THE CHAMPIONSHIP MEET ON SATURDAY APRIL 1** during the last break before the start of the 500 yard Freestyle. Send your nominations when you submit your meet entries to: Virgil Crampton, 615 East Southview Ave., Colfax, WA 99111 please use additional paper if necessary. Or you may email your nominations to Virgil at [olliemillietinknug@yahoo.org](mailto:olliemillietinknug@yahoo.org).



### Most Inspirational

---

---

---

---

---

---

---

### Most Dedicated

---

---

---

---

---

---

---

## Workout of the Month

BY DOUG GARCIA

### Warm up

Stretch and jump in feet first

400 broken as: 200 Free swim, 50 Back kick, 50 Back swim, 50 Breast kick, 50 Breake swim

10(8) x 50 on 1 minute (1:15) broken as odd 50s Kick without a board even 50s working on distance per stroke

### Main Set

Round 1 3x50 fly, 100 fly kick, 100 fast free

Round 2 3x50 back, 100 back kick, 1x100 fast IM, 1x100 fast free

Round 3 3x50 breast, 100 breast kick, 2x100 fast IM, 1x100 fast free

Round 4 3x50 free, 100 free kick, 3x100 fast IM, 1x100 fast free

For the 50s focus on technique, with a lower heart rate. Rest 10 seconds after each 50 and 30 seconds before the kick. Try doing the kick without a board, focusing on body position.

The 100s swim should be done quickly, with 20 seconds rest after each 100, and a minute before starting the next round. The 100s swim should be at the aerobic level.

### Cool Down

4x50 swim, descend the stroke count and ascend the amount of rest with each 50, focus on long fluid strokes. 1x50 scull