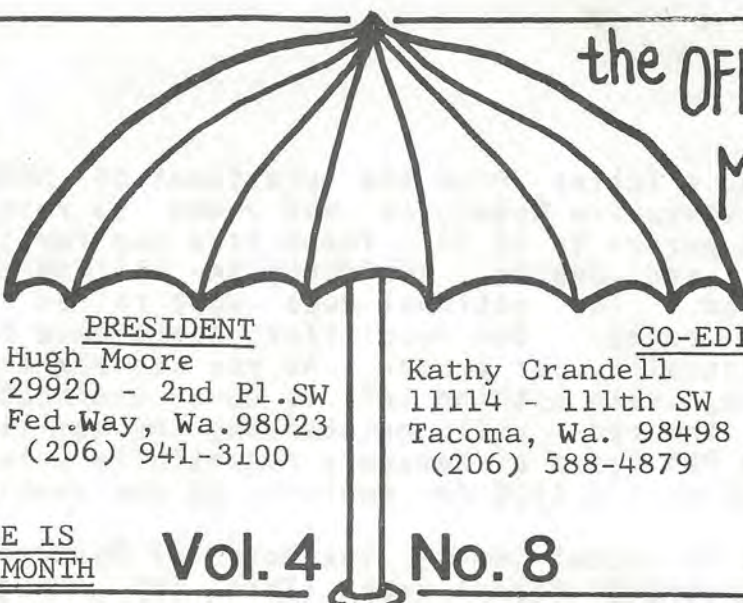




the OFFICIAL PNA MASTERS NEWSLETTER



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

NEWSLETTER DEADLINE IS
FIRST DAY OF EVERY MONTH

Vol. 4 No. 8

AUGUST 10, 1985

Schedule • Calendar

- | | | | |
|---------|-------------------------------------|---------------|---|
| Sep. 21 | Picnic in Seattle area | Nov. 16 or 17 | N. Kitsap Bd Meeting, DEBBIE LEWIS' at 7:00PM |
| Sep. 24 | Bd. Meeting, Ann Gindroz' at 7:00pm | Nov. 19 | |
| Oct. 5 | Long Range Planning Retreat | DEC. 13-15 | HUSKY |
| Oct. 19 | 25 Meter Meet, UPS, Tacoma | JAN. 10-12 | SOAQUAH |
| Oct. 22 | Bd. Meeting, Moores' at 7:00pm | JAN 10-12* | 1986 Nationals |
| | | May 15-18 | SC Fort Pierce, Florida |
| | | Aug. 21-24 | LC Mount Hood, Oregon |
| | | FEB. 7 or 8 | KENT |
| | | MAR. 15 or 16 | CASCADE |
| | | APR 4-6 | PNA CHAMPS, TOTEM LAKE |
- BOARD MEETING: Aug. 27 at Hugh & Jane Moore's at 7:00pm. (address above)

EDITOR'S CORNER...

~~CONGRATULATIONS
RICK AND LISA!~~

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

POLICY AND LONG RANGE RETREAT: October 5, 1985, 9:00am at Hec Edmunson Pavilion, U. of W. Anyone interested in the future of the PNA is welcome to attend. (NOTE: Only PNA officers, at large and team reps may vote.) ~~LUNCH WILL BE PROVIDED BY THE PNA.~~

~~Long Course Regional results will be in the September Newsletter.~~

All swimmers interested in the World Meet in Japan in July, 1986 can contact:
~~Bert Petersen
2051 N.E. 137th
Portland, Or. 97230
(503) 252-6081~~

INDEX

<u>'85-'86 PNA Budget</u>	<u>2</u>	<u>1986 U.S.M.S. Regis.</u>	<u>7</u>
<u>President's Message</u>	<u>2-3</u>	<u>Subscription Form</u>	<u>7</u>
<u>Address Change Form</u>	<u>4</u>	<u>LC Training Info.</u>	<u>8</u>
<u>IEA/ORE Info.</u>	<u>4</u>	<u>BAC Swim Clinic Entry</u>	<u>9</u>
<u>Workouts & Lapswims</u>	<u>5</u>	<u>PNSA Coaches' Clinic</u>	<u>10</u>
<u>Meeting Minutes</u>	<u>6</u>	<u>UPS Meet Entry</u>	<u>11</u>

new letter

Dear Master Swimmer,

I recently received a letter from the president of USMS informing me that the national Executive Committee had voted to raise our national fees from \$3.25 per person to \$5.00. These fees pay for insurance policies (both liability and personal accident) as well as providing funds for national overhead. The national dues were raised to cover an increase in insurance rates. Our newsletter costs have been rising and are now about \$7 annually per person. As you can see that uses up the \$12 registration fee, with nothing left to cover overhead expenses. To avoid operating in the red, while maintaining the quality of our meets and newsletter, the PNA Board of Managers regrestfully voted to raise our 1986 registration fee to \$15 (\$10 for seniors, 65 and over).

For the first time in recent memory, the Board of Managers has accepted a budget for the upcoming fiscal year (Sept. 1st - Aug. 31st). The budget listed below was approved at our July 23rd board meeting. In attempting to keep member costs to a minimum, we are trying to operate on a balanced budget. We feel that we have a reserve (approximately \$2000) to adequately cover seasonal cash flow imbalances. However, we do not want to drain any of the existing reserve. Therefore, our budget balances estimated expenses and anticipated income. The budget is based on an estimated 600 members. Meets income is based on 10 meets with 150 swimmers at \$5 per swimmer. Meet Expenses are based on 75% of fees to the host organization.

Income

Membership	\$ 9000
Newsletter Subscriptions	240
Meet entry fees	7500
Awards	700
Team wear (Sales)	500
Interest	300

Total	\$18240

Expenses

Membership (National)	\$ 3000
Meets (fees to host group)	5625
Awards	1000
National Convention	1500
Newsletter (includes both printing & postage)	4200
Phone	100
Printing	300
Postage	150
National Relays	250
Team wear	500
Misc.	300
Executive Secretary	600
Computer Supplies	100
Sunshine Committee	150
Promotional Fliers	150
Additional Awards (ribbons, heat awards, etc.)	200
Capital outlay	115

Totals	\$18240

The PNA Board regretfully accepted the resignation of Cookie Justesen as chair of the social committee at our last board meeting. As a result we are presently looking for volunteers for members and/or chair of this committee. I feel that social events are a very important aspect of Masters Swimming and hope that we can fill the committee positions quickly. We are planning to have a PNA picnic in the afternoon on Sept. 21st in the Seattle area (mark your calendar!) and could use some help in planning.

For the past couple of months, I've been presenting some of the results of the survey that we sent to the members who joined in 1983 but did not rejoin in 1984. You will recall that this represented more than 50% of the PNA's 1983 membership. Comparing our attrition with other associations nation-wide shows that we were about average. We also had 50.4% of our 1984 membership who did not renew in 1985.

Our survey showed that there were a large number of people who moved. We obviously can do little about their attrition. Tabulating the results and reading individual quotes, however, revealed a number of items that we can do to combat other factors.

1) We need to make more of an effort to make new swimmers feel welcome. Most of our active swimmers (and I assume most of the new swimmers) are members of small teams or swim unattached. When they attend their first meet they often feel disoriented and left out. Members of the PNA need to make a special effort to make them feel welcome. I also feel that the PNA should publish an information pamphlet to help answer often asked questions.

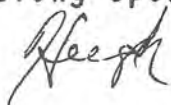
2) Many first-timers feel that our meets are too competitive. The PNA and USMS need to give as much acknowledgement for improvement and general participation as they do for winning and setting records. Both organizations are severely lacking in this area. Masters swimming should emphasize participation over competition.

3) Some swimmers said that they felt the meets were too team oriented. This goes along with item 1, but I feel should be mentioned separately. Team members should feel free to mingle with all the swimmers at a meet, not just their own team.

4) A number of swimmers stated that they had moved (inside the PNA) and did not know where to swim. Others said that the local pool times were not convenient. As a result the PNA has begun publishing a list of places to swim in the Puget Sound area in the Wetset. If you have any contributions to the list, please send them in so that we can offer this service to our readers.

I feel that both the PNA and USMS must make continual efforts to combat the attrition rate, or they may both find themselves facing declining membership. I feel that the PNA should make a goal of cutting the rate down to under 40%. Even though a reduction from 50% to 40% may sound minimal, the annual compounding effect should not be ignored.

Remember - Swimming: A Lifelong Sport for a Long Life!



CHANGE OF ADDRESS FORM

NAME..... USMS #.....
OLD ADDRESS..... NEW ADDRESS.....
.....
.....ZIP..... .ZIP.....
NEW PHONE NO.....

SEND TO: Norma Ingraham
5909 Reid Dr. N.W.
Gig Harbor, Wa. 98335



FROM WET SET READERS

Wet Set readers are encouraged to send articles to the Wet Set 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 Wet Set editors do not guarantee the accuracy of the articles printed. Furthermore, the articles do not necessarily reflect the view of the PNA or the Wet Set editors.



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

ALL SWIMMERS INTERESTED IN THE WORLD MEET IN JAPAN IN JULY, 1986

CONTACT:

Bert Petersen
2051 N.E. 137th
Portland, Or. 97230
(503) 252-6081

Following is an incomplete list of places to swim around the Puget Sound area. We would like to make this list as complete as possible. If you have any corrections or additions, please send them to Hugh. The Wet Set will alternate months with a list of pools and a list of organized workouts and lap swims.

ORGANIZED WORKOUTS & LAPSWIMS

- Auburn, 516 4th NE, Auburn 839-6168
lap swim: M-F: 6:30 - 8:00 AM & noon - 1:00 PM
- Newport Hills, 5464 119th Ave. SE, Bellevue 746-9510
workouts: M - F; 6:30 - 7:30 AM
contact: John Underbrink 828-6733
- Bellevue, 601 143rd NE, Bellevue 747-4245
lap swim: M-Sat.: noon - 1:30 PM
- Olympic Swimming Pool, 7070 Stampede Blvd., Bremerton 692-3192
workouts: M - F/ 4:00 - 6:00 PM
contact: Geoff Pentz 692-3192
- Mt. Rainier, 22722 19th Ave. S., Des Moines 824-1728
lap swim: M-F: 6:00 - 8:30 AM/ M-Th: 8:00 - 9:00 PM
- Enumclaw, 420 Semanski S., Enumclaw 825-1188
lap swim: M-F: 6:00 - 7:30, noon - 1 PM, & 8:00 - 9:00 PM
- Federal Way, 30421 16th Ave. S, Federal Way 839-1000
workouts: M-F 6:00 - 7:00 AM
contact: Hugh Moore 941-3100
lap swim: M-F: 6:00 - 8:30 AM, noon - 1:00 PM
- Fife Community, 5410 20th St. E, Fife 922-POOL
lap swim: M-F; 8:00 - 9:00 AM, 10:30 AM - noon, 1-3 PM, & 4-5 PM
- Issaquah, 50 SE Clark, Issaquah 392-1650
lap swim: M-F: 7:00 - 8:00 AM/M-TH: 8:30 - 9:30
- Kent, 25401 104th SE, Kent 854-3260
lap swim: M,W,F: 6:30 - 7:30 AM/ T,TH: 8:00 - 9:00 PM
- Carcer Island District Pool, 8815 SE 40th 232-7370
workouts: Tu,Th; 11:00 AM - noon
contact: John Underbrink 828-6733
lap swim: M-F: 6:00 - 7:30 AM, noon - 1 PM, & 8:00 - 9:00 PM
- Sf View, 41600 SE 122nd, North Bend 888-1447
lap swim: M,W,F: 6:30 - 8:30 AM/ M,W: 5:30 - 6:30 PM
- Redmond, 17535 NE 104th, Redmond 885-3600
lap swim: M-F: 6:00 - 7:30 AM & 8:00 - 9:00 PM
- Renton, 16740 128th SE, Renton 226-9230
lap swim: M-F: 11:30 - 12:30
- Sandpoint Naval Station, 7500 Sandpoint Way, NE, Seattle 526-3531
workouts: Tu,Th: 6:30 - 7:30 AM; F: 4:30 - 5:30 PM
contact: Stacy McInelly 526-3531 - note: Military personnel only
lap swim: M-F: 10:30 - 1:30 & 4:30 - 5:30
- Evergreen, 606 SW 116th, Seattle 246-1610
lap swim: M-F: 6:00 - 8:30 AM, 11:30 - 1:30, 8:30 - 9:30
- Northshore, 9815 NE 188th, Bothell 486-9177
lap swim: M-F: 6:00 - 7:30 AM, noon - 1:30 PM, & 8:30 - 9:30 PM
- Shoreline, 19030 1st Ave. NE, Seattle 363-4845
workouts: M-F: 5:30 - 7:00 AM
contact: Robin O'Leary 241-0623
lap swim: M-F: 5:30 - 7:00 AM & 11:30 - 12:30
- South Central, 4414 S 144th, Seattle 242-2287
lap swim: M-F: 5:45 - 8:00 AM & 8:05 - 9:05
- Ft. Steilacoom, 9401 Farwest Dr. SW, Tacoma 964-6678
workouts: M - Th.; 5:00 - 7:00 PM; Sat. 8 - 10 AM
contact: Kathy Crandell 588-4879
- Tacoma Pierce Co. Family YMCA, 1002 S. Pearl St., Tacoma 564-9622
workouts: M-W-F; 7:30 - 9:00 PM
contact: Mike Stipek 564-9622
- Eastside Community Pool, 35th & L, Tacoma 591-2042
lap swim: M-F: 6-7:30 AM, 11:45 AM - 1 PM/ M,W,F: 4-6 PM/ T,Th: 8-9 PM 5

Minutes PNA Masters Swimmers

The July board meeting held at Sue Dearborn's home in Seattle was called to order at 7:15 with 10 in attendance as follows: Ann Gindroz, Jan Kavadas, Dave Addleman, Julie Corman, Frank Newquist, Carolyn Baldwin, Forest Brooks, Carolyn Behse, Hugh Moore, and Jane Moore.

Minutes were approved as read.

Following a discussion of monies (budget, increase in national dues, needs, and pro and con feelings), three motions were made and unanimously carried:

1. Dues will increase to \$15 per year for regular members; seniors over 65 yrs will increase from \$9 to \$10.

2. Newsletter fees for non-members will be raised to \$8.

3. The budget (as carefully "guess-timated" for the first time in 10 years) was accepted.

Julie Corman's treasury report indicated a balance of \$5351 as of July 22 with beautifully presented charts showing monthly balance comparisons, cash flows, meet attendance and expenses, and receipts.

MEET BIDS: It was felt that good meet attendance would be most important to the continued financial success of our organization. There will be a continued pursuit of one meet per month with 3 months notice due for WETSET notices and entries. A motion was made and passed to approve the October 1-day meet bid by the Tacoma Swim Club with details to be finalized by H. Moore and Dick Hannula. A bid by Totem Lake to host the PNA Champs at Juanita High School on April 4, 5, and 6 was approved by the board with one dissenting vote. Currently, seven meet bids have been accepted, leaving September and the long course season still open.

Membership stands at 558.

TEAMWEAR: 23 T-shirts sold at meet and picnic; recommendation for blue T-shirts to also be available; suggestion to select a regional suit for team representatives.

NEWSLETTER: will be compiled by the Moores this month.

Computer will be purchased soon.

SOCIAL: Cookie Justeson's resignation as social chairman was accepted with regrets. Letters of thanks will be sent. A social event (picnic) will be planned for September 21; details to come. Suggestions for a new social chairman, committee members, or event chairmen will be accepted by the board.

OFFICIATING COMMITTEE: Focusing on consistency and positive intent, chairman Behse was asked to write a news article indicating guidelines for tolerance and frequent errors or reasons for DQ's. She also recommends USS certification for referees and stroke and turn people.

PUBLICITY: Frank Newquist has made newspaper contacts to develop potential outlets for future publicity of Masters Swimming.

MEETS: A policy proposal for meet evaluations striving for consistency in rating and aiming for 80% of entry fees to be awarded was approved so that notice of standards could be sent to all meet bidders. Though the turnout for the regional meet was low their reaction was positive. The personal encouragement from the student timers which was especially appreciated. Hugh indicated a personal goal of entering 100 PNA swimmers at L.C. Nationals next year.

Next board meeting: 7:00 PM August 27; Moore's home in Federal Way.

The meeting was adjourned at 9:37 PM.

Respectfully,

Ann Gindroz

1986 LONG COURSE NATIONALS
PORTLAND, OREGON

ALTHOUGH AUGUST OF '86 MAY SEEM A LONG WAY OFF, IT'S NOT TOO SOON TO START THINKING ABOUT GOING TO THE 1986 LONG COURSE NATIONALS IN PORTLAND, OREGON.

PLEASE DON'T TURN THE PAGE, THINKING "THIS ARTICLE'S NOT FOR ME. I'M NOT GOOD ENOUGH OR EXPERIENCED ENOUGH TO GO TO A NATIONAL MEET" WRONG! EVERYONE OF YOU OUT THERE IS "GOOD" ENOUGH TO SWIM IN A NATIONAL MEET. AND IF YOU SET YOUR MIND TO IT, YOU'LL BE EVEN BETTER BY NEXT YEAR. NATIONAL MEETS DRAW SWIMMERS FROM ALL OVER THE NATION AND WORLD WITH EXPERIENCE THAT RANGES FROM FIRST YEAR MASTER SWIMMER TO EX-OLYMPIAN.

THE PNA HOPES TO BE A SIGNIFICANT FORCE AT PORTLAND NATIONALS BOTH IN NUMBERS AND SPIRIT. WE'RE HOPING YOU WILL BE A PART OF THAT SPIRIT.

YOU'LL BE SEEING A NUMBER OF ARTICLES ON PREPARING FOR NATIONALS AT MT. HOOD COMMUNITY COLLEGE IN THE FOLLOWING MONTHS. I'D LIKE TO FOCUS ON "RELAYS" TODAY.

WE HAVE A COUPLE OF "RELAY EXPERTS" IN PNA, KATHY CRANDELL AND WALT REID, WHO HAVE TAKEN ON THE HUGE RESPONSIBILITY OF ORGANIZING RELAYS FOR NATIONAL AND REGIONAL MEETS IN THE PAST. I HAD THE PLEASURE OF WORKING WITH THEM ON RELAYS FOR TORONTO. IT WAS INCREDIBLE HOW MUCH WORK WAS PUT IN TO TRYING TO TRACK DOWN 50 TIMES FOR THE PARTICIPANTS! THEIR WORK WOULD HAVE BEEN CUT DOWN CONSIDERABLY IF EACH PARTICIPANT HAD KEPT A GOOD RECORD OF ALL 50 YD AND 50 MTR TIMES WITHIN THE PAST YEAR. THAT'S WHAT I'M GOING TO ASK YOU TO DO FOR THE UPCOMING YEAR. I ALSO SUGGEST THAT YOU SWIM SOME 50 YD EVENTS TO GET SOME TIMES EVEN IF YOU'RE A DISTANCE SWIMMER. YOU MAY FIND A HIDDEN TALENT!

ATTACHED IS A COPY OF THE LOG SHEET THAT I USE TO RECORD MY MEET RESULTS. IT MAY HELP YOU IN SETTING UP YOUR OWN SYSTEM.

---JULIE
CORMAN

PERSONAL RECORD
SHORT COURSE MEETS

* - PERSONAL BEST

DATE										
LOCATION										
50 YD FREESTYLE										
100 YD FREESTYLE										
200 YD FREESTYLE										
500 YD FREESTYLE										
1650 YD FREESTYLE										
50 YD BACKSTROKE										
100 YD BACKSTROKE										
200 YD BACKSTROKE										
50 YD BREASTSTROKE										
100 YD BREASTSTROKE										
200 YD BREASTSTROKE										
50 YD BUTTERFLY										
100 YD BUTTERFLY										
200 YD BUTTERFLY										
100 YD I.M.										
200 YD I.M.										
400 YD I.M.										

FACILITY

- * Beautiful 8 - lane 50 meter pool with moveable bulkhead.
- * Meeting rooms, dining rooms, gymnasium, indoor track, weight training rooms, lounges.
- * Hydrostatic testing center, swimming pool under water viewing window.
- * Ample parking.

COST

~~Pre~~ pre-registration:
(until Sept. 24)

\$25 per swimmer
(includes luncheon & guest speaker)

Late registration:

\$30 per swimmer
(includes luncheon & guest speaker)

Registration is limited.



STAFF

- Bob Miller
- Klaas Schenk
- Karen Dugan
- Tom Dunning
- Larry Nakatsu

B A C - 1985
 SWIM CLINIC
 September 29, 1985
 9 A.M. - 4 P.M.

(NOT PNA SANCTIONED)

Assisted by the Bellevue Athletic Club Athletic Department, BAC nationally ranked senior swimmers and BAC Booster Club.

SWIMMER'S PROGRAM

- 9 a.m. Registration & introductory remarks.
- 10 a.m. Lecture period (strokes, drills, starts & turns, etc)
- 11 a.m. Stroke correction/Underwater video of strokes with comments.
- 12:30 Luncheon - Grand Ballroom (tasty, nutritional hot meal with guest speaker)
- 1:30 Dryland exercise lecture & demonstration/UW video play back.
- 3 p.m. Workouts for various ability levels discussed. Questions & answers.
- 3:30 Simulated water workouts, sprint series, endurance series, etc.

Bring your swim suit!

APPLICATION FORM

Name _____ (swimmer) Telephone _____ Age _____

Address _____ City _____ State _____ Zip _____

Registration Fee Paid \$ _____

Make checks payable to:
Bellevue Athletic Club Swim Team

Mail to: BAC Swim Clinic Director
11200 SE 6th
Bellevue, WA 98004

ANNOUNCING

PNSA SWIM COACHES' CLINIC

SEPTEMBER 28, 1985

AT UNIVERSITY OF PUGET SOUND

McINTYRE HALL (8:45 AM - 5:45 PM)

SPEAKER - ERNIE MAGLISCHO

U.S. SWIMMING PHYSIOLOGIST

AND THE U.S. SWIMMING COACHES'

COLLEGE PROGRAM ON BIOMECHANICS AND PHYSIOLOGY OF SWIMMING

AUTHOR OF "SWIMMING FASTER"

COST IS \$20.00 ADVANCE REGISTRATION
(received by September 21)

\$25.00 AT THE DOOR

(includes luncheon)

MAIL ADVANCE REGISTRATION TO:

DICK HANNULA
1021 WESTLEY DRIVE
TACOMA, WA. 98465

THIS CLINIC MAY BE OF INTEREST TO MASTERS' SWIMMERS WHO ARE TRAINING THEMSELVES AND WANT TO INCREASE THEIR KNOWLEDGE OF THE PHYSIOLOGY OF TRAINING.

DIRECTIONS TO WALLACE POOL, UNIVERSITY OF PUGET SOUND

I-5 North or South take 38th Street - Bremerton Exit to Union off ramp. Keep Right on Union past So. 12th and 6th Avenue until you come to No. 11th. Turn Right on 11th and turn Left onto Lawrence to 13th. Pool is on UPS campus.