

# ATHLETE NEWS

Pacific Northwest Swimming Newsletter

## WELCOME TO LONG COURSE SEASON!

As school winds to a close long course season is firing up! Here are some important updates for the season ahead!

### Interested in learning about what goes on behind the scenes of PNS?

Then you may want to take the USA Swimming LSC Online Leadership Course! It is a free online course that will familiarize you with things such as:

- The governance of USA Swimming
- The various committees that help PNS run smoothly
- How YOU can make a difference in PNS

You can take the online course here: <https://www.usaswimming.org/articles-landing-page/2017/02/01/lsc-online-leadership-course>

### Interested in becoming an athlete representative for PNS?

Contact PNS athlete representative Eva Smerekanych at [athleterep1@pns.org](mailto:athleterep1@pns.org) to learn more about how you can help make decisions for and about Pacific Northwest Swimming!

### NATHAN ADRIAN GOT ENGAGED!

Five-time Olympic gold medalist and Washingtonian Nathan Adrian announced his engagement to Hallie Ivester on Sunday, May 7th. Ivester is a Stanford University alumna. The two are planning on getting married in 2018.

### USA Swimming Butterfly Revolution

USA Swimming's National Team Staff and the Senior Development Committee are launching a program geared towards strengthening our butterfly performance on the international scene. This is a grassroots movement, as coaches at all levels from developmental to post grad play a critical role in our athletes' career.

**This program is being kicked-off with a free webinar on May 16th.**

The link to register for the webinar can be found here: [https://events-na5.adobeconnect.com/content/connect/c1/792273714/en/events/event/shared/default\\_template\\_simple/event\\_registration.html?sco-id=1791649747& charset =utf-8](https://events-na5.adobeconnect.com/content/connect/c1/792273714/en/events/event/shared/default_template_simple/event_registration.html?sco-id=1791649747& charset =utf-8).



### SwimJitsu Comes to Fife on Saturday, June 17

What is SwimJitsu? SwimJitsu introduces new swimmers and their parents to USA Swimming and #FunnestSport, Swim Today. It's Punt/Pass/Kick for swimming using fun and challenging ninja-themed inflatables (in the spirit of Wipeout or American Ninja Warrior). Each competitor will race against the clock to complete the ultimate aquatic obstacle course using all their speed, endurance, and swimming skills to gain the rank of Grand Master Swimja. If your group is not competing, it could be a great **team building** activity for your club!

Registration: <http://www.swimjitsu.com/fife-wa>

