

THE WEST SET

PACIFIC NORTHWEST ASSOCIATION OF MASTERS SWIMMERS AAU

Board of Directors

President Tom Foley 937-5585
 Vice-Pres Janet Russell 828-0640
 Secretary Audrey Gilbert 772-2438
 Treasurer Paul Murphy 762-6680

Representatives at Large

Fred Wiggen 542-4857
 Russ Hall 631-6685

Committees

Awards Gary Ladd 932-4850
 Finance Paul Murphy
 Fitness Sue Dillis
 Meets Fred Wiggen
 Membership Janet Russell/Shirley Lehman
 Publicity Judy Harrison
 Newsletter Susan Dearborn/Kirk Adams
 Records Juanita Correa/Karen Koehler

Team Representatives

Best - Janet Russell
 Claus Meats, Inc. - Kenneth Visser
 Downtown YMCA - Wally Hampton
 Elliott Bay Stokers - Jerry Gent
 Fidalgo Flippers - Dan Meyer
 Highline - Paul Murphy
 Newport Hills - Juanita Correa
 Seattle Swim Team - Janet Twilight
 Red Shield Tigers - Gary Ladd
 Seattle Tennis Club - Robert Dorse
 Snohomish County Sharks - James Davies
 Skagit Valley Y Chinooks - Ed Johnson
 The Other Team - Kirk Adams
 Totem Lake - Dennis Donovan

Call Shirley Lehman (246-1372) for membership and team information as well as phone numbers for committees

LONG COURSE MASTERS NATIONALS REPORT

Tom Foley, PNA President

Wow! What an experience (chilling, also) it was participating in the 1977 Long Course Master National Championships at Spokane Aug. 24-27. Our PNA group really became of age at this meet with a real team effort by all the 80 plus members who swam. The top teams in the final point standings were:

PNA, San Mateo and Rincanado.
 PNA Women - 560 for 2nd
 San Mateo Women - 556 for 3rd
 Rincanado - 571 for first
 PNA men - 486.5 for 2nd
 San Mateo - 520 for 1st
 Rincanado - 363 for 4th
 Totals PNA 1108.5 Place 2
 San Mateo 1122 1
 Rincanado 1012 3

We have our young team right in there! Both the men's and women's teams took second, and in overall points we were only 13.5 points away from 1st. There were a total of 547 swimmers competing, representing over 80 teams from all over the U.S. & Hawaii incl. Also entries from Canada and Eng-

* MEET SCHEDULE 1977*
 (tentative for 1978)

PNA
 16 October Northshore Pool, Bothell
 Entry forms enclosed.
 Deadline Oct. 13.
 10 December (Saturday) Hazen HS
 (tentative) Renton
 28 January Shoreline Forward
 Thrust Pool
 4,5 February Annacortes Meet
 8,9 April PNA Mercer Island
 29,30 April Regional Champion-
 ships (U.W. tentative)
 May Short Course Nationals
 3,4 June Issaquah or Enumclaw
 15,16 July local Long Course
 12,13 August Regional Long Course

Inland Empire and Oregon

Inland Empire tentative 19-20 Nov.
 Inland Empire tentative mid-Feb.
 What ho! Oregon has called in no schedule at all so far.

HIGHLIGHTS OF THE AUGUST 2 BOARD MEETING

Most items pertained to either Nationals in Spokane or the Fitness Clinic which was just held at BEST. Briefly, other notes, as follows:
Membership: 300 approximately
Handbooks: will be available to interested swimmers, describing the program and how to info. for meet entry, with new meet schedules, coaching staffs and pool availability updated each year.

Newsletter: Deadline for news is two weeks after each meet. Our ditto machine will be used when possible to cut our printing costs.

Publicity: There will be a book of reference materials with photos, etc. A slide show is also being assembled for meeting presentation.

Meets: Scheduling as noted above.

Records: Top ten booklet compiled and distributed.

Board reaffirmed interest in a proposal by us asking that 50 Back and Breast, 400 IM & 200 Fly be included in National Meets. Tom Foley read excerpts from a June Krauser letter on rule changes for Master Swimming.

Russ Hall suggested a brainstorming session for Board and membership to reestablish goals. (To be discussed again.)

Dawn Musselman to be reimbursed for PNA Club banner which she made.

Judy Harrison and Carolyn Behse new BEST team reps.

Thanks to Gary Ladd from the board for most successful Colman meet -- 93 entries.

Foley (continued)

The enthusiasm and performance of the PNA swimmers was fantastic throughout and our mixed (co-ed) relays in the final event were unbelievable. Individual performances were equally impressive with many 1st places--gold medals won and several new national records set.

For the PNA to do so well on its first major team effort at Nationals is astounding! A special "tip-of-the-hat" and a thank you goes to Paul Murphy, our Nationals Committee chairman, and all his age group team captains for the great job they did to make this happen. Thanks also to all the PNA swimmers who participated--for your efforts and friendships.

It was a memorable experience which saw you overcome rain and cold water as well as competition to establish the Pacific Northwest as a major element in Masters Swimming nationally. The fine performances of the Oregon and Inland Empire swimmers (our sister associations in Region XII) also contributed significantly to the Northwest image. And finally a thank you to Jack Zappone, the meet director, and Harry Lewis and the rest of the crew for hosting and running a fine meet. Incidentally I do not believe the rumor I heard that Zappone is an Indian name meaning "Man of Coldest Water."

Editorial Notes and addenda

From the Play meet last September to Best's Fitness and Stroke Clinic this September it has been a grand, a varied year for Northwest Swimming. Along with numerous meets and variety of Masters Swimming activity--long and short course, swimming--running competition, coaching and workout and team groupings--we are coming up with pages of results and news and sometimes are "behind" on keeping score. Included in this letter, belatedly, are the Regional Short Course results from the Spring and also the more timely PNA Long Course Spokane results. For those who want the complete results, Spokane Master will be publishing them next month and I'll try to secure copies for a nominal fee for those who request them.

This year's schedule appears to be equally challenging, if not more so, and I'm looking forward to news from all participants throughout. Send in your articles and I'll publish them as fast as I can. Articles should be single-spaced and typed exactly as you would wish them to

SEPTEMBER 13 Board Meeting

The regular board meeting was called to order by the VP, Janet Russell at 7:00 PM at Susan Dearborn's home. Present were: Kirk Adams, Susan Dearborn, Paul Murphy, Janet Twilight, Shirley Lehman, Karen Koehler, Judy Harrison, Carolyn Behse, Sue Dills, Russ Hall, Fred Wiggin & Audrey Gilbert.

Committee Reports:

Treasurer (Paul) \$800 Saving; \$129 checking. Expenditures heavy with Nationals relay entries @ \$245, printing \$92, etc.

Nationals: Second for us and thanks to team captains from Paul. Meets (Fred) Next meet Oct. 16, Sunday, Warmups 11 am, meet 12 noon, and as scheduled.

Awards: Gary and Fred will work on awards changes and report next meeting.

Fitness (Sue Dills) Clinic very successful. 24 people registered--fitness testing, stroke clinic, weights instruction, nutrition info and exercises. More fitness events will be forthcoming.

Membership: 281 members on mailing list, 60 AAU only.

Newsletter: Suggested that newer teams also be called for collating.

Publicity: (Judy Harrison) Suggested members need to be appointed in local areas to get results in local papers right after meets--info. to Judy, who will submit articles to papers. Complete publicity report next meeting.

Records (Karen Koehler) Shirley Lemmon and Janet are working out a new system for getting results out at the Meets. They'll report next meeting.

Dues Increase NEW BUSINESS
Suggestion: Increase PNA dues from \$4 to \$5.50. AAU to increase to \$4.50 which would make total expenditure per member \$10. Motion passed for \$10 per year to include PNA & AAU memberships and newsletter--no separate AAU membership allowed.

King County sponsored team (Sue Dills)--Suggestion: Contact county regarding team sponsorship for PNA which could result in reduced pool rental fees. Report to follow.

Letter read from Sue Nelson, Seattle Tennis Club regarding new workouts at Medgar Evers Pool: Tues/Weds./Thurs 7-8:30 pm, 15% per session, plus \$10 per month fee for coaching.

Work out schedules reported:
Shoreline--6:15-7:15 AM 5 days
Helena Madison 5:45-7:30 AM 5 days
BEST (Westside Y) 9-10:15 AM 3 days
Red Shield " " " "

Newport 6:45-8:00 AM 5 days
Highline 6:30-7:30 PM 5 days

Open Water Swimming will be discussed and reported on by fitness committee next meeting

NEAT MEETING WEDNESDAY, Oct. 19
Susan's, 3401 E. Mercer, Seattle (324-4945). Respectfully submitted,