



the OFFICIAL PNA
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NEWSLETTER

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Vol. 2 No. 13

NOVEMBER 10, 1983

SCHEDULE • CALENDAR

December 9-10 Husky Foster at
Evergreen Pool
January 15 Port Angeles
(former Bangor)
January 27-29 Snake River Assc.
Swim & Ski Wkend
February 11-12 Kent Area Dolphins
March 18 Anacortes
May 26-29 1984 SC Nationals

IEA & OREGON SCHEDULES
December 3 Portland-Swim Cellar Pentath
December 3-4 Spokane-Shadle Park Pool
January 8 Lake Oswego, Or. 1650 Meet
January 13-14 Coeur d'Alene, YMCA
January 22 Portland, Lewis & Clark Coll.
February 26 Pullman "L" Pool (IEA)
March 3-4 Newberg, Or.
March 17-18 Richl'd/Yakima (still tent.)
March 30-Apr 1 Or. Champs/Apr 6-8 IEA Champs

EDITOR'S CORNER...

Due to the amount of information in this newsletter I will publish the pool schedules in the December Newsletter.SUSAN

CORRECTION! The December 9-10 Husky Foster Meet is at Evergreen Pool. Directions on the Entry Form in the October Newsletter are to the Evergreen Pool.

Anyone going to the New Zealand Champs must contact Bobby Gallegos, 1315 Garrison Ave. Port Orchard, Wa. 98366, Phone: 876-0960. He is making up relays. When you send in your entry form you must fill in "Pacific Northwest Association", not your local team or USA. DO NOT FILL OUT RELAYS, Bobby G. will do this.

For Travel Arrangements, contact: Meredith Tall
General Travel Service Inc.
P.O. Box 520
Bellevue, Wa. 98009

work phone - 454-5022
home phone - 232-9364

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SEARCHING! SEARCHING!

FOR CONTRIBUTIONS FOR A NEW PNA SCRAPBOOK

There is a Scrapbook Committee who is looking for interesting articles, photos and other contributions. Please bring them to the November and December meets and give them to Donna Phelan, Jane Moore, Russ Hall or Dawn Musselman or a Board Representative.

STOP BY CASTNER'S AFTER SWIM MEET ON SATURDAY, DECEMBER 10, 1983

You are invited to stop by Bill and Colleen Castner's home any time after the Meet for a Christmas get-together. The address is:

16915 Maplewild S.W.
Seattle, Wa. 98166
phone: 246-1726

Carpooling will help parking. The main course will be furnished. Bring your choice of a salad, vegetables, appetizer or dessert---or just bring yourself. BYOB.

Directions from Evergreen:

West on S.W. 116th Street for a couple of blocks.
Turn left (South) onto Ambaum Blvd., turn right onto
S.W. 152nd. When S.W. 152nd goes down hill to the
left, it becomes Maplewild. Go 1.5 miles from this
point.

SUBSCRIPTION FORM FOR WET SET NEWSLETTER

NAME.....

SEND \$6.00 TO:

ADDRESS.....

MARIETTA JAMES

.....

10008 - 114th ST SW

ZIP CODE.....

TACOMA, WA. 98498

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Dear PNA Masters & Friends:

A BIG WELCOME to all the new swimmers at the Bellevue Meet on October 16. We had about 150+ people swimming...Quite a huge turnout for the first meet of the season! As always, we had some outstanding swims and personal bests, but I think the "outstanding swim at meet" recognition goes to Don and Dee Diamond and Ray and Jean Schafe. You four exemplify the commitment, courage and spirit of not only Masters' swimming, but also of the marriage relationship. I feel very proud and honored to serve as president of an association that promotes and encourages such ideals. Thank you for your role model.

I believe that we, as an organization, can serve as an example for the Pacific Northwest not only from the fitness aspect, but also the service aspect. And so, we are having a CANNED FOOD DRIVE at the December Evergreen Meet. Please bring at least one canned food item to the meet. Collected food will be donated to the local food bank distributor.

It is hard to believe that six months have gone by since I've taken office. As the PNA continues to grow, both in quantity and quality, I feel that it is well worth the effort to once again state that OUR MOTTO IS: FITNESS, FUN, FELLOWSHIP! I hope you all are thinking about setting goals similar to the ones I mentioned last month. I know that I have been blessed in all three of those areas and look forward to passing those blessings on. Serving you all is what makes being president so much fun. I want to personally thank you for all the love and support I've received thus far. The coming season looks both exciting and challenging for the entire association and I hope you will consider becoming involved at the organizational level. The next board meeting will be Tuesday, November 22, at Hugh and Jane Moore's in Federal Way. If you're interested in attending, please let me know.

Until next month----
Keep swimming,
Serving you with a
whole heart,

Koko

P.S: A special welcome to the PNA for new teams forming at Totem Lake Swim Team, ORCA & Issaquah! Glad to have you aboard!

SOME WORKOUT GUIDELINES

These guidelines are a collection of hints from the Husky Swimming coaching staff-- the U.W. Huskies, Husky Swim Club and Husky Masters.

1. Approach each workout positively--toward yourself, your coach, and teammates.
2. Be on time for warm-up and do the entire warm-up.
3. Swim in a lane with people the same speed as you. Keep your lane moving smoothly. The fastest swimmer in each lane leads a set (swim, kick, or pull). Don't play around deciding whose the fastest--JUST GET ON WITH IT! Swim to the wall at the end of each repeat, then get out of the way to let the people behind you finish. Don't stand up before you hit the wall and block your lane and irritate your coach. Never stop when you are being passed unless you are on a wall. Stay to the right and make the person pass you.
4. Swim freestyle during distance repeats. This builds your aerobic system. Work stroke during shorter swims for technique and pace.
5. Use the clock. Know your send-off times so that you can figure out your time. Leave when you are supposed to--not early, not late.
6. Keep track of your times (see above!) and your training--KEEP A LOG BOOK!!! (see next page)
7. Swim smart. You should be learning to train yourself so pay attention to what you do in workout (refer to #6!) Know what strokes you can repeat on the various sendoffs. Don't bog down your lane because you're trying to do the impossible on a sendoff. Keep your lane moving smoothly--see #3!
8. Learn to swim all four strokes. Everyone should swim fly on fly repeats--swim as much as you can on each set before resorting to drill, free-fly, or free.
9. Come to practice ready to work hard and to do the workout that's given. Be ready to slug out some distance sets and to swim all the strokes. If there's something that you want to do in a workout, see the coach and it will be worked out within the week.
10. Some common abbreviations:

S swim
K kick
P pull
D drill

w/u warmup

and jargon:

descend (abbreviated desc): each successive swim at the same distance should be faster than your previous repeat.

3-4-5-0: refers to a breathing pattern. 3 is every third stroke, 4 every 4th and so on. 0 is optional (your choice) an os after any number would mean offside. 4qs would mean breathing every 4th stroke to your offside.

cruise: swim easy

build: start at easy effort and build to harder effort

progressive effort: similar to descending but refers to mixed distance sets (e.g. 500-400-300-200-100) Progressing your effort would mean descending the pace you are holding for 100's on each of the swims in the set. If you held 1:15's on the 500, 1:13's on the 400, 1:12's on the 300, and so on, you would be progressing your effort.

YOU AND YOUR LOG BOOK

You should be keeping a log or record of your training and competition. A bound notebook is best. In your log, record the date, time of workout, a complete record of what you did, the times you swam, the total yardage and other information you like to record about your training--weight, resting pulse rate, pulse rate after hard swims, etc.

Keeping a log will make you more aware of what you are doing, and how much you are improving. Also record meet warm-ups, times and splits. Try to be as accurate as you can. Keep your log close at hand--by your bed, in your swim bag, on your desk--so that you don't forget to record your workouts each day. If you miss a scheduled workout, write down the reason why.

An example:

Monday, October 3, 1983

Did some stretching before warm-up.

w/u 5x200 s-k-p-k-p

4x200 IM @ 4:00 desc 1-4 (3:30, 3:26, 3:22, 3:15) pulse 160 on #4

400 kick easy--fly 8:30

800 pull free with tube, buoy, paddles (3-4-3-0) 11:45 felt good

8x 50 swim @ 60 2 each stroke need to work back turns!!

fly 52, bk 46, brst 56, free 32)

12x 25 swim @ 30 free--easy down, no breath back. Made it on all
breathholding 25s.

200k/ 200p to loosen down

total 4100y

weight 142

resting pulse 64 before bed.

FOOD DRIVE

For **SECOND HARVEST** at
Dec. HUSKY FOSTER Meet.
Please Bring **Non-Perishable**
Food Items To The Meet