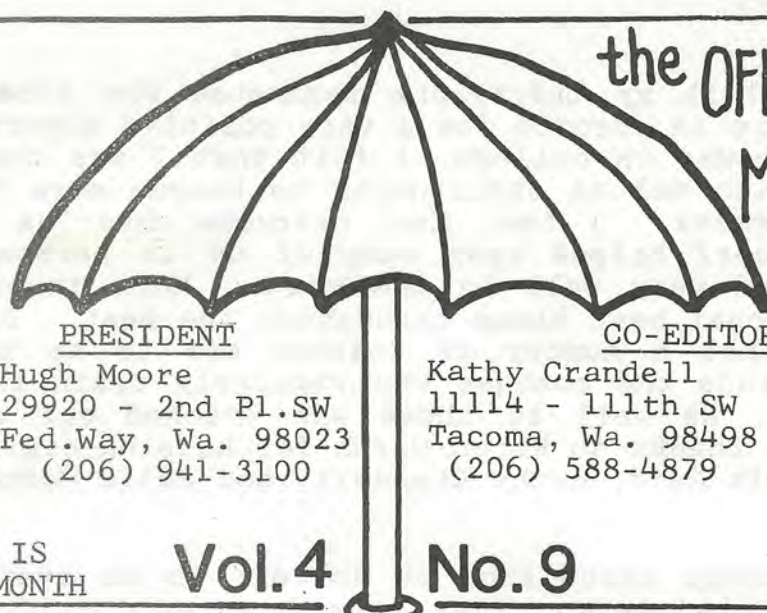




the OFFICIAL PNA MASTERS NEWSLETTER



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NEWSLETTER DEADLINE IS
FIRST DAY OF EVERY MONTH

Vol. 4 No. 9

SEPTEMBER 10, 1985

Schedule • Calendar

- Sep. 21 Picnic, Greenlake
- Sep. 24 Bd. Meetg. Ann Gindroz, 7PM
- Oct. 5 Long Range Planning Retreat
- Oct. 19 25 Meter, UPS Tacoma, Order #1
- Oct. 22 Bd. Meetg. Moore's 7PM
- Nov. 16-17 North Kitsap, Order #2
- Nov. 19 Bd. Meetg. Debbie Lewis' 7PM
- Dec. 13-15 Husky #3
- Jan 10-12 Issaquah #4

- Feb. 7-8* Kent
- Mar. 14-16* Cascade
- Apr. 4-6 PNA CHAMPS, Totem Lake
*exact days not yet established
- 1986 NATIONALS
- May 15-18 SC Fort Pierce, Florida
- Aug. 21-24 LC Mount Hood, Oregon
- Jul. 11-16 WORLD MEET, Tokyo, Japan

AWARDS MEETING: SEP. 24. ANN GINDROZ', 715 N. YAKIMA, TACOMA 272-1854, 7:00PM

EDITOR'S CORNER...

THE NEXT WORLD GAMES WILL BE IN COPENHAGEN!

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

APOLOGIES to John Downey who was left out
of the SC Nationals results because they
did not print his event in the official
results.

ROSES, ROSES TO: All the PNA Swimmers who swam wonderfully at Toronto.
Julie Corman for spearheading the relays at Toronto.
Karen Unruh for all the pre-meet organization for Toronto.
Jane and Hugh Moore for doing the August Wet Set.
Linda Cazin for taking over as Social Chairman.
Donna Phelan for doing an outstanding job as Awards Chairman.

WANTED: Two more people to help Linda Cazin on the Social Committee. Contact
Linda (828-4530) or Hugh Moore (941-3100).

WANTED: A volunteer for Awards Chairman.

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Dear Master Swimmer,

I would like to thank my thirty-one teammates who attended the World Masters Championship in Toronto for a very positive experience. For the first time since I was in college, I felt that I was contributing to a team effort. I also had an opportunity to become more familiar with a number of PNA swimmers. I feel that everyone cheering for each other and general comradery helped spur many of us to personal best times. PNA swimmers placed very well in the meet. More importantly, nearly everyone swam personal best times throughout the meet. Besides the team feeling, I feel that a number of coaches are to be thanked for our times. These include the coaches who regularly train the swimmers who attended the meet, as well as those who coached our special Toronto workouts. Special thanks to Karen Unruh for helping organize travel and training and to Walt Reid, Kathy Crandell, and Julie Corman for organizing relays.

Attending championship meets such as Toronto is an event that I would recommend for all swimmers. They provide a very enjoyable experience for nearly all participants. These meets are open to all registered swimmers, and provide competition for all skill levels. Nearly everyone finds themselves seeded with someone their own speed. Most swimmers find themselves swimming their best times when they get involved in a race with someone of equal ability. The meets also offer a chance to meet swimmers from all over the world and to become more familiar with those from the PNA.

Next August we will all have a chance to attend a national meet practically in our backyard. The USMS Long Course Championships will be hosted by Oregon Masters at Mt. Hood Community College in Gresham (a suburb of Portland). It will be at least four more years before a national championship will be this close to the PNA. I hope that a large number of PNA swimmers will take advantage of this opportunity.

For the last couple of months, I have been promising quotes from the Ex-member Survey. Well I finally have enough room for them. I've included the first three quotes just to give ourselves a pat on the back. The others I've included because I feel that we can learn something from them.

"The short time that I was stationed near Tacoma and swam with the Fort Steilacoom Swim Club, coached by Kathy Crandell was most enjoyable and rewarding. Your meets were ran outstandingly and were so enjoyable. I have swam Masters in both Florida and Southern California and the PNA was by far the most organized, smooth, - and friendly."

"People in the PNA don't know how lucky they are. ... Most Connecticut Masters swimmers have to train on their own. Our meets are held at a variety of places, many of which require an overnight stay. ... The same friendly Masters 'spirit' is alive and well here & it's a great group of people."

"I appreciated Washington state's small local team system for the comradery."

Under suggestions to improve the PNA:

"I didn't rejoin because the atmosphere of the meets was too competitive

for me. All the emphasis seemed to be on winning and not on every person improving at their own rate. Maybe more recreational meets like Capri and Montlake Terrace would provide more satisfaction for middle-of-the-pack swimmers like myself."

"Go back to original goals and pursue more the improvement of each individuals' best time. Also have smaller meets in local areas to keep time factor of meets down."

"...It's fun. Meets used to be fun, but then the swimmers themselves became much too intense about workouts, rules, and competition."

"More geared to individuals/loners. More geared to less competitive swimmers, who still want to improve. Tips on getting better (e.g. starting from platforms, flip turns...)"

In response to the question "Were you dissappointed with the PNA?"

"No, but nobody seemed one bit eager to offer help/advice after my body fat test of last year. I spoke of the need of being with a group."

Over 150 PNA members swim unattached or for teams with 3 or fewer members. Members of PNA should remember this at meets and make a special effort to talk to those swimmers who appear to be by themselves.

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

PNA Committees as of September 1, 1985

COMMITTEE	MEMBERS (* - chair)		
Relay Captains			
Travel	* Karen Unruh		
Community Service	* Steve Engle		
Constitution & By-laws			
Officiating	* Carolyn Behse		
Sunshine	* Marietta Hunziker-James		
Hospitality	* Dave Addleman	Kiko Kimura	
Medical	* Jane Moore	Kiko Kimura	Martha McClelland
	Carolyn Baldwin		
Social	* Linda Cazin		
Teamwear	* Jan Kavadas	Susan Allen	
History	* Tom Foley	Maxine Carlson	
Computer Applications	* Hugh Moore	Walt Reid	Dave Addleman
Fitness	* Kiko Kimura	Hugh Moore	Jane Moore
	Lib Rust	Amy Rust	Maxine Carlson
	Cathy Brooks	Karen Unruh	Carolyn Baldwin
Awards			
Newsletter	* Kathy Crandell	Susan Allen	Walt Reid
Publicity	* Frank Newquist		
Records	* Walt Reid	Kathy Crandell	
Meets	* Jan Kavadas	Hugh Moore	Joann Brislin
	Julie Corman		
Membership	* Jane Moore	Hugh Moore	Rick Ingraham
Finance	* Julie Corman	Hop Bailey	Hugh Moore

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.

Pools

Pool	Address	phone
Auburn	516 4th NE, Auburn	839-6168
Newport Hills	5464 119th Ave. SE, Bellevue	746-9510
Bellevue Athletic Club	11200 SE 6th, Bellevue	455-1616
Bellevue	601 143rd NE, Bellevue	747-4245
Bellevue Racquets Club	NE Bellevue-Redmond Rd	747-4648
Olympic Swimming Pool	7070 Stampede Blvd., Bremerton	692-3192
Burien Swim Club	626 SW 154th, Burien	433-7900
Mt. Rainier	22722 19th Ave. S., Des Moines	824-1728
Enumclaw	420 Semanski S., Enumclaw	825-1188
Federal Way	30421 16th Ave. S, Federal Way	839-1000
Fife Community	5410 20th St. E, Fife	922-POOL
Issaquah	50 SE Clark, Issaquah	392-1650
Kent	25401 104th SE, Kent	854-3260
Tahoma	18230 SE 240th, Kent	432-1948
Juanita	10601 NE 132nd, Kirkland	828-3251
Mercer Island District Pool	8815 SE 40th	232-7370
Si View	41600 SE 122nd, North Bend	888-1447
Redmond	17535 NE 104th, Redmond	885-3600
Renton	16740 128th SE, Renton	226-9230
Hazen	1101 Hoquiam Ave. NE, Renton	235-2227
Sandpoint Naval Station	7500 Sandpoint Way, NE, Seattle	526-3531
Ballard	1471 NW 67th, Seattle	783-7176
Evans	7201 E. Green Lake Dr. N., Seattle	625-4258
Helene Madison	13401 Meridian N., Seattle	362-5344
Meadowbrook	10515 35th NE, Seattle	365-9933
Medgar Evers	500 23rd, Seattle	324-2560
Queen Anne	1920 1st W, Seattle	625-2282
Rainier Beach	8825 Rainier S., Seattle	723-5919
Southwest	2801 SW Thistle, Seattle	935-6006
Evergreen	606 SW 116th, Seattle	246-1610
Northshore	9815 NE 188th, Bothell	486-9177
Shoreline	19030 1st Ave. NE, Seattle	363-4845
South Central	4414 S 144th, Seattle	242-2287
YMCA	909 4th, Seattle	382-5010
YWCA	1118 5th, Seattle	447-4868
Aquatic Development Clinic	11009 1st S., Seattle	232-3474
Red Shield	9050 16th SW, Seattle	767-3150
Seattle Athletic Club	333 NE 97th, Seattle	522-9400
View Ridge Club	5815 NE 77th, Seattle	524-3500
Wedgwood	7727 28th NE, Seattle	523-8211
Ft. Steilacoom	9401 Farwest Dr. SW, Tacoma	964-6678
Tacoma Pierce Co. Family YMCA	1002 S. Pearl St., Tacoma	564-9622
Eastside Community Pool	35th & L, Tacoma	591-2042

PNA MASTERS BOARD MEETING AUG. 27, 1985

President Hugh brought the large summer meeting to order at 7:20 PM. Present were Karen Unruh, Susan Allen, Carolyn Baldwin, Dave Addleman, Debbie Lewis, Kiko Kimura, Julie Corman, Walt Reid, Kathy Crandell, Donna Phelan, Hugh Moore, Jane Moore, Linda Cazin, Frank Newquist, and Ann Gindroz.

Minutes were read and approved. Treasurer's report was accepted with a balance of \$2051.82. The computer is now in use; training is being given.

TEAMWEAR/AWARDS: Due to home remodeling pressures, Donna Phalen regrettably resigned from wearing these two hats. Replacement will be sought. Donna will make a list of teamwear available and their costs for the newsletter.

SOCIAL: Linda Cazin has agreed to co-ordinate this job. Hugh recommended having a representative from the north and south ends to help with logistics and planning of events. The Sept. 21 social/picnic was discussed and planned so that information would be in WET SET.

MEMBERSHIP: Registrations for '86 are now being accepted; swimmers must reregister in order to swim the November meet. This is a deadline! An informational flyer is being worked up by Hugh, Kiko, and Dave for inclusion in the registration package.

NEWSLETTER: Items were discussed including future dates. The October retreat will be in addition to the board meeting. A motion was passed for PNA to furnish the food (lunch) for the retreat.

A question arose as to whether the PNA should advertise swim clinics in which we have no financial interest. It was suggested that we give one-liner information as a courtesy, but not eliminate our own money-raising possibilities. Paid advertising in WET SET will be discussed at the retreat.

MEETS: World Masters Games in Toronto: 1600 swimmers, 30 PNA. Praises and good feelings were shared with a special note on the pre-organization and extra workouts as great preparation. Thanks to special people are in newsletter. Relays went smoothly and all swam better than times indicated. Team spirit was terrific!! Reminder that we represent PNA at nat'l or internat'l events; do not put local group name on entry blanks.

Nationals: 800 swimmers, 5 PNA. Though numbers were smaller, swims were great and good feelings were abundant. A request was made for inclusion of results from these meets showing the performance of PNA members.

UPS-Oct. 19: 25 meter! Note that records can be set. Hugh indicated some changes of events: 400 F offered as distance swim; no 1500 F, 800 F, or 400 I.M. Medley and free relays can be men's, women's or mixed. A suggestion was made that the group evaluating the meets check and note who would be the person to contact for next year's bid and ask at that time if they would be willing to host the following year.

RETREAT: Hugh read through a list of topics to be discussed and asked for written proposals to be made regarding these issues so discussions could be more focussed. Approximately 14 items have been noted so far plus some quick discussions. Motions may be sent by anyone to Hugh within next two weeks (by Sept. 10) to be published on the agenda, otherwise later ideas could be quick discussion items.

A policy review committee was formed to help dig out policies from the records. Ann G., Karen U., Debbie L., and Kiko will write up policies found, to be presented and reviewed at the retreat.
MISCELLANEOUS: A promotional flyer was designed by Hugh and presented to the board for approval. Funds were approved for printing the flyer, not to exceed \$100 per 1000. Hugh is getting bids for the job. Topics for the National Convention were quickly presented and reviewed briefly to get a feel for response from the board.
September 24 board meeting will be at Gindroz' at 7 PM.
Meeting ajourned at 9:49 PM.

Respectfully,

Ann Gindroz, Secretary

SWIMMING BORED

BY: Famous Guest Author

Entering only certain events at certain times will, sooner or later, catch up to you and create "meet boredom". Count on it! So, if you feel this coming over you - here are some timely ideas to combat boredom.

1. Don't shave for three days before and during the meet - see if you can still do anything fast. (Girls, don't do whatever you do instead of shaving.) This is worth tons of laughs. If you don't shave yet - don't eat.
2. Enter your 3 worst events and try for P.R.'s in them (since never swum you might just do it). If so, do them next time, arms only.
3. Swim an extra length on each event. You know, just keep on going. Fun on a 400 I.M.!
4. Don't train for 3 weeks and then enter a meet swimming six events back-to-back. Or, if you chicken out of that, do a 200 fly.
5. Enter times 4-5 seconds faster than you could ever possibly do. Prepare for a lesson in humility. Or maybe bet \$100 on a race with the top rated person in your age group! FUN!

THE ORYGUN FANTUM

MONIKA HUNSCHER 37 ORE
BRIAN LANGLAIS 39 ORE

45-

FRANK NEWQUIST 47 PNA 2:32.98
SUSAN DEARBORN 48 PNA
CYNTHIA ROSIK 52 PNA
DAVID ADDLEMAN 50 PNA

55-

MURIEL FLYNN 62 PNA 2:50.45
MAFAN BURKE 60 PNA
WARREN KLEIST 63 PNA
RAY FREDERICK 61 PNA

65-

ALLAN SACHS 72 PNA 3:21.89
MARION MUELLER 73 PNA
DAWN MUSSELMAN 72 PNA
FRANCIS JOWETT 75 PNA

RELAYS-MIXED 200 M. MEDLEY

25-

JANE MOORE 34 PNA 2:36.66
GREG HARRISON 33 PNA
JOHN UNDERBRINK 27 PNA
DEBRA LEWIS 32 PNA

DAN JOHNSON 31 ORE 2:45.85
MONIKA HUNSCHER 37 ORE
BRIAN LANGLAIS 39 ORE
PAM HIMSTREET 41 ORE

45-

LOWELL JOHNSON 47 PNA 2:39.26
JUANITA CORREA 49 PNA
ANN GINDROZ 47 PNA
DAVID ADDLEMAN 50 PNA

65-

MAXINE CARLSON 65 PNA 4:03.12
JIM PENFIELD 76 PNA
FRANCIS JOWETT 75 PNA
DAWN MUSSELMAN 72 PNA

POLICY AND LONG RANGE RETREAT

October 5, 1985, 9:00 AM at Hec Edmunson Pavilion, University of Washington. 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 PNA.

FOR INFORMATION ABOUT IEA AND ORE MEETS
WRITE OR CALL:

Harry Lewis Sandi Rousseau
(509) 747-3421 (503) 642-3679
E. 944 - 39th Ave. 23995 S.W. Drake Lane
Spokane, Wa. 99203 Hillsbobo, 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

EXPLANATION OF ORDERS OF EVENTS

The four orders of events alternate back to back strokes. For example: Freestyle and Breaststroke are back to back in Order #1, but not in #2. They are back to back again in Order #3, but not in #4. The 400 I.M. and 1650 Freestyle are listed at the top of each order as optional because it is up to the Meet Directors whether they have those events and when they have them. Break? means the Break could be before or after the Relay at the Meet Director's discretion. The 500 Freestyle is last in #1 and first in #2, last in #3 and first in #4. The 100 I.M. and the 200 I.M. also alternate positions from one order to the next. By publishing all 4 orders of events now and listing them in the meet calendar on the front page of the newsletter, you can see what order of events will be used at each meet. You can plan your events for the year if you want. The PNA Championships will be a separate championship order of events which gives every combination of strokes at least one back to back.

	<u>ORDER #1</u>	<u>ORDER #2</u>	<u>ORDER #3</u>	<u>ORDER #4</u>
Optional →	400 I.M. 1650 Free	400 I.M. 1650 Free	400 I.M. 1650 Free	400 I.M. 1650 Free
	Free Relay	500 Free Free Relay	Free Relay	500 Free Free Relay
	50 Free 100 Breast 200 Back 50 Fly	100 Back 200 Free 50 Fly 200 Breast	200 Fly 200 Back 50 Breast 100 Free	50 Breast 100 Fly 200 Free 50 Back
	200 I.M. BREAK? Mxd. Free Relay	100 I.M. BREAK? Mxd. Free Relay	BREAK Mxd. Free Relay 200 I.M.	100 I.M. BREAK Mxd. Fr. Relay
	100 Free 200 Breast 50 Back 100 Fly	200 Back 50 Free 100 Fly 50 Breast	50 Fly 100 Back 200 Breast 50 Free	100 Breast 50 Fly 100 Free 200 Back
	Medley Relay BREAK	BREAK? Medley Relay	BREAK Medley Relay	Medley Relay
	200 Free 50 Breast 100 Back 200 Fly	50 Back 100 Free 200 Fly 100 Breast	100 Fly 50 Back 100 Breast 200 Free	200 Breast 200 Fly 50 Free 100 Back
	100 I.M. Mxd. Medley Relay	200 I.M. Mxd. Medley Relay	BREAK? 100 I.M. Mxd. Med. Relay	200 I.M. BREAK? Mxd. Med. Relay
	500 Free		500 Free	

WHEN SWIMMERS GET AN EARFUL

FROM CONSUMERS DIGEST - JULY/AUGUST, 1985

If you've been swimming and later your ear feels blocked, tender, swollen, itchy, or painful, you may have developed "swimmer's ear." It's caused when water becomes trapped in the ear canal, providing an ideal breeding ground for infection by bacteria or fungus particles. If your ear canal swells shut and starts draining a milky fluid, you'll feel a lot of pain and will need to see a doctor.

You can prevent this sequence of events, says the American Academy of Otolaryngologists-Head and Neck Surgery, if you follow certain simple steps whenever you feel that water has become trapped in an ear.

After you've done everything to drain water from the ear by tilting your head, pull the ear upwards and backwards and put a dropperful of alcohol into it. Wiggle your ear to get the alcohol to go all the way down, then turn your head and let it drain out. The alcohol absorbs the water, helps dry out the ear, and may even kill the bacteria and funguses.

If the alcohol is too harsh, mix it half and half with white vinegar - or use such ready-made nonprescription fluids as Ear Magic, Aqua Ear, or Swim Ear.

If you have already had an ear infection, ear surgery, or a perforated, ruptured, or punctured eardrum, the Academy advises, consult a doctor before going swimming or using ear drops.

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 MASTER' SWIMMERS WHO ARE
TRAINING THEMSELVES AND WANT TO INCREASE THEIR KNOWLEDGE OF
THE PHYSIOLOGY OF TRAINING.

PNA PICNIC

SATURDAY, SEPTEMBER 21

10:30 AM, GREENLAKE

NEAR THE BATH HOUSE (N.W. SHORE SWIM AREA)

POTLUCK, BYOE (BRING YOUR OWN EVERYTHING) AND BRING GAMES

ALSO

LET'S SHARE PICTURES!

BRING YOUR PICTURES OF SWIM MEETS FROM THE LAST YEAR

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 South 12th and 6th Avenue until
you come to North 11th. Turn Right on 11th and turn Left onto
Lawrence to 13th. Pool is on UPS Campus.