



the OFFICIAL PNA
MASTERS
NEWSLETTER

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Vol. 3 No. 10

OCTOBER 10, 1984

Schedule • Calendar

<u>PNA</u>		<u>IEA/ORE</u>	
Oct. 20-21	Totem Lake/Juanita HS Order #1	Oct. 27	IEA Ellensburg, Wa. (25 M)
Nov. 17-18	Bangor, Order #2	Nov. 2-3	ORE Eugene, Or.
Dec. 8-9	Husky Foster or Mt. Rainier #3	Nov. 23-24	or 24-25 Pullman, Wa.
Jan. 12-13	B.E.S.T. Order #4	Dec. 1	ORE Swim Cellor Pentath. THPRD Pool, Portland
Jan. 26-27	Port Angeles Order #1	Dec. 7-9	IEA No location yet
Feb. 9-10	Kent/Tahoma Order #2	Jan. 4-5	Coeur d' Alene YMCA
Mar. 9-10	Cascade Order #3	Jan. 5	ORE Newberg, Or.
Mar. 29-31	So. Kitsap (PNA CHAMPS)	Jan. 26-27	IEA Fairchild AFB (25 M)
May	Sumner/UPS (25 meter meet)	Feb. 2	ORE "Animal Meet" Lk. Oswego
	<u>1985 NATIONALS</u>	Feb. 15-17	IEA tentative Richland (25M)
May 9-12	SC Brown Deer, Wis.	Mar. 2-3	ORE Tigard
Aug. 17-20	LC Providence, R.I.	Mar. 8-10	IEA tentative Wenatchee
Apr. 26-28	Reg. XII SC CHAMPS U. of Idaho, Moscow	Mar. 29-31	SC CHAMPS Shadle Park, Spok.
		Mar. 29-31	SC CHAMPS Portland, THPRD P.

EDITOR'S CORNER

As Susan now has an answering machine, call!!
NOTICE!! CONTRARY TO LAST MONTH'S NEWSLETTER, PLEASE RENEW YOUR USMS
REGISTRATION AS SOON AS POSSIBLE. THE DECEMBER, 1984 NEWSLETTER WILL BE
THE LAST YOU WILL RECEIVE IF YOUR REGISTRATION IS NOT RENEWED.....RICK
For information about IEA and ORE meets write or call:SUSAN
Harry Lewis Arthur Smith Connie Wilson
(509) 747-3421 (503) 297-8065 (503) 771-1663
E. 944 - 39th Ave. 6225 S.W. Canyon Ct. 8383 S.E. Battin Rd. #1
Spokane, Wa. 99203 Portland, Or. 97221 Portland, Or. 97226
NOTE: YOUR AGE AT THE MEET IS DETERMINED BY YOUR AGE THE LAST DAY OF THE MEET.

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STAYING WITH IT, by John Jerome, New York: The Viking Press, 1984, 225 pages, \$14.95.

(May be ordered from Discount Books by Mail, P.O. Box 22011, Seattle, Wa. 98122, or by calling 323-5962.

John Jerome's book subtitled "On Becoming an Athlete" reports his adventures into the practical application of his research in fitness, training, physiology, and the process of aging. He is a writer for "Outside" magazine and has written about mountain climbing, auto racing, and sports, but this describes his putting this knowledge to use. Like many of us, even though he had read about overtraining, he responded to his first "flat" meets by training harder until he got sick.

The first part of the book is about the aging process and his initial training efforts -- The Job. Of interest to PNA Masters is his account of his week at Sequim Swim Camp which he participated in with Sister Donna Burkhart. (He counters all questions about his first 1500 meter race with "I got beaten by a 34-year-old nun!")

The second part of the book--The Work--discusses physiology and its application in workouts, learning new uses for muscles, re-learning your familiar strokes. He describes a sample workout including reasons for 50's, 500's, etc; and how you feel after a good workout.

The last section is The Pay: in which he talks about racing. He states "Competition is more fun than just staying fit." Many fitness swimmers might disagree, but I feel that competition helps me maintain my motivation for the daily workouts. I bought the book after sampling his chapter on "The 1650". Here we can see his philosophical style: "The 1650 is an extended opportunity to fiddle with the delicate balance between speed and athletic capacity." Again: in each 1650, "I learn something new about myself." His humanness we may all recognize: Physiologists want us to listen to our bodies -- being new at this game mine always says "Have another beer".

I read George Sheehan for inspiration and information on the older athlete. Until now, no one was speaking for older swimmers. John Jerome speaks to me and eloquently. I highly recommend this book.

Jan Kavadas

CHANGE OF ADDRESS FORM

NAME..... USMS #.....

OLD ADDRESS..... NEW ADDRESS.....

.....

.....ZIP..... ZIP.....

NEW PHONE NO.....

SEND TO: Jane & Hugh Moore
29920 - 2nd Pl. S.W.
Federal Way, Wa. 98003

Synchronized Swimming

The Pacific Northwest has a Masters synchronized swimming team -- The Kaleidoscope Swimmers. The performing group of eight (8) women from Edmonds, Tacoma, Issaquah and way stations is presently preparing for their National meet on October 24-29 in Orlando, Florida. National competition takes palce in ten or more year age groups and includes a few men. Competition includes figures for everyone; solo, duet, trio and larger teams in routines set to music.

Workouts are Tuesday and Thursday 7-10 a.m. at the Mountlake Terrace Pool, 5303 - 228th Street S.W. (Home of the Sextathlon). Beginner classes are held Tuesday and Thursday evening. Call 776-9173 for specific times.

The Kaleidoscope swimmers participated on September 16th in Puyallup in the First West Zone Championships against teams from the Portland area. Donna Wallen reported they did very well with each team member getting at least one gold. The top 3 women in the 40-59 year group for figures were Kaleidoscope members.

The Wet Set salutes these National Swimmers.

Jan Kawadas

PRESIDENT'S MESSAGE

October 1984

Dear PNA Masters and friends,

So, how are those goals coming along??? You know, I am amazed at the endless possibilites!!!! (More on goals next month) Keep thinking about what you want to accomplish this year and how masters swimming can help you achieve that!

About 50 of us enjoyed a GREAT meet at our 1984-85 kick off meet Sept. 15th at Central Kitsap High School. Jeff Pentz and his group showed us a good time with lots of fun events!! Believe me, between racing canoes, eating peanut butter, exchanging Tshirts and diving off the blocks with fins, we got a chance to see how really out of shape us non-sprinter's are!

Our next meet is October 20,21 sponsored by Totem Lake Swim Team. Let's try and get a good turnout at that meet, OK????

See you all there,

Kiko

PS I would be interested in hearing about some of your goals and how the achievement process is going. Feel free to drop me a line and let me know how you are doing!!

INSTRUCTIONS FOR FILLING OUT TIME CARDS FOR ALL MEETS:

All swimmers are asked to pick up time cards from their team representative or a board member, fill them out completely and accurately as illustrated below, and send them in with the entry form. Use one card for each event you enter.

KC 83

EVENT NUMBER	4	Best Time	:35.2	
				← 1. ENTER EVENT NUMBER & BEST TIME
EVENT	50 Breast			← 2. EVENT NAME
MEET	KENT		DATE	2/11
				← 3. ENTER MEET NAME & DATE
FULL NAME(S)	KATHRINE CRANDELL			← 4. PRINT YOUR NAME & YOUR AGE. USE THE SAME NAME WITH WHICH YOU REGISTERED. PRINT LEGIBLY!!
AGE(S)	35			
2.				
3.				
4.				
CLUB/ASSOC:	Ft. Steil.			← 5. PRINT CLUB NAME
AGE GROUP:	20-24	25-29	30-34	← 6. CIRCLE YOUR AGE GROUP. IF OVER 79 WRITE IN YOUR AGE GROUP.
<u>35-39</u>	40-44	45-49	50-54	
60-64	65-69	70-74	75-79	
RELAYS ONLY	20 & Up	25 & Up	35 & Up	
	45 & Up	55 & Up		
	MEN	WOMEN	COED	
HEAT	Timers Initials	Time Minutes	Seconds	Tenths/Hundredth
LANE				
OFFICIAL TIME				FINAL PLACE

DO NOT FILL OUT ANYTHING BELOW THIS LINE

*FOR NON-MEMBERS ONLY!

SUBSCRIPTION FORM FOR WET SET NEWSLETTER

DATE..... MAKE \$6.00 CHECK PAYABLE TO:
 ADDRESS..... PNA MASTERS SWIMMERS AND SEND
 TO:

Jane & Hugh Moore
 29920 - 2nd Pl. S.W.
 Federal Way, Wa. 98003
 (206) 941-3100

ZIP CODE.....

*Registered members receive the newsletter for one year upon receipt of their registration and do not have to subscribe.

"Flex Ability"

by

Robin Brannman

To start a flexibility program have patience. As with a weight-lifting program, the means are the same but the ends are quite different. Weight-lifting stretches muscle tissue to build strength and thereby increase the power of your stroke. While a flexibility program uses stretching to increase the elasticity of the connective tissues, thereby allowing you to maximize armstroke efficiency and minimize poor body alignment.

The elasticity of this connective tissue will respond well to progressive overloading, as long as it is done with care and proper technique. A comprehensive flexibility program will incorporate three methods of stretching.

The most effective is the stretch-contract-stretch method, which alternates stretching and contracting opposing muscle groups for short intervals. To stretch the anterior shoulder, stand with your arms extended to the sides with palms down. Have a partner gently pull the arms backwards. At the maximum stretch point begin the contraction phase by pulling the arms forward against moderate resistance from your partner. Hold this resistance for six to ten seconds, then immediately stretch the shoulder as in the previous position. The contraction allows the desired muscle group to relax for a better stretch.

Static stretching is the preferred method because of its simplicity and safety. Static stretching is holding a given muscle group in a period of extreme stretch for a period of time. To increase dorsiflexion in the ankle, sit on a flat surface with legs fully extended. Using a towel across the balls of your foot, pull your toes back and hold for six seconds then release. Repeat on the other foot. Start with six repetitions of six seconds duration per session. Gradually as the ankle tissue becomes more elastic, hold the stretch for ten seconds and increase the repetitions to ten per session.

Ballistic or "rebound stretching" uses body momentum to force muscle groups to maximum extension. This method is useful for swimmers because it simulates the entire range of motion a joint moves through in swimming. However, extreme care must be used to prevent tearing the muscle and connective tissues. Examples of ballistic stretching are arm circles, flings, and swings. Ballistic stretching should include a minimum of ten to twenty repetitions per exercise.

All of these methods can be adapted for different muscle/joint groups. If you do a complete set of ankle, shoulder and trunk stretching 20-20 minutes a day, as well as, warmup and warm down stretching for workouts and races, you will soon achieve your own maximum "flex ability".

EVENT NUMBER 3 Best Time KC 83

RELAYS - HOW TO FILL OUT RELAY CARDS

EVENT 200 FREE RELAY
 MEET ANACORTES DATE 3/18

FULL NAME(S)	AGE(S)
1. <u>Mike Jackson</u>	<u>34</u>
2. <u>Walt Reid</u>	<u>43</u>
3. <u>Dick Campbell</u>	<u>58</u>
4. <u>Karl Frederick</u>	<u>70</u>

CLUB/ASSOC: Ft. Steil.

AGE GROUP:	20-24	25-29	30-34
	35-39	40-44	45-49
	50-54	55-59	
	60-64	65-69	70-74
		75-79	

RELAYS ONLY	20 & Up	<u>25 & Up</u>	35 & Up
	45 & Up	55 & Up	
	<u>MEN</u>	WOMEN	COED

HEAT	Timers Initials	Time		Seconds	Tenths/Hundredth
		Minutes			
LANE					
OFFICIAL TIME				FINAL PLACE	

Please fill out the full name (first and last name, no nicknames that obscure the swimmer's real name - ie, "Frog"). The PNA membership is large enough that two swimmers in the same age group may have the same last name. Using a nickname prevents us from figuring out which swimmer it really is. Some swimmers of the same age have the same first and last name but a slightly different spelling. All mysteries are eliminated by printing the correct full name and age of each relay member on the card in the first place.

Use Pink cards for women's relays. Use Blue cards for men's relays. Use yellow cards for mixed relays only. Please write the name of the relay event on the card as well as the event number. Writing either the meet location or the date on the card helps immensely when compiling records and top ten.

NOTICE!! CONTRARY TO LAST MONTH'S NEWSLETTER, PLEASE RENEW YOUR USMS REGISTRATION AS SOON AS POSSIBLE.

UNITED STATES MASTERS SWIMMING, INC. REGISTRATION APPLICATION - 1985 THANK YOU

"FILL IN WITH NAME YOU WILL USE ON ALL MEET APPLICATIONS"

PLEASE PRINT OR TYPE INFORMATION

Last Name		First Name		Initial	OFFICE USE ONLY	
Street Address					Area	Telephone No.
City		State	Zip Code	Date of Birth	Age	Sex
Name of Club You Represent				Date of Application		



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

MAIL TO ► PNA Masters Swimmers
 Member Chairpersons
 Hugh & Jane Moore
 29920 - 2nd Pl. S.W.
 Federal Way, Wa. 98003
 (206) 941-3100

USMS fee	\$ 3.25
LMSC fee	\$ 8.75
TOTAL FEE	\$ 12.00

Seniors 65+ \$ 9.00
 FORM 3-84

X _____
 APPLICANT'S SIGNATURE

MAKE CHECK PAYABLE TO PNA MASTERS SWIMMERS

Please encl. stamped self-addressed envelope!