



# the OFFICIAL PNA MASTERS NEWSLETTER

CO-EDITORS

Rick Ingraham	Susan Allen
5909 Reid Dr. N.W.	14837 SE 113th St.
Gig Harbor, Wa. 98335	Renton, Wa. 98056
(206) 851-7130	(206) 226-9295
	after 7:30 pm

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## SCHEDULE • CALENDAR

August 5-6-7	LC Regionals - South Kitsap, Port Orchard
August 25-28	LC Nationals - Indiana

NEXT BOARD MEETING AUGUST 2, 1983, 7:30 PM

## EDITOR'S CORNER...

ROSES! ROSES! ROSES!.....To Dawn Musselman for all her record breaking swims at the South Kitsap Meet.

I wish to extend a warm welcome from the PNA to all new teams and swimmers. Remember Masters Swimmers Motto, "Fun, Fitness and Friends".

Rick

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## "DECK PROFILES"

Instead of interviews this month, I thought I would share my experiences this spring in California. In April my husband, Forest, attended a two week class on hydropower at the Hydrologic Engineering Center in Davis, California. I went with him and was able to not only workout with the Davis Aquatic Masters (DAM) team but also swim in their Pacific Association (Northern California) Championships.

The DAM team was formed eight years ago and has grown from a handful of swimmers to the world's largest Masters team. The team totals over 400 members and is still growing, with a waiting list of 30 swimmers. DAM has a full-time, \$25,000 a year head coach, who formerly coached ten 1980 Olympic swimmers, and four paid assistant coaches. Each of the daily workouts is supervised by one of the five coaches.

Davis, a city of 36,000 population, about 10 miles west of Sacramento, has three competitive pools, two municipal and one at the University. Both outdoor, municipal, 25-yard, six-lane pools are used entirely for Master swimmers during their workouts. Because of the tremendous size of the team each swimmer can attend only one, one-hour workout per day. Workouts start at 6 a.m. and continue through the day at 7, 8, 10, 11, Noon, 1, 3, 6, 6:30, 7, and 8 p.m. On Saturday there is one intensive workout from 9 to 10:30 a.m. and one lap swim from Noon to 2 p.m. on Sunday. The majority of the Masters swim either 3 or 5 times a week.

During my stay at Davis, I was able to swim at the 8 a.m. workout. It was highly structured, geared to a wide range of ability levels, interesting and fun. The head coach makes up the daily workouts which the other coaches use. Workouts are the same for everyone every day varying only in number of sets and send off times. The team spans about 20 ability levels, based upon their 100 free send off times. These vary from about a 2  $\frac{1}{2}$  minute send off to a one minute. People from all ability levels have been attracted to the team ranging from those who have never competed to former A.A.U. swimmers. There is a space in all the workouts for the various levels including a "seniors only" workout once a day. The atmosphere at the workouts is relaxed, enjoyable and friendly. I learned quickly, however, it is important to arrive 5 minutes early as the lanes fill up quickly. Swimmers not arriving on time are turned away if lanes are filled to capacity which is four to a lane.

The Pacific Association Championships were held on 23 and 24 April at Indian Valley Colleges in Novato, California, about 20 miles north of San Francisco. The pool, a 25 yard by 50 meter outdoor heated pool was set up for 19 short course lanes: 6 competitive lanes in each end, two buffer lanes, and five warm up lanes in the middle. Men and women competed separately but simultaneously in opposite ends of the pool. Every event was deck seeded. Six people had to work full time during the meet just to seed each event. Cards were put out heat by heat (slow to fast) and often were not much ahead of the starter. Sometimes there was just enough time to grab your card from the box at the office, which was not poolside, and run to the blocks before your heat started.



The weather was atrocious: temperature in the mid 50's and heavy rain for half of Saturday and a couple of hours on Sunday. The women had it easy since to stay warm they could huddle under the hair dryer in their locker room which was adjacent to the pool and race to the blocks when their heat was called. The men had to stay out in the rain, since their locker room door was on the far end of the building up to 100 yards from the blocks.

Aside from the weather conditions, the meet was a most enjoyable experience. It was efficiently run considering the weather and the problems of keeping cards and people dry. Even though there were about 600 entrants from 42 teams, each swimmer was announced by lane for each event. During the meet the announcer would bring to everyone's attention exciting races. He would follow with the comment, "That's what Masters is all about! Everyone is a winner!" The swimmers were very supportive of each other and relaxed during their competition. The atmosphere was similar to one at a small, fun dual meet. The major emphasis by the DAM coaching staff is for personal accomplishment. Even though swimming conditions were terrible, 56 of the 79 DAM swimmers set lifetime best times.

During the swim season DAM conducts dual meets with other teams and amongst themselves. To provide a change of pace, they hold special relays like the T-shirt relay and the beer relay. On St. Patrick's day they have an Irish whiskey relay, and on New Year's a champagne relay. Each year DAM holds a pentathlon for their own team with the trophy going to the swimmer who has reduced his or her times the most.

The motto for "fun and fitness" is definitely adhered to in California and Davis in particular and forms a key reason why DAM has grown to the world's largest Masters team. After participating in their workouts and swimming at their Championship meet, it was clear why everyone there is DAM good.

Cathy Brooks