

The Newsletter Editor wishes to thank all of the readers for their ast response and support! Thanks! Next DEADLINE is January 30, 1982



December 1981

Pacific Northwest Association of Masters Swimmers.

Chris Thomsen  
Editor.  
6109-D Glenmary Dr.S.  
Lacey, WA. 98503  
459-2181

Volume I

Number 4

### MEET SCHEDULE AND CALENDAR

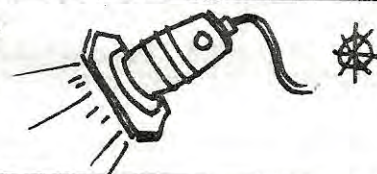
Jan.	24	Shoreline, Seattle
Feb.	19-20	Kent-Meridian, Kent
Mar.	13-14	Sumner
Apr.	3-4	Champs, Clover Park
Apr.	30	Region XII SC Champs
May.	1-2	IEA host, E.W.U., Cheney, WA.



May.	21-24	Natn'l Champs
Jun.	5-6	PNA SC
Jul.	10-11	PNA LC
Jul.	30	Region XII cham
Aug.	1	held in Oregon
Aug.	26-29	LC Natn'ls held in Portland, OR

NEXT BOARD MEETING: To be announced-Place: Sue Dearborn's, Central Seattle

## BOARD HIGHLIGHTS



The last board meeting was held at the house of Kathy Crandell in Fort Steilacoom. About 15 people were in attendance at this meeting. The gathering went about its business at about 7:00 pm and was opened for new and old business by president Russ Hall. It was reported that there are about 340 plus members now active in the PNA Master's swimming program. National membership is at approximately 5000 to 8000, and is still growing strong. John Thomas, Meet Director, asked that all updated meet scheduling be sent to his attention so as to keep abreast of the situation. Russ Hall reported that there are a number of new Master's teams forming in the King Co. area. Among those new teams are: One at the Washington Athletic Club, one at the Rainier Beach Pool and yet another at the Skagit Valley YMCA. The meeting adjourned at about 10:00 pm.

<b>I N D E X :</b>	<b>BOARD HIGHLIGHTS -</b>	<b>PG-1</b>	<b>POOL TIME -</b>	<b>PG-3</b>
	<b>CAPRI MEET-</b>	<b>PG-3</b>	<b>ROSES -</b>	<b>PG-3</b>
	<b>ENTRY FORM-</b>	<b>PG-5</b>	<b>TEAM PYMT. FORM-</b>	<b>PG-3</b>
	<b>MEET SCHEDULE -</b>	<b>PG-1</b>	<b>USMS FORM-</b>	<b>PG-4</b>

FOR IEA MEETS CONTACT:  
Harry J. Lewis  
E. 944 - 39th Ave.  
Spokane, WA 99204

FOR ORE. MEETS CONTACT:  
Earl Walter  
3904 S.W. 57th Ave  
Portland, OR. 97221

FOR MONTANA MEETS:  
Montana Grizzlies  
Jim Wardwell  
2400 Old Fort Rd. #221  
Missoula, MT. 59801

November 29, 1981

Fellow Swimmers:

Our short course season is in full swing. The October and November meets were well run. We hope to see more of you in attendance at our upcoming meets. If our meet schedule does not have a meet in your area, perhaps you should start thinking now about who could host one next year near you. We hope to plan our 1982-83 season in late spring/early summer, 1982, so now is the time to start talking to your local swim team about hosting a meet.

Now is also the time to handle your 1982 membership. Forms were sent to 18 representatives of Masters Swim groups. If you have a group who did not receive the forms, contact me and I can supply them. We are asking the swim groups to fill the forms to help reduce the work load for our volunteer membership registration person. Thanks to Cookie Justesen for handling this again this year. Individuals swimming alone or unattached can use the application form included in this newsletter. Also, please note: to receive your membership card by return mail, include a self-addressed stamped envelope with your application. Otherwise, your membership card will be available at the meets. We have been able to hold the line on membership fees this year despite increase costs for postage, printing, entry cards, etc. thanks to being able to handle all memberships directly with U.S. Masters Swimming, Inc. (U.S.M.S.) In the past we worked through A.A.U. who charged a fee for handling the memberships. The amount of that fee can now be applied to our operating costs.

Now is also the time for each PNA Masters Swim group to send their \$5.00 registration fee to Bill Castner, 16915 Maplewild S.W., Seattle, Wa. 98166. This fee allows the local swim group to compete at the PNA Championships for one of six trophies awarded at the awards banquet. The fee should accompany a contact person's name, address, and phone number to handle questions that may arise or future correspondence. This fee also provides registration for representation on the Board of Directors of PNA Masters Swimmers for any group with 8 or more registered PNA Masters Swimmers.

The Board of Directors of PNA Masters Swimmers has decided that since our membership is expanding into new and wider territories, we will rotate the location of the Board Meeting between four locations within the PNA area as follows:

Kathy Crandell	Susan Dearborn	Cookie Justesen	Russell Hall
11114 111th St. S.W.	3401 E. Mercer St.	22704 73rd Pl. W.	24007 104th Ave. S.E.
Tacoma, Wa.	Seattle, Wa.	Mountlake Terrace, Wa.	Kent, Wa.

All Masters are welcome to attend. The December 15 ( 7 PM ) Board meeting will be held at Russell Hall's office as noted above. This will be a Board meeting (short we hope) and a potluck dinner/Christmas Party. All are welcome including spouses.

Unfinished business: Last spring at the Short Course regionals at the U of W, the PNA swimmers present were asked to elect a male and female swimmer of the association who were considered outstanding swimmers. Plaques were presented to these swimmers at the banquet following the meet. The two swimmers chosen were Jim Miles and Juanita Correa. Both deserve a congratulatory pat on the back next time you see them.

One final item: 1982 is the year. The long course National Championship meet will be held in the northwest at Portland, Oregon in August. This is only the second time the National meet has been in the northwest in 12 years. The last time was 1977 in Spokane. The PNA Masters took 2nd place in overall team standings then. I am looking forward to PNA Masters this time shooting for #1. We have the talent and the numbers to achieve this. All we need is the commitment of all of our swimmers. Nationals are a special experience that everyone should participate in at least once. So if you have not already made plans, now is the time to reserve August 26-29, 1982, for your national experience.

Keep Swimming,

Russell H. Hall — President

Roses to the Tacoma YMCA for a very nice meet in November. Thank you Mr. Stipek and staff of dedicated helpers. Also, thank you, once again, for a well run meet by the Husky Swim Club.

CAPRI RELAY MEET:

A very few of you may recall this relay meet from last February. This is a community service project of PNA Master Swimmers,-- the intent is to raise money for a worthy cause and to have fun as well.

To raise money: This year there will be a \$5.00 entry fee or you can join CAPRI for a \$10.00 membership fee. You may get additional contributions in addition to your entry fee from those who don't or can not join in on the fun themselves.

The Cause: CAPRI is the Cardio-Pulmonary Research Institute. They provide medically supervised exercise therapy for persons recovering from heart attacks. For this meet, some of their participants serve as timers, clerks, and starters. They all had a good time last year and look forward to this year.

To have fun: The entries will be assigned a lane-team. (Note: You do not enter as a team and you don't have to belong to a team to enter.) There will be events where each team member swims 25 or 50 yards. There will be some feet first, sidestroke, spoon or other relays. The Finale last year involved participation of all team members in a rotating 500 yard relay.

Where: At Helene-Madison Pool; 134th and Meridian, Seattle, WA.  
When: February 13, 1982 1 to 4 pm

This is a good time to encourage new swimmers to swim, who aren't quite sure about competition.

Jan Twight

NEW POOL TIME:

Just in from the Rainier Beach pool. (sorry we missed you last time).

Adult Swim (2 lap lanes available) : Mon., Weds., Fri.; 12 to 2 pm  
Tues., and thurs.; 12 to 1:30 pm  
Adult Lap Swim (Entire Pool) : Tues. and Thurs. ; 7:30 to 8:30 pm  
Sat.; 12 to 1 pm

Ranier Beach Pool  
8825 Rainier Ave. South  
Seattle, WA. 98118, Robb Miller, Senior Lifeguard

FOR YOUR INFORMATION:

Out-of-town: The cost for a newsletter to those persons living out of the state or out of the association will run \$6.00 per year.

ATTENTION ALL TEAMS:

Yearly Team Fee is \$5.00, due NOW! Payable to Bill Castner, PNA Treasurer.

TEAM FEE PAYMENT FORM

TEAM NAME: \_\_\_\_\_ TEAM REP: \_\_\_\_\_  
TEAM REP'S ADDRESS: \_\_\_\_\_  
street city state zip

Make checks payable to : PNA Master's Swimmers

mail to:  
Bill Castner  
16915 Maplewild SW  
Seattle, WA (206/246-1726)

phone

# MASTERS MEMBERSHIP APPLICATION

UNITED STATES MASTERS SWIMMING, INC.  
MEMBERSHIP APPLICATION FORM



PLEASE PRINT OR TYPE INFORMATION — THANK YOU

last name \_\_\_\_\_ first name \_\_\_\_\_ middle \_\_\_\_\_ date \_\_\_\_\_  
 mo. day yr \_\_\_\_\_

street address \_\_\_\_\_ phone \_\_\_\_\_ sex age \_\_\_\_\_ birth date \_\_\_\_\_  
 mo. day yr \_\_\_\_\_

city \_\_\_\_\_ state \_\_\_\_\_ zip \_\_\_\_\_ club name \_\_\_\_\_  
 (write 'un' if no club)

I hereby agree to abide by and be governed by the rules and regulations of USMS and the Local Masters Swim Committee listed below.

signature: \_\_\_\_\_

ENCLOSE A STAMPED SELF ADDRESSED ENVELOPE IF NOT ORDERING RULE BOOK

L M S C for: PNA Masters Swimmers send to: Cookie Justesen  
 22704 - 73rd Pl W  
 Mountlake Terrace, Wa. 98043

USMC fee \_\_\_\_\_ Combined fee \$12.  
 LMSC fee \$9. Senior Citizens  
 Rule book YES   
 (\$6.00) NO   
 TOTAL \$ \_\_\_\_\_

make check payable to: PNA Masters Swimmers

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