

MOSCOW CHINOOKS

MASTERS SWIMMING NEWSLETTER



Chinook Swim Tips

I don't do it as much anymore but I will imagine a shark is chasing me which gets me to go much faster, at least for short distances. — *Natalie Atkins*

I make little speedboat noises when I come off turns to help me go faster if I start to lag behind my lane mates. — *Charlie Gerke*

I try not to laugh under water when I think of Charlie making speedboat noises. Ok but seriously, I squinch my upper lip up to try to cover my nostrils when I do a backstroke flip turn. Makes me think I'm keeping some water out of my nose. — *Robin Woods*

My advice is "find your Amy" - a friend who gets you to the pool when you don't want to go and who challenges you to push yourself. Someone who reminds you to take care of yourself (eat and drink!) and takes an extra kick set with you to help you process the stress of the day. — *Kristin Haltinner*



If I had a rough day before night swim practice I try not to think about work or I get distracted and suck in pool water. Instead, I picture my Chihuahua's swimming next to me while I'm heading down the lane. — *Jim Matuska*

I love this question...I do so many things!

- A full form check because form generates that easy speed! How's my head position, my breath, my catch, my kick, my streamline, the placement of my feet on the wall during my turns. Is there anywhere I can tighten up?
- Math. I've done 2 laps which is 1/4 or 0.25 of my race. And if it was money it would be a quarter. And now I'm at "X". All the math.
- Count my lane-mates. Oh there's Jo, then Bill, then Scott. There's Jo again, then Bill, then Scott...

— *Kathrine Jenkins*

MCM Board Elections

It might seem too soon to contemplate elections of any sort, but this September elections will take place for all four MCM Board officer positions: President, Vice President, Treasurer and Secretary. Please consider running if you are interested in supporting MCM through one of these positions. We'll post additional information as we get closer to September.

Transition to Club Assistant

The transition from Commit Swimming to Club Assistant is underway. Each of you should have received a separate email inviting you to register in Club Assistant.

PLEASE DO SO ASAP! All MCM business (communication, dues payments, etc.) will be conducted through the Club Assistant platform starting January 1, 2025, and we don't you to miss out on anything!

General Reminders

Holiday Practice

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.

USMS Membership

If you haven't already, don't forget to renew your USMS Annual Membership! <https://www.usms.org>

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.

Save the Date

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

Swimmer Spotlight



Tony Allison

Evening swimmer Tony Allison was born in Cut Bank, Montana and grew up in Havre, Montana. He moved to the Inland NW to attend EWU, where he earned his BS in Urban and Regional Planning and his Master's in Public Administration with a specialization in Non-Profit Management. He has had a wide variety of jobs over the years including being a coffee roaster for the Thomas Hammer Coffee Company, a management position with Global Folk Art, and fundraising positions with the Kettle Range Conservation Group and Volunteers of America. He also served as the Director of Sojourners' Alliance here in Moscow for 2 years. He took a break from his own employment to support his wife Kerensa (also a Chinook evening swimmer) while she pursued her Ph.D. at WSU. This included a year living in remote Ecuador while Kerensa conducted the research required for her dissertation in Cultural Anthropology.

After returning from Ecuador, Tony and Kerensa moved to Pullman. Tony changed directions and worked in construction for a couple of years. Eventually, he purchased part of the business from his boss, and he now owns and operates Palouse Gutters.

Tony and Kerensa have three teenaged daughters, all of whom are swimmers. Tony joined the Chinooks so that he could try to "keep ahead" of his swimming daughters. He noted that that is becoming increasingly difficult. Tony loves both the social and fitness aspects of swimming with the Chinooks, and really likes being pushed by his lane mates. Both he and Kerensa were involved as coaches in Palouse Summer Swim League as a way to support their daughters and other age group swimmers. Tony recently completed his certification as a USA Swim Official.

Outside of swimming, Tony enjoys road and mountain biking and skiing. His advice to fellow swimmers is to "always be open to coaching, you can always improve", and to **ask** for feedback from our excellent coaches!

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Coach Jo Accolades

The following was pulled from the UI College of Engineering's recent newsletter. Coach Jo is a rock star!

Mechanical engineering class of 2024 [graduate Jo Rodzinka](#) will pursue her U.S. Navy commission and is moving to Charleston, South Carolina to begin her career as a submarine officer.

The high school competitive swimmer's medical disqualification from the U.S. Naval Academy before attending college was no match for her tenacious attitude. After applying to U of I and immersing herself in the Navy ROTC program, she earned a scholarship and thrived in the small-town environment of our Moscow campus. Jo joined clubs, capitalized on outdoor recreation opportunities, and learned in class new ways to apply math to forces that make things move, and assisted in the design of machines, engines, turbines and generators.

"I have been able to integrate myself in multiple communities at the University of Idaho. I believe that there really is something for everyone, which creates a sense of belonging and home for me," she said. "Between the unit, my job, the gym, my friends at school, and my friends in the community, there is so much to gain and experience. If you're willing to put yourself out there and join some communities, it is endlessly rewarding."

Jo was recognized with the Sea Service Leaders Association's Rising Star Award at the 2024 National Joint Women's Leadership Symposium in Washington, D.C. The award honors candidates who have demonstrated exceptional performance in academics, leadership, and community service

Farewell Coach Mia

Coach Mia coached her last official MCM workout on Friday, December 13. She'll be in the area for a while yet, and we'll likely see her in the pool a time or two before she moves to Boise. Her consistency, positive attitude, and her accepting and supportive nature of swimmers of all forms and abilities made Mia a huge asset for all Chinooks. Best of luck Mia!

Don't forget to follow us on Facebook & Instagram!

HAPPY HOLIDAYS

