

Pacific Northwest Association of Masters Swimmers
11114-111th Street S.W., Tacoma, Wa. 98498

BOARD of DIRECTORS

Pres-Judy Harrison 822-3988

VP-Jim Miles 232-7050

Sec-Suzanne Dills 232-3654

Treas-Carolyn Behse 747-3889

Rep-at } Fred Vigin 542-4857

Large } Russell Hall 631-6685

COMMITTEE CHAIRPERSONS

Awards-Bill Castner 246-1726

Constitution-Tom Foley 937-5585

Community Service-Janet Twilight 525-2572

Meets-???HELP!??? Newsletter Staff-Florence Miller, Marietta James, Marty Dabrock

Team & Club Coordinator-Paul Murphy 938-3735

Publicity-Evelyn Lercher 825-1038

Sunshine- Lee Holm 835-3939

Team Wear & Money Raiser-???????????

Travel & Social-Susan Dearborn 324-4945

Banquet-Rosie Latta 243-4575

Finance-Jack Miller 776-2091

Membership-Gretchen Anderson 747-3233

Newsletter-Kathy Crandell 588-4879

PNA Top 10-Marty Dabrock, Valt Reid

Records-Diana Kennerud 824-5016

Stroke Clinic-Neville Johnson 824-2953

MEET SCHEDULE & CALENDAR

Jan 13 Coos Bay, Ore.

Jan 25-26 Multnomah Athl. Club, Ore.

Jan 27 PNA meet @ Shoreline

Jan 29 PNA Board meeting, Sue Dearborn's

Feb 17 1650 meet @ Lake Oswego, Ore.

Feb 16-17 Spokane

March 16 Portland Community College

March 9 PNA meet @ Sumner

Apr 4-5 Ore Champs @ Albany

Apr 12-13 PNA Champs @ Ft. Steilacoom

May 3-4 Reg XII Champs @ Tualatin Hills

May 16-18 SC Nat'ls, Ft. Lauderdale, Fla.

June PNA SC meet (tentative)

June 8 Corvallis, Ore. (LC)

Jul 11-12 Multnomah Athl. Club, Ore. (LC)

Aug 13-14 Reg XII Champs, Mt. Hood Comm.

College, Ore. (LC)

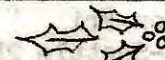

Summer 1980 LC Nat'ls, San Francisco

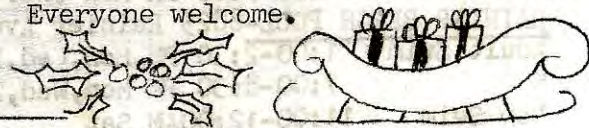
BOARD

HIGHLIGHTS

NORTH SEATTLE-Dec.11-The meeting was held at the home of Fred and Marge Vigin. President Judy Harrison called the meeting to order. Sue Dills, secretary, read the minutes, and Carolyn Behse read the treasurer's report. The newsletter staff reported on the costs of copying the newsletter as opposed to mimeographing. A motion was made and carried to have it copied as the increase in costs was within reason. The One-Hour-Swim-For-Distance meet hosted by the Washington D.C. Masters was dicussed. The entry form appears in this newsletter. The board was delighted to welcome back PNA secretary Sue Dills. The next board meeting will be Jan. 29, Tuesday, 7:30 p.m., at Sue Dearborn's home. Anyone interested may attend. Team representatives are especially urged to attend.

!! WANTED!! WANTED!! WANTED!!!
Someone to sell caps, shirts, suits, etc. at meets. Got a bored spouse (or) friend who wants to do something besides sit at the meet? Volunteer them!!!!

 CHRISTMAS PARTY!! 
At Larry Striecher's, 6925 S. E. 33rd Mercer Island, Dec. 21, 5:00-8:00 p.m. R.S.V.P. AD2-7073. Everyone welcome.



1980 PNA/AAU MEMBERSHIP RENEWALS ARE DUE NOW!!!

All AAU/PNA membership applicants should pay the 1980 \$10.00 fee now. Applicants can swim future meets by writing "applied for" on the "AAU#" line on the entry forms until the 1980 AAU card is received. 1979 AAU members will receive the Jan. 1980 newsletter. All renewal memberships must be applied for in order to swim in the January meet and to receive newsletters after January.

OOPS!!

Apologies to those of you who received 2 AAU applications in your last newsletter and no meet entry form. Kathy was in a hurry and grabbed the wrong stencil when running off more copies.

SUNSHINE

-Welcome back, Sue Dills! We missed you!!!
-STARVED AFTER THE MEET? The Shoreline people recommended Alfie's on 150th & 15th after the Jan. 27 meet.



AN UPDATE OF SWIM TIME AVAILABLE FOR MASTERS SWIMMERS

<u>BELLEVUE POOL-601 143rd NE 747-4245</u> Adult Swim 12:00-1:00 PM Mon-Fri 8:30-9:30 PM Tue-Thur 1:00-2:00 PM Sat-Sun	<u>MEADOWBROOK POOL-10515 35th NE-Sea 365-9933</u> Adult Swim 6:30-8:00 AM Mon-Fri 12:00-1:30 PM Mon-Fri 9:00-10:00 PM Mon-Fri
<u>REDMOND POOL-17535 NE 104th 885-3600</u> Adult Swim 6:00-7:30 AM Mon-Fri 12:00-1:00 PM Mon-Fri 8:00-9:00 PM Mon, Wed, Fri Women Only 8:00-9:00 PM Tue-Thur	<u>BALLARD POOL-1471 NW 67th-Sea 782-0282</u> Early Riser 6:00-7:30 AM Mon-Fri Adult Swim 12:00-1:15 PM Mon-Fri <u>QUEEN ANN POOL-1920 1st V-Sea 625-2282</u> Adult Lap 6:30-8:20 AM Mon-Fri Adult Swim 12:00-1:15 PM Mon, Fri, Sat 7:30-9:30 PM Tue-Thur 5:30-7:00 PM Mon
<u>ISSAQUAH POOL-50th NE Clark St. 392-1650</u> Early Riser 7:00-8:00 AM Mon-Fri Adult Lap 12:30-1:30 PM Mon-Sat 8:30-9:30 PM Mon-Thur	<u>YMCA POOLS</u> <u>BELLEVUE Y-BeI-Red Rd 746-9900</u> Lap Swim 6:00-7:00 AM Mon, Wed, Fri 9:00-10:00 AM Mon, Wed, Fri 5:00-5:30 PM Mon-Fri 12:00-2:00 PM Sat
<u>SHORELINE POOL-19030 1st NE 363-4845</u> Early Riser 5:30-7:00 AM Mon-Fri Adult Lap 9:00-10:00 AM Mon-Fri 8:15-9:15 PM Mon-Fri	<u>TACOMA Y-Members only 565-9622</u> Lap Swim 6:00-8:00 AM 9:00-11:00 AM
<u>MERCER ISLAND POOL-8815 SE 40th 232-7370</u> Early Riser 6:00-8:00 AM Mon, Wed, Fri 6:00-7:30 AM Tue-Thur Adult Lap 12:00-1:15 PM Mon-Fri 8:00-9:00 PM Mon, Wed, Fri	<u>EVERETT LAKE FORST POOL</u> Early Birds 6:00-8:30 AM Mon-Fri Lap Swim 5:15-6:15 PM Mon-Fri
<u>KENT DISTRICT POOL-25401 104th SE 854-3260</u> Early Riser 6:30-7:30 AM Mon, Wed, Fri Adult Swim 12:00-1:00 PM Mon-Sat 8:00-9:00 PM Mon-Thur	<u>MASTER TEAMS</u> <u>FT STEILACOOM-Comm College Pool 964-6678</u> \$15/mo. 4:00-1:00 PM Mon, Wed, Fri 7:00-8:15 PM Mon (beg. Dec.) 5:30-7:00 PM Wed, Thur Coach-Kathy Crandell-Tacoma 588-4879
<u>TAHOMA POOL-18230 SE 210th-Kent 432-1948</u> Adult Swim 12:00-1:00 PM Mon-Fri	<u>NEWPORT MASTERS-Newport Hills Pool-\$15/mo.</u> 6:30-7:30 AM Mon-Fri
<u>FEDERAL WAY POOL-30421 16th Ave S 839-1000</u> Early Riser 6:00-8:00 AM Mon-Fri Adult Lap 12:00-1:00 PM Mon-Fri 9:00-10:00 PM Mon-Thur	<u>SEATTLE SWIM CLUB-Helene Madison Pool</u> \$18/mo. 5:15-6:45 AM Mon-Fri Dean Sawhill 363-4845, Jan Twight 535-2472
<u>MT RAINIER POOL-22722 19th Ave S-Des. Moines 824-1728</u> Early Riser 6:30-7:30 AM Tue-Thur Adult Lap 12:00-1:00 PM Mon-Sun 8:00-9:00 PM Mon-Thur	<u>HIGHLINE COMM COLLEGE POOL-\$50/qtr.</u> Masters Swim 6:30-7:30 PM Mon, Wed, Fri Neville Johnson 824-2953
<u>SOUTH CENTRAL POOL-4414 S-Seattle 242-2787</u> Early Riser 6:00-7:30 AM Mon-Fri Adult Swim 11:30-1:00 PM Mon-Sat 8:00-9:00 PM Mon-Fri	<u>SUMNER POOL-1707 Main St-Triton Swim Team</u> \$8/mo. 5:30-6:50 AM Mon-Fri Lynda Bloomquist 845-3612 Coach-Gordon Unruh
<u>EVERGREEN POOL-606 SW 116th-Seattle 246-1670</u> Adult Swim 12:00-1:30 PM Mon-Sat 8:00-9:00 PM Mon-Thur	
<u>RAINIER BEACH POOL-8825 Rainier Ave S-Seattle 723-5900</u> Adult Swim 1:00-2:30 PM Mon, Wed, Fri 7:00-8:30 PM Mon, Wed, Thur Lap Swim 11:00-12:00 AM Sat	***** * ALL PNA TEAMS!!! DID * * YOU SEND YOUR \$5.00 * * TEAM FEE TO CAROLYN * * BEHSE?? 1321-177th NE * * Bellevue, 98008 (747- * * 3889). SEND IT IN NOW! * *****
<u>SOUTH WEST POOL-2801 SW Thistle St-Seattle 935-6006</u> Adult Lap 12:00-1:30 PM Mon-Fri 5:00-6:30 PM Mon-Fri	
<u>COLMAN POOL-Lincoln Park-50 mtr outdoor-Seattle 935-1903</u> Lap Swim-1st and last hr. of public swim Public Swim 12:30-7:00 PM Daily	
<u>MEDGAR EVERS POOL-500 23rd-Seattle 324-2560</u> Adult Swim 7:00-8:30 PM Mon-Thur	
<u>HELENE MADISON POOL-13401 Meridian N-Seattle</u> Adult Swim 12:00-1:00 PM Mon-Thur 12:00-1:30 PM Sat Lap Swim 5:00-6:00 PM Mon, Wed, Fri	

For any clarifications, updates, or new information concerning other pools serving PNA Masters not submitted here contact: PAUL MURPHY
10644 Marine View Dr. S.W.
Seattle, Wa. 98146
938-3735

FOR IEA MEETS CONTACT:

Karen Baker
W. 2319 Sinto
Spokane, Wa. 99201

FOR ORE MEETS CONTACT:

Earl Valter
3904 S.W. 57th Ave.
Portland, Ore. 97221

FOR MONTANA MEETS CONTACT:

Montana Grizzlies, Jim Vardwell
2400-Old Fort Road #221
Missoula, Montana 59801

MASTERS SWIMMER AND RUNNER

Chaya Amiad, Seattle Swim Club Master, also competes for the Comet Track Association. She swims three to five times a week and runs daily. Her swimming began as therapy following back surgery, and she finds that she needs to continue regular swimming to avoid back pain from running.

Chaya competed on November 24th in the Seattle Marathon, her longest run to date. I don't know if there are other Masters who combine this regular training and competition (although some were at Mt. Hood). Congratulations to Chaya for her achievements.
Jan Twilight

AWARDS

Swimmers no longer have to sign up for awards on meet entry forms. Awards may be purchased at the meet AFTER the results from that event have been posted, and the awards table has its copy of those results. Bill Castner

PRESIDENT'S CORNER

Swimmers,
Please submit job descriptions for board and committees at the January 29th board meeting.
Merry Christmas & Happy New Year.
Keep Swimming. Judy Harrison

ROSES

-to Bill Castner and Scott Lautman for a fine "Christmas Invitational" swim meet. The meet was very well run and well attended. 127 swimmers attended.
-to Fred and Marge Wiggin for hosting the Dec. board meeting. Thanks, Marge, for all the goodies!
-to Jim Sherrod and Marty Dabrock for copying the 1979 PNA SC records for this newsletter.

COACH'S CORNER

400-300-200-100 Free, 30 sec. rest between.
200 kick (choice)
500 free pull with paddles & pull buoy
5x100 free on 1:30 descending times
200 kick (choice)
10x50 back descending on 60 seconds
8x25 2 of each stroke on 30 seconds
Dennis Donovan
Contributions for this corner are desperately needed! Send to Kathy Crandell.

DO YOU SWIM OUT-OF-ASSOCIATION MEETS?

Your times will count for PNA records and Top 10 times, BUT it is your responsibility to turn your times in to Diana Kennerud, 915 S. 251st St., Kent, Wa. 98031 (824-5016).

STROKE CLINIC

Due to a lack of pre-registered participants the stroke clinic was postponed. The clinic may be rescheduled for February, 1980. Don't fail to sign up for it then!

NEXT!!! NEXT!!! NEXT!!! NEXT!!! NEXT!!! NEXT!!! NEXT!!!

- Next meet Sunday, Jan. 27, at Shoreline Pool. 8:00 a.m. warmup, 9:00 a.m. meet.
- Next board meeting tuesday, Jan. 29, 7:30 p.m., at Sue Dearborn's, 3401 E. Mercer St Seattle, Wa. (324-4945).
- Next newsletter deadline, Jan. 29, to Kathy Crandell, 11114-111th St. SW, Tacoma, Washington 98498 (588-4879).

TOP TEN--A CONTINUING DISASTER by Ted Haartz, National Chairman-(The following article was taken from the November-December 1979 issue of "SWIM-MASTER".)
HERE WE GO AGAIN, FOLKS! Our rules say that for times to be considered for Top Ten they must be in the committee's hands within 35 days - 5 weeks - of the last day of the National meet for "that" course. (September 30th in the current case.) This is mid-October and data continues to be received for meets held in June, July and August. Top Ten has been compiled based on the information received prior to October 1st. I have said it before and I'll say it again: This work is a "labor of love" whether on the National level or local level. It cannot be expected that anyone is going to do this task TWICE, Irrespective of it being done by hand or by computer, the information has to be collated and processed and without some definitive deadline, the task tends to drag on and on. The net result is that on the one hand, we observe the deadline and get the job done. On the other hand, Top Ten is but a partial summation causing many hard feelings. Swimmers are left out or their best times are not reported. All-America, which is based on Top Ten, certainly becomes less meaningful. (continued on AAU Top 10 page)