

MOSCOW CHINOOKS

MASTERS SWIMMING NEWSLETTER



Holiday Swim Schedule

As things stand at this moment, the UI Swim Center will be closed from December 21 through January 1.

Our last workout prior to the winter break will be Friday morning, December 20. MCM workouts will resume on Thursday evening, January 2, and Friday morning, January 3. We'll let you know if there are any changes and if we're somehow able to squeeze in a practice or two over the break.

Lifeguard and UISC Manager Recognition

Once again, we have chosen to give gift cards say thanks to our morning lifeguards. \$25 gift cards will be given to Mauricio, Carlos, Kate, Maya and Dawson, all of whom have been amazingly consistent and friendly. Those of us who have been around MCM for a while remember times in the past when it was not unusual for guards to show up late in the morning, or not show up at all. If you get the chance, please let these fine young folks know how much you appreciate them, and also say thanks to Dan Lawson, who does a lot on our behalf in his role as the UISC Manager.

Save the Date

Saturday, December 14, 2024

Short Axis Stroke Clinic from 1:00-4:00 PM at Whitworth University Aquatic Center, Spokane, WA

Questions? Contact us at inwlmisc@gmail.com

The link to register: <https://forms.gle/AcxJEX6aHDwvd2p96>

Saturday, April 12, 2025

Annual Moscow Chinooks Master's Swim Meet at the UISC.

Warm up starts at 11:00 a.m., meet will run approximately noon - 5:00 p.m.

Registration will be available in early 2025

Transition from Commit Swimming to Club Assistant

In November, the MCM board decided to move MCM back onto the Club Assistant swim club management platform. MCM originally moved from Club Assistant to Commit to save money. However, since that cost advantage is no longer as significant and coaches and swimmers have expressed frustration with the Commit platform for various reasons, the Board decided to move back to Club Assistant.

The Club Assistant platform was designed specifically for USMS affiliated clubs, and several board members are working on the "onboarding process". Swimmers will still be able to pay their dues on their choice of a monthly, trimester or annual basis. Please note however that all MCM members will need to register in the new platform starting with the January 2025 registration, and will need to complete their USMS registration **before** they can register within Club Assistant. Since Club Assistant is integrated with the USMS database, swimmers will find many of the Club Assistant registration fields pre-populated when they register as Chinooks. Registration information will be provided to swimmers as we move through the process with the Club Assistant team over the next few weeks.

General Reminders

Shop Chinook Apparel:

Check out our apparel at [SquadLocker.com](https://www.squadlocker.com)! Visit [Find My Store](#) and search for "Moscow Chinooks". Order online and have it shipped directly to you! Choose from a variety of colors and styles.

Follow us on Instagram & Facebook!

Swimmer Spotlight



Kylee Britzman

Kylee Britzman is our spotlighted swimmer this month. Kylee is originally from Sioux Falls, South Dakota. She has lived in Moscow since 2018, following the completion of her Ph.D. in Political Science at the University of Illinois. She currently teaches political science at LCSC in Lewiston.

As she grew up Kylee was a recreational swimmer, but swimming with the Chinooks is her first experience with organized swimming of any kind.

She joined the Chinooks in 2022 as a healthy way to move out of the darkness and drudgery of the Covid period. She especially likes the social aspect of the Chinooks, and says that the support of the coaches and other swimmers keeps her consistent. Some of her lane mates even text her if she misses a work out to make sure everything is OK, and she loves that kind of care. Coach Jo noted that Kylee is one of the most consistent swimmers in the evening group, and rarely misses a workout.

Outside of swimming, Kylee is an avid cyclist. She rides a gravel bike and a mountain bike, and recently invested in a fat tire bike so she can try some snow riding. She loves to cross country ski as well. In addition to those outdoor interests, Kylee is currently serving as the president of the Moscow Chapter of the League of Women Voters.

Kylee's advice to other swimmers is "find your rhythm... consistency is key". She notes that she was initially intimidated by our group because she thought Masters Swimming was only for "uber competitors". She was encouraged by Chinook friends to give it a try, and she is very glad she did.

She said that it has been very gratifying to try something new as an adult, and to feel successful at it. She completed the Long Bridge swim this past summer, a huge accomplishment for any swimmer!