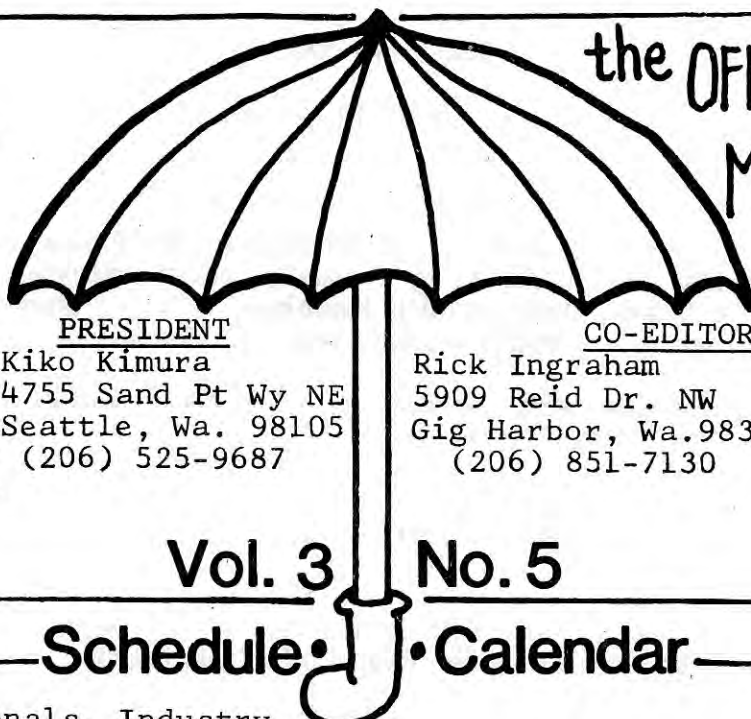


the WET SET



the OFFICIAL PNA MASTERS NEWSLETTER

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Vol. 3 No. 5

MAY 10, 1984

Schedule • Calendar

May 26-29 SC Nationals, Industry Hills, California
June 16 Capri Relay, Bremerton
June 23-24 LC South Kitsap
Aug. 10-12 Regs. LC Champs, Mt. Hood Comm. College, Gresham, Or.
Aug. 23-26 LC Nationals, Raleigh NC
Sep. 29 1st Inter-Oceana Zone Meet Walnut Creek, Ca. (northern)

June 15-16 LC Mtn. Pk., Lk. Oswego, Or.
July 21-22 IEA LC Witter Pool, Spokane

Editors' note: New Improved Pool
↑
all new gutters,
Permanent bulkheads
9 lanes, deepened.

EDITOR'S CORNER...

AS THE EDITORS AND OTHER OFFICERS INVOLVED WITH THE NEWSLETTER WILL BE GOING TO THE NATIONALS IN CALIFORNIA, THE DEADLINE FOR THE "WET SET" INFORMATION IS SET BACK TO MAY 22nd, INSTEAD OF JUNE 1st.

We are sorry we missed publishing Ray Frederick's results for the one hour swim. He placed 3rd for the "Postal Meet".

Thank you Marietta for the time and effort spent these past years as our Member Chairperson. A difficult job well done!

NOTE: Jane and Hugh Moore are our new Member Chairpersons. See inside form.

MYSTERY OF THE MONTH: What was Kiko doing in the Dallas Cowboys' Locker room?

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PNA Board Meeting

April 10, 1984

The meeting was called to order at 7:35 P.M. by President Kiko Kimura. Those in attendance were: Hugh and Jane Moore, Kathy Crandell, Cookie Justensen, Walt Reid, Joanne Brislin, Mike Stipek, Dawn and Bob Musselman, Rick Ingraham, M.J. Garlick, Donna Phelan, Susan Allen, Bonnie Wegner, and Leif Johnson.

The minutes of the March meeting were approved as read.

Committee Reports:

Treasurer: Over \$2000 in the Treasury. There are no outstanding bills. This does not include the last meet.

Records: PNA Championship meet results will be finished in 2-3 weeks. Short Course Top Ten Times will be compiled after Region XII Championships.

Membership: There were 510 members before PNA Champs with 24 new members registering at the meet. Starting next month, the newsletter will change the registration form to show the new chairmen's names. Notice of the change will be sent to all team reps.

Awards: \$201.42 was spent for team awards instead of the \$165.00 allotted because the cost of 34 plaques and engraving for swimmer of the year awards had not been considered. It was also necessary to buy 10 team trophies instead of 9 as there was a tie for third place in one division. \$337.50 was made from sale of awards at champs. \$210 had been spent for those awards. The possibilities of having ribbons for places 4-6 at champs, awarding (instead of selling) medals and ribbons, and covering the cost of such awards by increasing team fees were suggested. This will be discussed further at the upcoming board retreat.

Newsletter: Items for the June newsletter should be sent in early and kept brief as Rick and Susan will be at Nationals. It was noted that Swim-Master has not been publishing our meets. A complimentary newsletter will be sent to the editor, June Krauser, in the future.

Meets: Regionals: Banquet will be held at the Aqua-Barn for \$9.00/person. Lasagne will be served; BYOB. Rick Ingraham will MC and arrange entertainment. Huskies and Tritons will put on team skits. Others are welcome. Team reps should check with team members for offers of housing for out of town swimmers. A list of nearby hotels is in the April newsletter.

New Zealand: About 22 PNA swimmers will attend.

Nationals: Packets for relays have been given to age group captains. Kathy Crandell must have information for relays for nationals by April 18 (teams only, not swimmers names). Relays for regionals can be turned in later. Kathy will check with the meet director after the entry deadline for names of all PNA swimmers entered to help fill relays. At nationals everyone should watch the individual results and age group captains should watch relay results for errors. Report any errors to Kathy as soon as possible, and she will check on them.

PNA Champs: Team results: AAA- Tacoma Y-641; Sumner Tritons-386; Seattle Club- 227. AA- Husky Masters-451; Bainbridge Island Saltwater Swimmers-360; Tigers-331; Cascade Swim Club-326; Bellevue Eastside Y-272; Port Angeles Masters-259; Bangor Tridents-217; Ft. Steilacoom-203; Fidalgo Islanders-143; South Kitsap Masters-125. A- Midlake Masters-118; Mercer Island Swim Coalition-98; Issaquah Swim Team and Totem Lake Swim Team-88; Bellevue Athletic Club-84;

Seattle Athletic Club Northgate-79; Washington Athletic Club-73; Renton Area Masters-68; Madison Masters-44; Federal Way-42; Bellingham Y-36; Queen Anne Aquatic Club-30; Eastside Eels-21; Mountlake Terrace Dolphins-20; Rainier Valley Masters-16.

The fact that PNA champs were only scored to 6 places although 12 had previously been agreed on was discussed. Apparently, this had been discussed at board meetings in January, February, and March but not noted in the minutes, and the meet director had not been notified in advance. Bonnie Wegner moved that future PNA Championship meets be scored for places 1 through 12 and that this information be added to the meet packet as soon as possible. Walt Reid seconded the motion, and it was passed unanimously. Leif Johnson moved that the upcoming Region XII Champs be scored to 12 places. Donna Phelan seconded the motion. An amendment to score all championship meets in our association to 12 places was not approved. After some discussion of why 12 places was picked, the motion passed unanimously. Joanne Brislin and Kathy Crandell will notify Regional meet director Rudy Von Jouanne of this decision. Scoring for future championship meets will be considered at the board retreat.

It was noted that although all meet entry forms state that late entries are not allowed, most meet directors will accept them to a point. The differences of PNA Championship meets were discussed. Kathy Crandell moved that there be a standard policy for PNA championships each year of absolutely no late entries or membership applications being accepted. The deadline shall be a postmark on entries or membership applications of 14 days before the first day of the meet. Leif Johnson seconded the motion and it passed unanimously.

The occurrence of recruiting swimmers to swim for a team for just one meet (PNA Champs) was discussed. It was felt that swimmers should be recruited for swimming, not for a particular meet, but that PNA should not police such activities. An ad-hoc Ethics Committee was formed to develop a Code of Ethics for PNA meets. These guidelines will be published in the newsletter 3-4 times before the next championships. Committee chair is Bonnie Wegner. Members are Hugh Moore, Mike Stipek, and Rick Ingraham.

Other meets: Kiko has information on an open water swim to be held in San Jose after Nationals if anyone is interested. Mountlake Terrace Sextathlon and South Kitsap Long Course meet are the same weekend; Senior Sports Festival and Regionals are also on the same weekend. Capri Relays will be at Bremerton June 16th.

Miscellaneous: Rick Ingraham and Kathy Crandell will work together to develop an order of events for long course meets.

Samples of a new PNA information pamphlet were presented. These will be considered at the next board meeting.

Sports Northwest magazine will be doing a story on Juanita Correa going to the New Zealand meet. They will also be at Regionals with a cameraman.

The meeting was adjourned at 9:35 P.M.

Respectfully submitted,

Jane Moore

May, 1984

Greetings to my fellow PNA Master Swimmers & friends:

Congratulations to everyone for a very successful PNA Championship meet! I know that there were many courageous swims, many individual bests, many personal victories. And the team competition produced an impressive and cohesive spirit that made me proud to be a part of such a super organization. I hope you all had fun and experienced fitness and good fellowship!

Remember that "victory" or "success" or "being a winner" is not always measured in winning the race or in minutes and seconds. What counts, is that you have tried your best and given that effort your 100%. When you know that you have done the best you can possibly do, then you are truly successful.

*A special thanks to Cascade Swim Club and Jan Twight Kavadas for running a smooth, fine meet.

Also, congratulations in advance to all who swam in New Zealand and at Regionals.

Best Blessings to everyone going to Nationals.....INDUSTRY HILLS OR BUST!!!

The summer is fast approaching and we have a great meet lined up for you all in Port Orchard hosted by South Kitsap Masters!

In closing, I'd like to share with you a couple of my favorite sayings.....

"Triumphs are just little 'umphs' after 'Try'."

"The quality of a man's life is in direct proportion to his commitment to excellence."

(only sign in the Dallas Cowboys' Locker room)

until next month,

Kiko

DECK PROFILES

Trudy Krastins swims for the Issaquah Masters team, being with them since their formation in June 1983. She first joined Masters 8 years ago but was hampered in attending meets because of her busy schedule as an airline stewardess. Sometimes she had to go for a long time training but not competing. Trudy first began swimming as a summer league age-grouper but had to quit at 18 since college swim programs did not include women at that time. She is grateful to Masters for providing her the opportunity to compete again. The 50 Butterfly is her favorite race because it is much easier than either the breaststroke and backstroke. "I feel better about myself and bringing home trophies is great," states Trudy. The most enjoyable thing is watching older people swimming and seeing all the people really enjoying themselves. I am sure Trudy will continue to enjoy Masters for years, since her times today are close to her marks from age-group swimming.

Alan Nordell, owner of his own export management business, has a strong background in swimming having competed both in high school and college. Several years ago he took up playing basketball with friends to get back into shape, but land sports were not comfortable to a confirmed aquaholic. After being away from the pool for 15 years, Alan rejoined swimming two years ago when the Washington Athletic Club started their Masters program. Alan stays in Masters because of the friendships, fun, and good feeling from staying in shape. His favorite event is the 200 Butterfly because his flexibility makes it a natural stroke for him and not too many people enter the event. When asked what was the greatest benefit he received from Masters, Alan summed it up like this: "It turned me from a 170 pound flabby American body into 160 pounds of cold, blue twisted steel". (Alan specifically wanted me to get his quote right. I must try to maintain accuracy in the media)

This month's swimmers are participating in Masters today largely because new teams were formed that made it convenient for them to train. The tremendous growth of FIA over the past couple years has greatly expanded opportunities for many people to get involved in swimming for fun and fitness.

Cathy Brooks

SUPERSONICS CLUB NEXT EXPANSION WILL INCLUDE SWIMMING

During its ten year history, the SuperSonics Racquet and Health Club in Bellevue has had three major construction phases. Phase four will finally include a 25 yard, four lane indoor pool. Pool construction begins June 1st, with completion anticipated in September.

In addition to this new activity, the club offers indoor tennis, racquetball, Nautilus, basketball, volleyball, indoor soccer, indoor track, bicycles, diet and nutrition consultation, saunas, showers, whirlpools, aerobics, and indoor suntanning. This should be an exciting opportunity for swimmers who also like other activities to join a complete athletic club at a reasonable yearly cost. Except for the Bellevue Athletic Club there are no complete clubs in the Seattle area with regulation size pools.

Many swimmers have made significant improvements in their times after enrolling in a Nautilus program. The club's trained kineseologists help supervise the Nautilus workouts and can tailor workouts specifically to swimmers' needs.

People who join the SuperSonics club prior to May 31st can purchase two years of pool privileges for only \$96.00.

Take your newsletter copy to the club to receive one day's free use of the club's health club facilities and find out more about the pool project. For more information, call 885-5566. The club is located at 4455 - 148th Ave. n Bellevue.

CHANGE OF ADDRESS FORM

NAME.....

OLD ADDRESS:

NEW ADDRESS:

.....

.....

.....

.....

ZIP.....

ZIP.....

SEND TO: Norma Ingraham
5909 Reid Dr. NW
Gig Harbor, Wa. 98335"