

the OFFICIAL PNA  
MASTERS  
NEWSLETTER

PRESIDENT  
Hugh Moore  
29920 - 2nd Pl. SW  
Fed. Way, Wa. 98023  
(206) 941-3100

CO-EDITORS  
Kathy Crandell  
11114 - 111th SW  
Tacoma, Wa. 98498  
(206) 588-4879

Susan Allen  
14837 SE 113th St.  
Renton, Wa. 98056  
(206) 226-9295

Vol. 4 No. 4

APRIL 10, 1985

**Schedule • Calendar**

Apr. 23 Board Meeting, Jane and  
Hugh Moore's, 7:30pm  
Apr. 26-28 REG XII SC CHAMPS  
May 4 Masters Swim Clinic, FOSS  
May 28 Board Meeting, Tacoma  
June 1 LC Bellevue Athletic Club  
July 20-21 REG XII LC CHAMPS

1985 NATIONALS  
May 9-12 SC Brown Deer, Wis.  
Aug. 7-14 Masters Games, Toronto  
Entire games, Aug. 7-25  
Aug. 17-20 LC Providence, R.I.

SEE PAGE 7 FOR IEA/ORE SCHEDULE

**EDITOR'S CORNER**

PNA HAS A RECORDED MESSAGE PHONE  
NUMBER UNDER S.W. DEARBORN:  
(206) 328-4424

If you are going to Toronto in August please give your NAME and PHONE NO. to Donna Phelan, 18027 Valley Pl. E., Sumner, Wa. 98390. Phone number is 862-8777. The entry deadline for Toronto is June 1, 1985 so act quickly! For travel arrangements to Toronto, contact Katy Hunter, 827-5656 or Nancy McKenzie at 694-8318.

Congratulations to the new PNA Officers, President Hugh Moore, Vice President Rick Ingraham, Secretary Ann Gindroz and Treasurer Julie Corman.

ROSES, ROSES, ROSES to Lynn Dee Huether and Paul Sporleder for receiving the most improved swimmers' awards and to Walt Reid for receiving the President's award.

THANK YOU Rick Ingraham for a very successful championship meet!

TORONTO CHAMPIONSHIP WORKOUTS: The next date is April 13 at University of Washington, 9-10:30 am. Coach: Robin Brannman. Bring \$1.00 to pay the coach!

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Dear Masters swimmers,

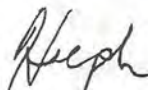
Congratulations to all swimmers who met their goals or set personal records (PR's) at the PNA champs. I hope that everyone had a good time and good times. Thanks, Rick, for a well-run meet.

Mark Saturday, June 1st on your calendar. Bellevue Athletic Club will be hosting a Long Course Meet.

Now that PNA champs are over, do you feel a let down? Do you lack motivation because you don't have any goals? Remember PNA's motto: Fun, Fitness, and Friendship. The fitness part will come from training. But if you don't enjoy your workouts and the comradery of your fellow swimmers, you are less likely to continue to swim. I feel that this is a good time of the year to emphasize the "Fun and Friendship". Change your workouts so that you have some fun: play water polo or water basketball, swim relays, or play other games. Have a team breakfast or dinner.

Unlike most sports, swimming is a sport that can be enjoyed by people of all ages. Furthermore, swimming can help keep you fit, so that you can enjoy a longer life. For these reasons I will be closing my monthly messages with the following reminder:

Swimming: A lifelong sport for a long life.



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BOB AND NORMA INGRAHAM WISH TO THANK OUR PNA FRIENDS FOR YOUR GIFT CERTIFICATE TO STANLEY AND SEAFORTS RESTAURANT. WE ARE LOOKING FORWARD TO AN EVENING OUT! THANK YOU.

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ANYONE INTERESTED IN APPLYING FOR THE JOB OF EXECUTIVE SECRETARY FOR USMS (United States Masters Swimmers) ON THE NATIONAL LEVEL CONTACT KATHY CRANDELL OR JANE MOORE.

PNA Board Meeting  
March 26, 1985

The PNA Board meeting was called to order at 7:40 p.m. by President Kiko Kimura. Those in attendance were: Jan Kavadas, Dave Addleman, Hugh and Jane Moore, Kiko Kimura, Donna Phelan, Rick Ingraham, Debbie Lewis, Walt Reid, Kathy Crandell, Joanne Brislin, Ann Gindroz, Marietta James and Cookie Justesen.

The wording "perpetual trophy" was changed to "standardized trophy" in the February minutes. The minutes were then approved.

Treasurer: \$5,938 currently in the PNA treasury. Julie will have a budget at the next meeting.

Meets: A new meet packet has been written. The new packet is basically a contract signed by the Meet Director who agrees to provide certain items at the meet. A motion was made and passed to adopt the meet bid packet with certain corrections. The June 25, 1985 board meeting will be used for setting the 1985-86 meet schedule. The meeting will be held at Hugh and Jane Moore's home. Information on meet bids will be mailed to all teams and pools who have previously hosted a meet or asked for information on hosting a meet. The newsletter will list a name and phone number for information. Jan Kavadas will coordinate this effort and will present the information at the June meeting. Bids will be due by June 15.

Cascade Meet: big meet, well run with good timers. Ribbons were distributed and were well received.

BAC will host a Long Course meet June 1.

Clinic: There are 31 registered swimmers so far. Non-PNA swimmers will be put on a waiting list and will be enrolled on a space available basis.

Newsletter: Rick will write an article about filling out entry cards.

Teamwear: A new logo for Tshirts has been designed. Shirts will be ordered.

Miscellaneous: The next Toronto workout will be April 13th from 9 am to 10:30 am. Awards will be given out at the PNA Championship banquet. A motion was made and passed to distribute award certificates at the PNA banquet and to disregard the motion from the February meeting.

The next PNA board meeting will be held in Tacoma.

The meeting was adjourned at 9:15 p.m. by President Kiko Kimura for her last time.

*Debbie Lewis*

## TEACHING TECHNIQUE IN TRAINING

Technique adjustments for stroke, and turns can be taught within the actual water training sessions without losing training time or training results. Out of water video tape sessions, and stroke technique sessions are other valuable tools in teaching and correcting stroke. This article refers to the in-water training session, and how the coach can make more effective use of that time to improve technique without hindering training.

I believe that a coach must strive to improve skills throughout a swimmer's career. All levels of swimming should continually incorporate skill training into their programs. The coach that is

primarily dealing with a developing program, such as the high school coach, must utilize technique improvement. As a swimmer becomes more skilled and efficient in the water, then that swimmer will also gain confidence, and speed in racing. I have seen Olympians working on technique in preparation for their Olympic events. One of my own team members who broke a World Record had been concentrating primarily on stroke technique training for at least one week prior to that record and an Olympic gold medal.

Stroke technique is best taught through perfect practice. Most practice sessions get into training with little done to hammer away at proper technique. Short, brief, positive state-

ments, within the rest interval phase of the training, do encourage good swimming technique. The swimmer gets the feeling that coach is watching the swimmer and has an added incentive to strive for the best technique according to coach instructions. The coach must develop brief statements that draw a picture for the swimmer within the rest interval phase of that series. Perfect practice has a better chance to occur within a hard training set with this pattern. The coach must also find new methods to say some of the same things over and over again, in order to draw a clearer picture in the swimmer's mind and to get the attention of that swimmer in order to motivate the swimmer to make a stroke adjustment.

I believe that you have to create positive pictures of what is right. Most coaches are used to spotting what is wrong. We then tell the swimmer what is wrong. This reinforces the continuation of an incorrect movement. We have helped to create a picture in the swimmer's mind of the wrong technique. We want our words on stroke technique to create a picture in the swimmer's mind of the correct technique. For example, when a coach tells a swimmer that the swimmer is dropping the elbows, the swimmer's first picture is one of swimming with the elbows dropped. When the coach tells a swimmer—elbows up! That swimmer will picture elbows up swimming. Learning takes place faster, and more effectively in the positive statement—elbows up!

Some examples of brief, positive statements that could be made during the short rest intervals of a training set are as follows for backstroke. **Rib cage up! Arms opposite! Toes break water! Head back on the bow wave! Roll the shoulders! Hips up! Legs long! Stable head position! Kick off walls! Sink hands on entry! Push and rebound into the recovery!** The coach can create all kinds of statements that emphasize the main points of that coach's technique training. The coach must stay close to the lanes where the swimmers' take their rest interval, and continually remind the swimmers to get the most from technique improvement within a training session.

### RESULTS FROM 1985 ONE-HOUR SWIM

#### WOMEN

Age	25-29	Amy Rust	#10	4,425	yds
"	"	"	"	"	"
"	30-34	Jane Moore	#25	3,695	"
"	35-39	Kathy Crandell	# 2	4,505	"
"	40-44	Joy Rogers	#18	3,400	"
"	"	Sydney Munger	#26	2,975	"
"	45-49	Ann Gindroz	# 4	3,635	"
"	50-55	Jan Kavadas	#14	2,920	"
"	60-64	Muriel Flynn	# 8	3,225	"

#### MEN

Age	30-34	Hugh Moore	# 4	4,940	yds
		David Wege	#39	3,465	"
	35-39	Lee Chesneau	# 3	4,950	"
	60-64	Ray Frederick	# 2	4,005	"

#### RELAY

Age	35+	Jan Kavadas )			
		Joy Rogers )	# 6	9,295	yds
		Sydney Munger )			

EXCITING --- INFORMATION FILLED --- FELLOWSHIP

PNA SWIM CLINIC

MAY 4th, 1985

FOSS HIGH SCHOOL - TACOMA, WA.

This clinic will give us all a special opportunity to learn from and use the inspiration of coach Dick Hannula. Dick's credits and contributions to swimming are numerous. He has consistently coached and produced championship swimmers at the local, national and international levels and it all happens because he firmly believes that everyone who tries is already a winner. We as master swimmers embrace this concept wholeheartedly because, no matter what level we are competing at, there is always excitement as we watch ourselves improve and progress. This is a unique opportunity to gain new insight and information so come join us and see how to better yourself in the world of swimming.



DICK HANNULA

32 YEARS HIGH SCHOOL COACHING (RETIRED H.S. COACH)  
26 WASHINGTON STATE H.S. CHAMPIONSHIP TITLES - 324 CONSECUTIVE UNDEFEATED H.S. MEETS - TACOMA SWIM CLUB COACH  
U.S. INTERNATIONAL TEAM COACH - PAN AM TEAM COACH 1975, HEAD MANAGER 1979 - OLYMPIC TEAM MANAGER 1984 - PAN PACIFIC TEAM COACH 1985 - U.S. SWIMMING TECHNICAL PLANNING COMMITTEE

TO BE FEATURED:

- \* Inspiration from world class coach Dick Hannula
- \* Stroke Technique films
- \* Water time with coach Hannula and his staff to practice drills and techniques
- \* Fitness testing by Dr. Jane Moore
- \* Demonstration of starts, turns & techniques by Olympic champion Robin Leamy, National record holder 50 Yd. freestyle, world's fastest recorded 50 meter freestyle, 1984 Olympic Team
- \* Free packet of information from coach Hannula and a T-shirt
- \* Catered lunch

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ADDITIONAL INFORMATION:

The fitness testing portion of the clinic will give you a chance to see just where you stand in over all fitness. If there is enough interest we could offer future opportunities to periodically test your progress. Information included in the test will show you your percentage of body fat, overall flexibility, muscular endurance, muscular strength and resting pulse rate.

Registration must be limited to the first 75 so sign up early.

Because we are offering a catered lunch to provide more opportunity for information exchange and fellowship, the fee was raised to \$20 to cover the additional cost.

There will be a representative of Finals swim wear with merchandise available.

Due to a conflict in scheduling we were forced to cancel our 25 meter meet at U.P.S. scheduled for May 5th.

Send your registration to Donna Phelan, Registration Chairperson, P.O. Box 356, Sumner, Wa. 98390. Cost is \$20.00 for the day.

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SWIM CLINIC REGISTRATION

SATURDAY MAY 4, 1985

8:00 to 5:00

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

COST: \$20.00  
Lunch included

PHONE: \_\_\_\_\_

Everyone will have water time but for dry land information please choose two of these categories:

Crawl/Fly Lecture  Breast/Back Lecture  Fitness Test

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Directions to Foss High School will be provided in your registration confirmation.. Hope to see you there!

FITNESS SWIMMING  
"GOAL SETTING - FOOD FOR THOUGHT"

by T. Karen Unruh

Over the years we have all probably heard numerous talks on goal setting and to varying degrees understand the concepts that have been presented. In writing this article my objective, beyond listing basic guidelines in goal setting, is to speak to the part of ourselves that comes before the actual goal setting takes place. The part of us that sparks an inner vision and keeps us propelled forward with purpose. I believe it is the power of this spark that determines whether our effort will result in eventual success.

As Master swimmers, we have undertaken a long term venture into fitness. We are looking at a lifelong activity that must be sustained on a daily basis and maintained over many years to achieve its purpose. How then can we keep ourselves dynamic and continually renewed in our quest? I believe the secret lies not only in understanding goal setting, but in understanding the motivation that sparks us to set a goal in the first place.

If you look at a person who is successful in any given area, underneath that success you will find a vision. That person, in some way, has discovered what it is he truly wants and has become determined that he will get it. He then has made a continually renewed commitment through thick and thin, and even at times has lost sight of his goal before his desired end is reached. Many times the actual end has changed form through the process, but the end result is always felt as a personal success.

For clarification, I have used several key concepts in describing this process. Vision, Determination, Commitment, Frustration, Flexibility, Success. All these words we have heard over and over again but how do they become a reality for us? I believe they become a reality if we understand two crucial things. The first begins with the initial vision. That is the spark that fuels the whole process. Your vision must come from your heart. It is the quality we possess uniquely within ourselves that truly knows where it wants to go. We all can learn to discover where that spark is within us and where it is leading us.

The second crucial element lies in honoring every small step of the way as the valuable tool it truly is. When we face deciding to get up and spend another workout getting into a cold uninviting pool, we seldom think of that magical ideal time we have set for ourselves somewhere down the road, we are lucky if we think past the warm-up into the next set. The thing that will get us there and keep us there is knowing that doing the workout is a building block to where we want to go and also knowing we can only opt out of just so many small building blocks before it all crumbles. The only ones we can opt out of must be absolutely the most important one with no other exceptions.

Things such as "sleeping in" or a good T.V. show or feeling "crummy" can be used either rarely or never.

Once that hurdle has been overcome, in Masters swimming there are many outlets for both short term and long term goals. I believe it is important to have realistic goals in both these areas, but I also believe it is just as important to have one goal that is just beyond the realistic into the ideal and seemingly unreachable realm. Doing this will keep us continually stretching toward our hidden potential. By the same token, it is also important to have minute goals that don't go beyond the span of one workout or even breaks the workout into smaller segments. When we do this we are using our spark plug of vision to regularly fuel the fires and keep us directed and satisfied. This fuel will continue to propel us into further growth. You can take this principle and apply it to your entire day. Think ahead - know what you want to accomplish with any given situation you are faced with and move through it with that understanding. After all a goal is simply knowing what you expect to get out of any given situation. As you take the time to know what you want, situation by situation by situation, minute goal to minute goal, you are teaching yourself how to have vision. With continual use, like anything else that is exercised regularly, you will become stronger and more able to see your greater visions be they in swimming or with your life in general.

I hope these thoughts have helped to spark you into a greater awareness of your own purpose and will help to sustain you as you move forward.

HAPPY SWIMMING,

T. KAREN UNRUH



PNA CHAMPIONSHIP SWIM MEET

TEAM SCORES

GROUP 1 NO. OF POINTS

1. Tacoma YMCA	1026
2. Husky	907
3. Mercer Island Swim Co.	773
4. Southwest Masters	552
5. Bangor Masters	422

GROUP 2

1. Ft. Steilacoom	560
2. Tigers	549
3. Sumner Tritons	540
4. Bellevue Eastside Swim Team	525
5. Bainbridge Masters	441
6. Cascade Swim Club	399
7. Totem Lake Swim Team	380
8. Issaquah	245
9. Whamsters	115

GROUP 3

1. Federal Way	136
2. Eastside Eels	120
3. Seattle Club	84
4. West Seattle Y	80
5. Jewish Comm. Center	74
6. So. Kitsap Masters	64