

# SPECIAL CHAMPIONSHIP EDITION



## PNS Athlete Newsletter™



Volume I, Issue VII

### PNS Athletes!

Interested in having your swimming article/poem/favorite quotation/rule highlight published in this newsletter?

Please send your submissions to  
[athletere1@pns.org](mailto:athletere1@pns.org)

### QUOTE OF THE ISSUE

“It is what it is.  
But it can become what you make it.”

–Anonymous

Thanks to **Kim Gansneder** for this Quote.



### Speedo Can-Am Para-Swimming Championships Haley Beranbaum Earns Gold Medals!

Gatineau, Quebec  
July 15-17, 2011

PNS would like to congratulate Haley Beranbaum (SSC) on her outstanding performance at the 2011 Speedo Can-Am Para-Swimming Championships! Haley dominated her events, winning the 50m Butterfly and the 200m IM. Earlier this year, Haley set American Records in the 200 Free and 50 Breast.

**UPDATE August 25, 2011:** Haley Beranbaum has been featured on the USA Swimming website. For the complete article about Haley and her extremely successful swimming career, please visit USA Swimming [here](#).

### Swimmers' Poll Results

“What is your favorite Long Course  
PNS meet?”

The poll results are in, and the unanimous  
favorite PNS long course meet of the year is...

**Seattle Open!**

Thanks to those athletes who responded to the quiz!

### Swimming Quiz

Congratulations to **Linda Dorris** for correctly answering  
the Swim Quiz question of the last issue,

“Who was the first PNS Chairman?” The  
answer is: **Andy Hathaway**, who is still involved in  
PNS and USA Swimming.

Thanks to **Dick Hannula** and **Lyle Campbell** for this  
Swimming Quiz!

# PNS Senior Swimming

## PNS Championships

Federal Way, WA July 28-31, 2011

### PNS TOP 3 FINISHERS

#### 15 & Over GIRLS

##### 50 Free

- 1 Amber Cratsenberg
- 2 Anna Keane
- 3 Felicity Cann

##### 100 Free

- 1 Lily Morris
- 2 Felicity Cann
- 3 Morgan Ginnis

##### 200 Free

- 1 Felicity Cann
- 2 Rachel Godfred
- 3 Morgan Ginnis

##### 400 Free

- 1 Paige Fischer
- 2 Rachel Godfred
- 3 Casey Penrose

##### 800 Free

- 1 Laurin Williams
- 2 Casey Penrose
- 3 Paige Fischer

##### 1500 Free

- 1 Laurin Williams
- 2 Katie Jo Burkland
- 3 Rachel Schneider

##### 100 Back

- 1 Kristin Ainsworth
- 2 Danielle Palumbo
- 3 Madeline Summers

##### 200 Back

- 1 Danielle Palumbo
- 2 Kristin Ainsworth
- 3 Hannah Peseau

##### 100 Breast

- 1 Katie Kaestner
- 2 Emilie Kaufman
- 3 Sage Speak

##### 200 Breast

- 1 Sage Speak
- 2 Katie Kaestner
- 3 Katie Mackie

##### 100 Fly

- 1 Grace Wold
- 2 Hannah Weiss
- 3 Rachel Godfred

##### 200 Fly

- 1 Jenni Domanowski
- 2 Kalena Laurent
- 3 Ciara Hu

##### 200 IM

- 1 Rachel Godfred
- 2 Hannah Taylor
- 3 Jenni Domanowski

##### 400 IM

- 1 Hannah Taylor
- 2 Casey Penrose
- 3 Jenni Domanowski

#### 15 & Over BOYS

##### 50 Free

- 1 Ethan Hollowell
- 2 Tanner Brotherton
- 3 Devon Morris

##### 100 Free

- 1 D'Voreaux Cann
- 2 Zachary Wagner
- 3 Garren Riechel

##### 200 Free

- 1 Ethan Hollowell
- 2 Sean Tento
- 3 Knox Young

##### 400 Free

- 1 Matt Roe
- 2 Thor Stenford
- 3 Alex Palumbo

##### 800 Free

- 1 Steve Sholdra
- 2 Alex Palumbo
- 3 Logan Briggs

##### 1500 Free

- 1 Steve Sholdra
- 2 Thor Stenford
- 3 Alex Palumbo

##### 100 Back

- 1 Kevin Byers
- 2 Ed Kim
- 3 Austin Fish

##### 200 Back

- 1 Ed Kim
- 2 Paolo Stanchi
- 3 Taylor Seidel

##### 100 Breast

- 1 Garren Riechel
- 2 Chris Lynch
- 3 Joey Enbody

##### 200 Breast

- 1 Keith Schendel
- 2 Chris Lynch
- 3 Andrew Tang

##### 100 Fly

- 1 Kevin Byers
- 2 D'Voreaux Cann
- 3 John Hu

##### 200 Fly

- 1 John Hu
- 2 Alec Barnard
- 3 Steve Sholdra

##### 200 IM

- 1 Kevin Byers
- 2 Knox Young
- 3 John HU

##### 400 IM

- 1 John HU
- 2 Trevor LeValley
- 3 Spencer Alpaugh

## USA Swimming

### National Championships

Stanford @ Palo Alto, CA August 2-6, 2011



### PNS Athletes:

<b>100 Free:</b>	Joanna Wu	147 <sup>th</sup>	Alana Pazlevic	155 <sup>th</sup>
<b>200 Free:</b>	Rachel Kim	139 <sup>th</sup>	Fiona Majeau	151 <sup>st</sup>
<b>400 Free:</b>	Annemarie Thayer	103 <sup>rd</sup>	Fiona Majeau	115 <sup>th</sup>
<b>800 Free:</b>	Fiona Majeau	86 <sup>th</sup>		
<b>1500 Free:</b>	Matthew Roe	75 <sup>th</sup>		
<b>100 Back:</b>	Heidi Vanderwel	43 <sup>rd</sup>	Alana Pazevic	113 <sup>th</sup>
	Annemarie Thayer	122 <sup>nd</sup>	Joanna Wu	126 <sup>th</sup>
	Rachel Kim	131 <sup>st</sup>		

## USA Swimming Junior National Championships

Stanford @ Palo Alto, CA August 8-12, 2011



### PNS Athletes:

**BBST:** Katie Kaestner; **BCST:** Jimmy Deiparine, Ethan Hollowell, Anna Keane, Ed Kim, Kalena Laurent, Steve Sholdra, Paolo Stanchi, Kim Williams; **BISC:** Andrew McCarthy; **IST:** Katie Kinnear;  
**KING:** Kristen Ainsworth, Alyssa Cook, Lauren Kaufman, Thane Maudslien, Andrew Nemeth, Logan Rysemus, Sean Tento, Heidi Vanderwel, Zach Wagner, Hannah Weiss, Grace Wold, Joanna Wu; **MMSC:** Jenni Domanowski; **NWAC:** Price Hu;  
**OCA:** Sam Petrini, Knox Young; **PAC:** Joey Enbody;  
**SSCD:** Liam Sosinski; **VAST:** Amber Cratsenberg;  
**WAVE:** Zach Alleva, Sage Speak; **WWA:** Megan Kawaguchi

## 2011 Speedo Western Section Long Course Championships

Mt. Hood, OR July 19-23, 2011

### PNS TOP 8 FINISHERS

Katie Kinnear	1 <sup>st</sup> 200 Fly; 2 <sup>nd</sup> 100 Fly; 3 <sup>rd</sup> 400 IM; 3 <sup>rd</sup> 200 IM; 4 <sup>th</sup> 100 Back; 7 <sup>th</sup> 100 Free
Trevor LeValley	3 <sup>rd</sup> 400 IM; 6 <sup>th</sup> 200 Fly
Hannah Taylor	5 <sup>th</sup> 400 IM
Andrew McCarthy	5 <sup>th</sup> 800 Free; 5 <sup>th</sup> 1500 Free
Kristin Ainsworth	6 <sup>th</sup> 200 Back



# PNS Age Group Swimming

## PNS Long Course Championships

Federal Way, WA July 28-31, 2011



Results from the meet can be found [here](#).

### PNS TOP 3 FINISHERS

#### 10 & Under GIRLS

##### 50 Free

- 1 Gabby Dang
- 2 Emily Zacharias
- 3 Bindi Pedersen

##### 100 Free

- 1 Gabby Dang
- 2 Bindi Pedersen
- 3 Olivia Tungate

##### 200 Free

- 1 Gabby Dang
- 2 Emily Zacharias
- 3 Stephanie Young

##### 400 Free

- 1 Gabby Dang
- 2 Bindi Pedersen
- 3 Emily Zacharias

##### 50 Back

- 1 Gabby Dang
- 2 Maren Blomso
- 3 Stephanie Young

##### 100 Back

- 1 Gabby Dang
- 2 Stephanie Young
- 3 Maren Blomso

##### 50 Breast

- 1 Bindi Pedersen
- 2 Emily Zacharias
- 3 Olivia Tungate

##### 100 Breast

- 1 Bindi Pedersen
- 2 Olivia Tungate
- 3 Emily Zacharias

##### 50 Fly

- 1 Gabby Dang
- 2 Bindi Pedersen
- 3 Olivia Tungate

##### 100 Fly

- 1 Bindi Pedersen
- 2 Olivia Tungate
- 3 Delora z Li

##### 200 IM

- 1 Bindi Pedersen
- 2 Gabby Dang
- 3 Emily Zacharias

#### 10 & Under BOYS

##### 50 Free

- 1 Benjamin Won
- 2 Andres Gonzalez
- 3 Ethan Dang

##### 100 Free

- 1 Garrett Waite
- 2 Ethan Dang
- 3 Vlad Elizarov

##### 200 Free

- 1 Garrett Waite
- 2 Vlad Elizarov
- 3 Nick Elizarov

##### 400 Free

- 1 Ethan Dang
- 2 Vlad Elizarov
- 3 Nick Elizarov

##### 50 Back

- 1 Garrett Waite
- 2 Alex Karulin
- 3 Matthew Leahy

##### 100 Back

- 1 Garrett Waite
- 2 Matthew Leahy
- 3 Alex Karulin

##### 50 Breast

- 1 Ethan Dang
- 2 Drew Johnson
- 3 Kevin Houseman

##### 100 Breast

- 1 Garrett Waite
- 2 Ethan Dang
- 3 Drew Johnson

##### 50 Fly

- 1 Garrett Waite
- 2 Matthew Leahy
- 3 Vlad Elizarov

##### 100 Fly

- 1 Garrett Waite
- 2 Matthew Leahy
- 3 Evan Zverev

##### 200 IM

- 1 Garrett Waite
- 2 Matthew Leahy
- 3 Ethan Dang

#### 11-12 GIRLS

##### 50 Free

- 1 Elisa Fang
- 2 Cameron Smith
- 3 Sabrina Kwan

##### 100 Free

- 1 Cameron Smith
- 2 Maddie Pressler
- 3 Elisa Fang

##### 200 Free

- 1 C. Domanowski
- 2 Cameron Smith
- 3 Maddie Pressler

##### 400 Free

- 1 C. Domanowski
- 2 Cameron Smith
- 3 Marissa Morris

##### 800 Free

- 1 Cameron Smith
- 2 Marissa Morris
- 3 Lindsey Seidner

##### 1500 Free

- 1 C. Domanowski
- 2 Marissa Morris
- 3 Chase Raines

##### 50 Back

- 1 Elisa Fang
- 2 Maddie Pressler
- 3 Annika Matthews

##### 100 Back

- 1 Maddie Pressler
- 2 Elisa Fang
- 3 Annika Matthews

##### 200 Back

- 1 C. Domanowski
- 2 Maddie Pressler
- 3 Elisa Fang

##### 50 Breast

- 1 Nicole Limberg
- 2 Meg Hill
- 3 Elisa Fang

##### 100 Breast

- 1 Elisa Fang
- 2 Shannon Cassidy
- 3 Lindsey Seidner

##### 200 Breast

- 1 Lindsey Seidner
- 2 Shannon Cassidy
- 3 Elisa Fang

##### 50 Fly

- 1 Sabrina Kwan
- 2 Amber Chong
- 3 Haley Childress

##### 100 Fly

- 1 Lindsey Seidner
- 2 Sabrina Kwan
- 3 C. Domanowski

##### 200 Fly

- 1 C. Domanowski
- 2 Lindsey Seidner
- 3 Sabrina Kwan

##### 200 IM

- 1 C. Domanowski
- 2 Lindsey Seidner
- 3 Maddie Pressler

##### 400 IM

- 1 C. Domanowski
- 2 Maddie Pressler
- 3 Lindsey Seidner

#### 11-12 BOYS

##### 50 Free

- 1 Dillon Knutson
- 2 Jacob Leahy
- 3 D. Ryaboshapka

##### 100 Free

- 1 Dillon Knutson
- 2 Ryan Kinnear
- 3 D. Ryaboshapka

##### 200 Free

- 1 D. Ryaboshapka
- 2 Dillon Knutson
- 3 Jared Graham

##### 400 Free

- 1 D. Ryaboshapka
- 2 Richard Zhang
- 3 Micah Oh

##### 800 Free

- 1 Jared Graham
- 2 Brandon Leu
- 3 Riley Verdier

##### 1500 Free

- 1 Jared Graham
- 2 Richard Zhang
- 3 Dillon Glover

##### 50 Back

- 1 Dillon Knutson
- 2 Ryan Kinnear
- 3 D. Ryaboshapka

##### 100 Back

- 1 D. Ryaboshapka
- 2 Ryan Kinnear
- 3 Jacob Leahy

##### 200 Back

- 1 Ryan Kinnear
- 2 D. Ryaboshapka
- 3 Dillon Knutson

##### 50 Breast

- 1 Andrew Lee
- 2 Mitch Hovis
- 3 Anthony Tran

##### 100 Breast

- 1 Andrew Lee
- 2 Mitch Hovis
- 3 Ivan Graham

##### 200 Breast

- 1 Mitch Hovis
- 2 Andrew Lee
- 3 Ivan Graham

##### 50 Fly

- 1 Jacob Leahy
- 2 Dillon Knutson
- 3 Ryan Kinnear

##### 100 Fly

- 1 Jacob Leahy
- 2 Dillon Knutson
- 3 Ryan Kinnear

##### 200 Fly

- 1 Jared Graham
- 2 Ivan Graham
- 3 T. Eggenberger

##### 200 IM

- 1 Ryan Kinnear
- 2 Ivan Graham
- 3 Jacob Leahy

##### 400 IM

- 1 Ryan Kinnear
- 2 Ivan Graham
- 3 Richard Zhang

#### 13-14 GIRLS

##### 50 Free

- 1 Mackenna Briggs
- 2 Ashley Sutherland
- 3 Sydney Bishoff

##### 100 Free

- 1 Ashley Sutherland
- 2 Mackenna Briggs
- 3 Marley Cross

##### 200 Free

- 1 Kim Williams
- 2 Ashley Sutherland
- 3 Alyssa Cook

##### 400 Free

- 1 Alyssa Cook
- 2 Hannah Shabb
- 3 Addie Chambers

##### 800 Free

- 1 Brianna Lucien
- 2 Addie Chambers
- 3 Jenny Stefanescu

##### 1500 Free

- 1 Brianna Lucien
- 2 Addie Chambers
- 3 Demetra Laurent

##### 100 Back

- 1 Cathryn Armstrong
- 2 Caitlin Cox
- 3 Alyssa Cook

##### 200 Back

- 1 Emily Huffer
- 2 Megan Kawaguchi
- 3 Alyssa Cook

##### 100 Breast

- 1 Kim Williams
- 2 Alyssa Cook
- 3 Melody Coleman

##### 200 Breast

- 1 Kim Williams
- 2 Alyssa Cook
- 3 Taylor Shewchuk

##### 100 Fly

- 1 Kim Williams
- 2 Sarah Norman
- 3 Mackenna Briggs

##### 200 Fly

- 1 Kim Williams
- 2 Addie Chambers
- 3 Mackenna Briggs

##### 200 IM

- 1 Kim Williams
- 2 Alyssa Cook
- 3 Mackenna Briggs

##### 400 IM

- 1 Kim Williams
- 2 Mackenna Briggs
- 3 Brianna Lucien

#### 13-14 BOYS

##### 50 Free

- 1 Conner McGinnis
- 2 Max Emerick
- 3 Gabe Florsheim

##### 100 Free

- 1 Conner McGinnis
- 2 BJ Woodbury
- 3 Max Emerick

##### 200 Free

- 1 Tommy Thach
- 2 Mathias Oh
- 3 Austin Barnard

##### 400 Free

- 1 Austin Barnard
- 2 Tommy Thach
- 3 Sam Petrini

##### 800 Free

- 1 Alec Raines
- 2 Nick Klatt
- 3 Koppi Kolyvek

##### 1500 Free

- 1 Sam Petrini
- 2 Austin Barnard
- 3 Nick Klatt

##### 100 Back

- 1 Tommy Thach
- 2 Cole Avery
- 3 Abrahm DeVine

##### 200 Back

- 1 Tommy Thach
- 2 Abrahm DeVine
- 3 Cole Avery

##### 100 Breast

- 1 Sam Petrini
- 2 Thomas Anderson
- 3 Tommy Thach

##### 200 Breast

- 1 Sam Petrini
- 2 Ben Whitty
- 3 Spencer Broden

##### 100 Fly

- 1 Mathias Oh
- 2 Sam Petrini
- 3 BJ Woodbury

##### 200 Fly

- 1 Mathias Oh
- 2 Sam Petrini
- 3 Cole Avery

##### 200 IM

- 1 Tommy Thach
- 2 Sam Petrini
- 3 Abrahm DeVine

##### 400 IM

- 1 Abrahm DeVine
- 2 Sam Petrini
- 3 Cole Avery



# PNS Swimming

Under the leadership of Head Coach **Cejih Yung**, and Team Manager **Ash Milad**, the 2011 PNS team swam well and enjoyed the 4<sup>th</sup> Annual North American Challenge Cup, held in Puerto Vallarta, Mexico.



## 2011 North American Challenge Cup

Puerto Vallarta, Mexico  
August 3-5, 2011

### Girls 11-12

**COACH** John Skroch  
Sophia Chien, KING  
Angeline Dovich, SSC  
Elisa Fang, BC  
Katherine Jenkins, GAC  
Kristin Jradi, KING  
Sabrina Kwan, OCA  
Sydney Seto, BC  
Cameron Smith, CSC

### Girls 13-14

**COACH** Justin Morin  
Cathryn Armstrong, SSC  
Savannah Delzer, KING  
Emily Huffer, NWAC  
Brigid Mackey, IST  
Sarah Norman, TOSC  
Taylor Shewchuk, BBST  
Ashley Sutherland, UN  
Helen Teegan, KING  
Lavinya Yap, BC

### Boys 11-12

**COACH** Jane Rixe  
Dilon Glover, KING  
Ivan Graham, IST  
Jared Graham, PAQ  
Mitchell Hovis, SSCD  
Dillon Knutson, C  
Richard Zhang, PDST

### Boys 15-16

**COACH** Adam Martinez  
Benton Allen, IST  
Spencer Alpaugh, BISC  
Chase Bubblitz, C  
Samuel Chong, BC  
Addison Evans, BBST  
Evan Indahl, TSC  
Tristan Rosellini, KING  
Benjamin Scott, TSC  
Jason Xu, PDST

### Boys 13-14

**COACH** Andrew Nguyen  
Cole Avery, BBST  
Austin Barnard, BC  
Abraham DeVine, CSC  
Max Emerick, GAC  
Nicholas Klatt, IST  
Tim Kraji, GAC  
Grant Meyers, WWA  
Emet Minney, WWA  
Alec Raines, KING  
Caleb Riggs, TSC  
Michael Shum, BC  
Benjamin Whitty, BC

### Girls 15-16

**COACH** Cejih Yung  
Jacqueline Beal, WWA  
Sydney Bishoff, PSSC  
Danielle Deiparine, BC  
Morgan Ginnis, WEST  
Geneva Levy, BISC  
Katherine Mackie, KING  
Vanessa Moffatt, KING  
Madison Munger, VAST  
Kyndal Phillips, KING  
Abigail Sullivan, TSC  
Hannah Taylor, MMSC

### Girls 17-18

**COACH** Rod Rombauer  
Ciara Hu, NWAC  
Hannah Peseau, WEST

### Boys 17-18

**COACH** Rod Rombauer  
Jon Graybill, WWA  
Tyler Kaslik, TSC  
Steven Sholdra, BC  
Daniel Simons, OCA  
Andrew Tang, KING



## PNS Officials Chair Retires

After serving over 10 years in the position of PNS Officials Chair, Ken Breiding has retired. Mr. Breiding wants to spend more time with his family, including his brand-new grandson. PNS athletes would like to thank Ken Breiding for his contributions to our LSC as Officials Chair. We will still see Mr. Breiding on deck, since he will continue officiating for PNS and its athletes.

Longtime PNS Official Dave Withrow, formerly the Vice-Chair of the PNS Officials Committee, will serve as Chair.

The Officials Committee recently appointed John Gagliardo to serve in an At-Large board position.

## 21<sup>st</sup> Century PNS Top 16 List

**Lyle Campbell**, PNS "SWIMS" Chairman, compiles these constantly updated lists. The lists can be found under the drop-down "Fast Times" tab on the PNS website [here](#). Also found in this tab are **PNS records**, **Top Times by Year**, **time standards**, and **All-Time Top 16** lists. These fascinating reports, along with many others, can be found on the PNS website [here](#).

## PNS Olympic Trial Qualifiers

This list will be updated in a future issue with new qualifiers.

### Women

Tricia Averil  
Dannica Brennen  
Jenni Domanowski  
Megan Jendrick  
Katie Kinnear  
Amber McDermott  
Amelia Messegee  
Alana Pazevic  
Andie Taylor  
Annemarie Thayer  
Heidi Vanderwel  
Kim Williams

### Men

Jordan Anderson

# The Last Page

## PNS Swimmers' Poll

Which do you prefer:  
Long Course or Short Course?

Please send your answer to  
[athletere1@pns.org](mailto:athletere1@pns.org)

## United States Aquatic Sports



US Aquatic Sports is comprised of: USA Swimming; USA Synchro; US Masters Swimming; and USA Diving. The US Aquatic Sports (USAS) Convention will be held September 13-17, 2011, with the governing boards of the four US Aquatic Sports in attendance. Other attendees include Committee Chairs, LSC Representatives and Athlete Representatives from around the country.



### **Interested in trying Open Water swimming...in a pool?**

PNS will be hosting a Pool Open Water meet at South Kitsap pool Oct. 9, 2011. For information, see the PNS website.

## OPINION

*We've already discussed The Joys of Distance Swimming, Sprinting: The Obvious Choice, and Mid-Distance: The Only Other Choice Left. Now, finally...*

### PART 4

## *Open Water: The Really Cold Choice*

Ah, the feeling of diving into a refreshing pool. In the clear pool water, it's easy to use the big black line on the bottom of the pool to make sure you're swimming straight. You also get a small rest on every wall when you flipturn.

Now, forget about all that, because absolutely none of it relates to open water swimming. Wading slowly into freezing water, you're already missing pools. By the time you're completely submerged in the cold water, often 10-20 degrees colder than a pool, you may make many promises to yourself that you will never again swim in anything but heated clear-water pools. Those self-promises can be beneficial; they help motivate you to finish and quickly get out of the ice-cold water which is so green and murky that you can't even see your hand in front of you. Of course, you'll forget those promises once you're done, and you'll be back for more open water swim meets. It's like eating potato chips...you can't have just one.

Open water swimming is a sport that (once you're done) is a blast. It's fun to recall swimming in the lake or ocean, without the protection of lanelines, all-out racing swimmers who will run you over at any time. When you're actually swimming in the race, prepare for...it's hard to explain what to prepare for. Swimming in a mob of athletes racing as fast as they can (with no feeling of guilt when they run you over, and kick your goggles off), while constantly thinking "I wonder what creatures are swimming right below me in this water?" and "I can't see anything in the water, where's the wall?!?" Sadly, there is no wall, or hope of the short rest every 25 or 50 meters while you flipturn. It's five or ten thousand meters of straight swimming. Get a good song stuck in your head; it's going to be a long, cold, (and fun-to-remisces-about) race!

Sprinters just don't know what they're missing. Or maybe they do, and that's why they don't do it.

*-An Open Water Swimmer*  
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