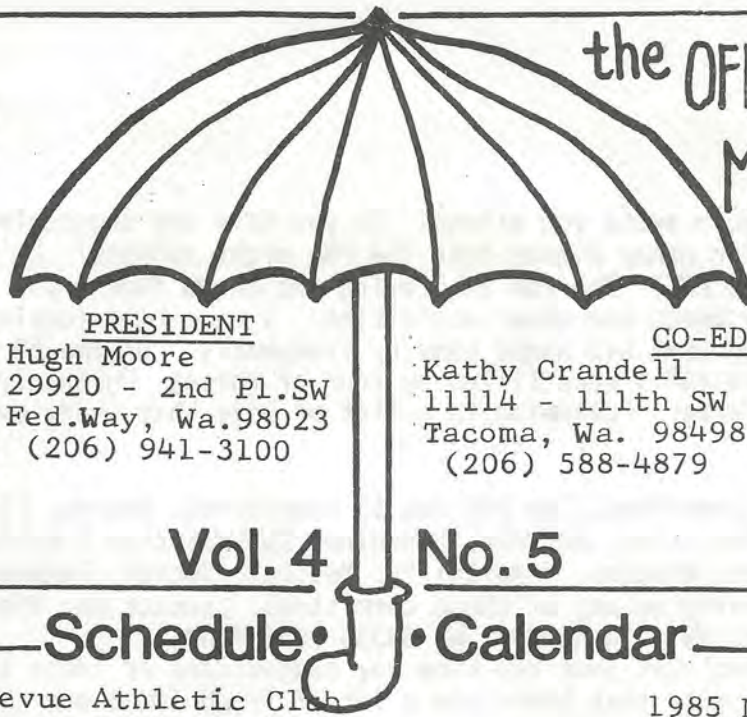


the WET SET



the OFFICIAL PNA MASTERS NEWSLETTER

PRESIDENT

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29920 - 2nd Pl. SW
Fed. Way, Wa. 98023
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Vol. 4 No. 5

MAY 10, 1985

Schedule • Calendar

June 1 LC Bellevue Athletic Club
June 1 LC Bellevue Athletic Club
June 25 Board Meeting, at Moore's
June 29 Sextathalon, Mountlake Terr.
July 20-21 REG XII LC CHAMPS So. End.
Tacoma

1985 NATIONALS

Aug. 7-14 Masters Games, Toronto
Entire games, Aug. 7-25
Aug. 17-30 LC Providence, R.I.

SEE PAGE 7 FOR IEA/ORE SCHEDULE

BOARD MEETING MAY 28, 1985 - DOWNTOWN TACOMA Y. AT 7:30pm

EDITOR'S CORNER

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

TORONTO CHAMPIONSHIP WORKOUTS: The next date is May 18 at the Bellevue Athletic Club, 7:30-9:00am. Bring \$1.00 to pay the coach! Go through the "Athletic Entrance" (lower entrance)! YOU MUST SHOW YOUR USMS CARD TO GET IN!

If you are going to Toronto in August please give your NAME and PHONE NO. to Karen Unruh, P.O. Box 356, Sumner, Wa. 98390. Phone number is 845-5569. 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 David Addleman for winning Men's High Point Trophy at Regionals. He took six 1st places and set a host of Regional Records!!!

ABOUT 50 PNA SWIMMERS TRAVELLED TO MOSCOW FOR REG XII CHAMPS AND WE WERE THE SECOND BEST TEAM THERE!!!

INDEX

<u>President's Message</u>	<u>2</u>	<u>SC Champs Results</u>	<u>13-19</u>
<u>Mountlake Sextathalon</u>	<u>3</u>	<u>SC Champs Relay Results</u>	<u>20-22</u>
<u>Board Meet. Minutes</u>	<u>4</u>	<u>Region XII LC Entry</u>	<u>23</u>
<u>LC Nat'l & Reg'l Relays</u>	<u>6</u>	<u>PNA Committees</u>	<u>24</u>
<u>1985 U.S.M.S. Regis.</u>	<u>8</u>	<u>Coaches' Corner</u>	<u>25-26</u>
<u>Toronto Masters Games</u>	<u>9-12</u>	<u>BAC LC Entry Form</u>	<u>27</u>

Dear Master Swimmer,

Do you enjoy all of the swim meets you attend? Do you have any suggestions to improve them? Do you have suggestions for other events that the PNA might sponsor? Do you have any suggestions to improve the PNA? The PNA is growing and needs YOUR input if we are to continue to offer quality meets and other activities. I have been looking over the list of PNA committees and noticed that six names came up frequently. Of the 59 committee slots, 49 % were filled by these six (40 % were filled by four of these). Certainly more members of the PNA are interested in helping. Following is a list of ways that every swimmer can contribute.

- 1) Volunteer to be on a committee. The PNA has 18 committees: Awards, Finance, Meets, Membership, Newsletter, Publicity, Records, Sunshine, Constitution & By-laws, Officiating, Community Service, Fitness, History, Hospitality, Medical, Social, Teamwear, and Travel. If you are interested in serving on any of these committees, contact our Vice President, Rick Ingraham, at 5909 Reid Dr. NW, Gig Harbor, WA 98335 (851-7130).
- 2) Talk with your team rep! Let your rep know any suggestions or ideas that you have. The PNA has 532 members. I'm sure that there are a lot of fresh ideas out there. The board can't serve you unless we know your ideas.
- 3) If you don't swim for a team, consider being an at-large member of the board. Contact me if you are interested.

If you are interested in sponsoring a swim meet next year and haven't received a meet-bid packet, please contact Jan Kavadas at 217 Alder St. #305, Edmonds, WA 98020 (775-5814).

Your registration with USMS provides you with accident insurance. If you are injured during a swim meet or workout, please contact my wife, Jane, so that she can send you the necessary insurance forms.

I have prepared a set of goals for the PNA for the next year and would like to share them with all PNA members.

- 1) Set a budget for a fiscal year corresponding to our membership year (Nov. 1 - Oct. 31).
- 2) Add 3 at-large members to the board (as defined in our constitution).
- 3) Purchase a computer, to be used initially for membership, newsletter, and records, and possibly expanded to seeding meets and printing results.
- 4) Hire an Executive Secretary to take care of membership and records.
- 5) Establish a list of PNA policies.
- 6) Hold a PNA policy and long-range planning meeting in the fall (tentative date Oct. 5th).
- 7) Print an information pamphlet about the PNA for distribution around the region.
- 8) Print an information pamphlet on benefits of fitness and swimming.

Remember - Swimming: A lifelong sport for a long life.

Hugh

PNA BOARD MEETING

April 23, 1985

President Hugh Moore's first meeting of the 1985 board of directors was officially "belled" to order at 7:45pm. Officers and interested members attending: Rick Ingraham, V.P.; Julie Corman, Treas.; Ann Gindroz, Sec.; Susan Allen, Rainier Valley Masters; Robin O'Leary, Cascade; Walt Reid, Kathy Crandell, Ft. Steilacoom; Donna Phelan, Sumner Tritons; Jane Moore, Federal Way.

Minutes were read, corrected (entry "forms") and approved. Treasurer reported a balance of \$6,879.02 with some bills not yet paid (awards).

President's Report: Hugh stated his eight goals (note President's article in Wet Set) and indicated his interest in involving more people in committee work. V.P. Rick Ingraham will serve as a liason keeping the 20 standing and special committees in touch, filled and fired up. Contact Hugh or Rick if interested in serving on the following committees: Constitution & By-laws (revisions needed), Sunshine, Publicity, Social, Nominations, and Officiating/Reviewing Meets.

Membership: 532 members

Meets: Jan Kavadas sent out 35-40 meet packets; bids are due June 15 and will be set at the June 25 board meeting.

Awards: Donna Phelan indicated the positive reception for ribbons at the PNA Champs at a yearly cost of \$167.00. Rick's motion to buy and award ribbons at next year's Chmps was seconded by Julie and un-animously passed. 75 gold medals (male) will also be ordered. Special plaque awards cost \$225.00.

Teamwear: Towels, pins, caps, and T-shirts will be available.

Relays: Kathy Crandell reported all in order for Regional meet.

President Hugh plans to have an Official Policy Meeting as an October Retreat on Saturday, October 5 in the Hec Ed Pavilion, U of W. Policies such as the Late Entry Rule will be reviewed and discussed at this time.

Meet Review:

PNA Champs: well run; nice cadence; a suggestion was made to hold a banquet at a later date, perhaps after nationals so that team awards could be duly presented.

SC Regionals: 52 registered.

BAC: June 1, LC.

A special workout for National and Toronto participants will be held at BAC on Saturday, May 18 from 7-9:30am!

LC Regionals will be hosted by Hannula and held at the South End pool in July.

CLINIC: 60 registered - room for 15 more; confirmations sent out; need help counting and monitoring fitness testing.

Miscellaneous: A formal decision on purchasing a computer and hiring an executive secretary (see goals) will be made at the next meeting.

Next Meeting: May 28, 7:30pm; Tacoma Center YMCA, downtown.

Meeting was adjourned at 9:50pm.

4 Respectfully,

Ann Gindroz

1985-86 MEET BIDS

If you are interested in bidding for a meet during the 1985-86 season and do not receive bid information by April 25th, please contact Jan Kavadas at 217 Alder St. #305, Edmonds, WA, 98020, (206)775-5814. Meet bids will be due by June 10th. There are some notable changes in the method that the PNA is handling meet bids this year.

- 1) The meet bids will be handled as a contract. Groups bidding for meets will be asked to identify items that they will provide at the meet. If they are granted the meet, then the PNA will sign the bid, completing the contract.
- 2) Teams awarded bids will receive 60 to 80 % of the meet revenues (unlike the previous set rate of 75%), depending on whether or not they meet the criteria listed on the contract.
- 3) Teams bidding for meets are asked to send a representative to the June 25th Board Meeting when the meets will be awarded. The representative will be expected to answer questions about the meet bid.

FROM WETSET READERS

Wetset readers are encouraged to send articles to the Wetset editors. Articles will be reviewed by the editors and published if they are felt to be appropriate, and if space permits. Articles will not be edited. Therefore, the PNA and the Wetset editors do not guarantee the accuracy of the articles printed. Furthermore, the articles do not necessarily reflect the view of the PNA or the Wetset editors.

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. 98023

TORONTO PARTICIPANTS

If you need to make travel arrangements contact Katy Hunter, 827-5656 or Nancy McKenzie, 694-8318.

If you are going to Toronto and haven't signed up, send your name and phone number to Karen Unruh, P.O. Box 356, Sumner, Wa. 98390, phone 845-5569.

We are planning on some mutual swim workouts and long course training so we will keep you informed through your Wet Set. As the time draws closer we will also be making car pool arrangements to Canada.

Next workout: Saturday, May 18, 7:30-9:00am, Bellevue Athletic Club. Bring a \$1.00 to pay the coach. YOU MUST SHOW YOUR USMS CARD TO GET IN! Go in through the "Athletic Entrance" (lower entrance).

FOR SALE: PNA TOWELS \$15.00 (available at meets)

PNA T-SHIRTS AND PINS WILL BE AVAILABLE SOON.

FOR INFORMATION ABOUT IEA AND ORE MEETS WRITE OR CALL:

Harry Lewis
(509) 747-3421
E. 944 - 39th Ave.
Spokane, Wa. 99203

Sandi Rousseau
(503) 642-3679
23995 S.W. Drake Lane
Hillsboro, Or. 97123

IEA/ORE SCHEDULE

June 14-15 LC ORE Multnomah Athletic Club
July 13-14 LC IEA Spokane, Witter Pool
Aug. 3 LC ORE Albany
Aug. 3 or 4 LONG DISTANCE SWIM, Lake Coeur D'Alene (tent)

*FOR NON-MEMBERS ONLY

SUBSCRIPTION FORM FOR WET SET NEWSLETTER

NAME.....
ADDRESS.....
.....
ZIP CODE.....

MAKE \$6.00 CHECK PAYABLE TO:
PNA MASTERS SWIMMERS AND SEND
TO:
Jane & Hugh Moore
29920 - 2nd Pl. S.W.
Federal Way, Wa. 98023
(206) 941-3100

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

The Wet Set is planning on starting a monthly article listing places to swim in the PNA. The list will be rotated by region, so that not all pools will be listed each month. If you would like to see your pool listed, please fill out and return the following form to:

Hugh and Jane Moore
 29920 2nd Pl. SW
 Federal Way, WA 98023

Name of Pool _____
 Address (or location) _____
 Time of workouts or lapswim _____
 Person to contact _____ Phone _____
 Address _____

FORM 3-85

UNITED STATES MASTERS SWIMMING, INC.
REGISTRATION APPLICATION — NOV. 1, 1984 - OCT. 31, 1985

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

PLEASE PRINT OR TYPE INFORMATION
 THIS IS A RENEWAL My 1984 USMS No. is _____ NEW REGISTRATION.

PLEASE NOTE THE CHANGE(S) FROM MY 1984 REGISTRATION
 ADDRESS NAME CLUB/DISTRICT _____ (PREVIOUS)
 OTHER _____

Last Name _____ First Name _____ Initial _____

Street Address _____

City _____ State _____ Zip Code _____

Telephone No. _____ Date of Birth _____ Age _____ Sex _____

Club/District _____ Date of Application _____



OFFICE USE ONLY

THANK YOU

MAKE CHECK PAYABLE TO

MAIL TO ▶

**PNA MASTERS SWIMMERS
 MEMBER CHAIRPERSONS
 HUGH & JANE MOORE
 29920 - 2nd Pl. S.W.
 Federal Way, WA 98023
 (206) 941-3100**

U S M S fee \$ 3.25	L M S C fee \$ 8.75	TOTAL FEE \$ 12.00
------------------------	------------------------	-----------------------

Seniors (65+) \$9.00

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

x _____
 APPLICANT'S SIGNATURE

FORM 3-85

PNA COMMITTEES

<u>Committee</u>	<u>Chair</u>
Awards.....	Donna Phelan
Community Service.....	Steve Engle
Computer.....	Hugh Moore and Jane Moore
Constitution & By-laws.....	
Finance.....	Julie Corman and Hop Bailey
Fitness.....	Kiko Kimura and Hugh Moore
History.....	Tom Foley and Maxine Carlson
Hospitality.....	Dave Addleman and Kiko Kimura
Medical.....	Jane Moore and Kiko Kimura
Meets.....	Jan Kavadas and Hugh Moore
Membership.....	Jane Moore and Hugh Moore
Newsletter.....	Kathy Crandell and Susan Allen
Nominations.....	
Officiating.....	
Publicity.....	
Records.....	Walt Reid and Kathy Crandell
Social.....	Cookie Justesen
Sunshine.....	
Teamwear.....	Jan Kavadas and Donna Phelan
Travel.....	Karen Unruh

1985 "OUTSTANDING CLUB MEMBER"

AWARD WINNERS FROM EACH CLUB

HJSKY.....	Juanita Correa and Hop Bailey
FT. STEILACOOM.....	April Gerlock
TRITONS.....	Dick Patterson
MERCER ISLAND.....	David Demorest
MIDLAKES.....	Lee Carlson
SOUTH KITSAP.....	Bobby Gallegos
SEATTLE CLUB.....	Rollie Roberts
BANGOR.....	Jan Lehman-Shaw
FIDALGO ISLAND SEAHAWKS..	Molly McClanahan
TACOMA Y.....	Dawn Musselman
JEWISH COMMUNITY CENTER..	Allan Sachs
TOTEM LAKE.....	George Brannen
B.A.C.....	Pat Dotson

COACHES CORNER
"PLANNING A WORKOUT"

by Mike Stipek

This article will deal with formulating individual workouts with emphasis on speed and endurance at chosen, set dates (or major swim meets). Most of us have found that we swim slower (or faster) at some swim meets than at other meets. By planning workouts on an overall seasonal scheme, we can take some of the guesswork out of, "I wonder how fast or slow I'm going to swim today?".

Swimming is an individual sport with very individual components. The 400-IM is a very different event from the 50 freestyle. There are very few people who can train for both events effectively with success.

GOAL SETTING

In order to plan workouts for an entire season, you, first have to know where you want to go. Ask yourself the following questions:

1. What event(s) do I want to concentrate on?
2. At what swim meet(s) do I want to accomplish this?

After you have answered those two questions, you can begin to plan your workouts for the entire season. You should have an idea about how much yardage, kicking, stroke drills, etc. you will be doing 4 months from today.

Following is an 8 month workout strategy for a 100 yard to 200 yard swimmer, with the goal or target at the end of the 8th month.

1st Month:

1. Stroke drills (25's with longer rest rates). This gives swimmers enough rest and time to think about each drill and improving their stroke.
2. Kicking.
3. Weight training.

2nd Month:

1. More stroke drills.
2. Mid series repeats.
3. Weight training.
4. Pulling drag or bouy/no hand paddles
5. Increase kicking.

3rd Month:

1. Increase series work and individual stroke series.
2. Increase pulling sets. Start using hand paddles.
3. Quality sets (descending sets).
4. Weight training.
5. Kicking.

4th Month:

1. Increase yardage on sets and repeats.
2. All of the above.

5th Month:

1. Maintain yardage and broken sets.
2. All of the above.

6th Month:

1. More stroke drills.
2. Decrease pulling.
3. Broken sets.
4. Decrease kicking.
5. Weight training.

7th Month:

1. Sprint work.
2. Quality broken sets (decreasing yardage).
3. No pulling.
4. Race pace sets.
5. Weight training.

8th Month:

1. Cut out weight training.
2. Sprint work.
3. Short, broken, race pace sets.