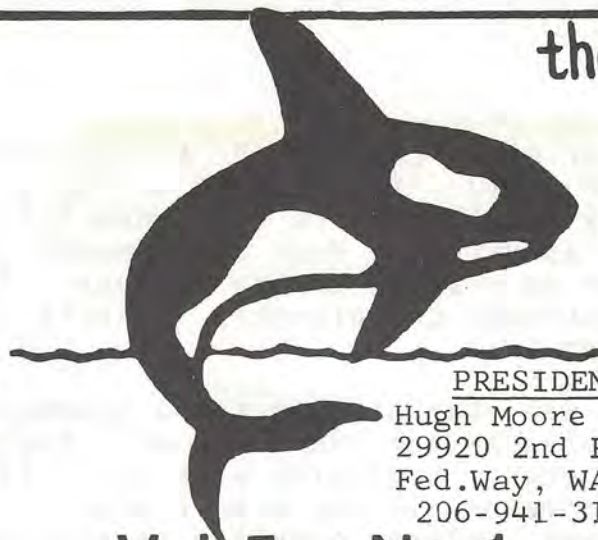




the OFFICIAL PNA
MASTERS
NEWSLETTER



JANUARY 10, 1986

Vol. 5 No. 1

PRESIDENT

Hugh Moore
29920 2nd Pl. SW
Fed.Way, WA 98023
206-941-3100

EDITOR

Kathy Crandell
11114 111th SW
Tacoma, WA 98498
206-588-4879

(or call Susan Allen)
206-226-9295

Schedule • Calendar

Jan. 10-11 Issaquah, Pentathlon
Feb. 7-8 Kent, Order #4
Feb. 25 Board Meeting, Moore's 7PM
Mar. 15-16 Cascade, Order #1
Apr. 4-6 PNA CHAMPS, Totem Lake

May 2-4 Regional Champs, Tualatin
Hills, Oregon
1986 NATIONALS

May 15-18 SC Fort Pierce, Florida
Aug. 21-24 LC Mount Hood, Oregon
July 11-16 WORLD MEET, Tokyo, Japan

BOARD MEETING: January 28, 1986 at Kathy C's, 11114 111th SW, Tacoma, 588-4879

EDITOR'S CORNER

NEWSLETTER DEADLINE IS LAST DAY OF EVERY MONTH!

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

THINK AHEAD! Plan to attend the 1986 LC
Nationals at Mt. Hood Community College,
Oregon, August 21-24, 1986!

CORRECTION: Woops! We printed the USS technical rules for the butterfly in the last newsletter and forgot to print the Masters Butterfly rules with it. YES, you can still use the Breaststroke kick with the Butterfly arm stroke. You must use at least one legal Butterfly arm stroke per length of the pool. This last sentence was voted in at the last convention to prevent swimmers from just kicking an entire Butterfly race.

ROSES, ROSES to Bill Castner and his wife for hosting a lovely Christmas party for the PNA. Thanks, Bill!

WHAT DO YOU MEAN, "I didn't know I had to register in order to swim"? All swimmers are reminded: you must be a registered USMS member in order to swim in the meets listed in the above schedule!!

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Dear Master Swimmer,

Are you looking for a new challenge? Are you tired of swimming the same events meet after meet? Instead of trying to decrease your time for a given event, why not attempt to swim more distance in a set time? DC Masters sponsors an annual "One Hour Swim" event during January. The goal is to swim as far as you can during an hour. The event is recognized by USMS as a National Championship. Entry forms have been included in this newsletter.

Would you like to see your picture (or a teammate's) on a calendar? USMS is preparing a calendar for 1987. It will feature male and female swimmers from each age group, beginning with 25-29 in January and ending with 80 and over in December. If you are interested in nominating yourself or a fellow swimmer, please submit a current photo to me. I will forward all entries to the USMS Marketing Committee.

The PNA recently printed a publicity pamphlet. The pamphlet contains an overview of the PNA and USMS and is intended to help publicize Masters Swimming. Pamphlets will be available at meets. If you know someone who might be interested in swimming or if you would like to distribute pamphlets to pools or sporting goods stores, please pick some up at a meet.

I would like to encourage all teams to consider hosting dual or three-way meets. Small meets often provide a less formal atmosphere than our monthly meets. They provide an ideal opportunity for swimmers who are intimidated by an all-day meet to get a taste of competition. Closed meets (those open only to members of pre-defined teams) can be sanctioned even though all swimmers are not USMS members. I would encourage all teams who host any meet, regardless of size, to sanction the meet. If the meet is sanctioned, the host club is covered by liability insurance, and the results can be tabulated for top ten. If you want to apply for a sanction, contact my wife, Jane. Meets that conflict with our monthly meets will not be considered. Also, there is a small administrative fee for sanctioned events.

Long Course Nationals in Portland (actually Mt. Hood Community College in Gresham) are only seven and one half months away. I strongly recommend that all Masters Swimmers consider attending. National meets provide a unique experience for all participants.

We need to start getting organized for the PNA invasion of Mt. Hood Community College in August. If you have any ideas about setting up Long Course workouts, organizing relays, setting-up car-pools, PNA team-wear, etc., please contact your team-rep or myself.

Do you have a favorite workout? Or a favorite recipe? Husky Swim Club is going to print a workout/cookbook. It is still in the planning stages, but details should be available next month.

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

Heed

MINI MEET = MAXI FUN

First timers joined forces with old timers on December 5 for a fun mini meet at the Hec Ed pool. Husky coach, JoAnn Brislin coordinated the meet with the Southwest Masters and West Seattle Y masters coaches. For many of the swimmers, this was an opportunity to try their hand at a low-key masters meet before investing in a membership and the cost of a regular meet. There were no team scores and no first places. Swimmers swam for fun rather than against each other.

Each swimmer swam in two individual events and on relays. Between events, the swimmers took their turn at timing for the other swimmers. The meet was only a half hour long with eight events (50 of each stroke, 100 IM, 200 free, and 2 relays.) After the meet, the swimmers adjourned to the Burger Master next door to get acquainted and catch a quick dinner. It was fun! We all hope to do it again soon.

!!! NSF CHECKS !!!

Just a reminder - Your checks travel through a bureaucratic maze before reaching the bank. Sometimes they are cashed as much as two months after they are written. Please take this into consideration before emptying your account.

- Your Treasurer

LONG COURSE NATIONALS - 1986

Only 7 months away!! All of you should be thinking very seriously about going! It's a great experience - and it's right in our back yard. Remember to swim some 50 yd events in upcoming meets so you have some times to submit for relays. GO FOR THE NATIONALS!!

The December 17, 1985 board meeting, held at the Moores', was called to order at 7:20 PM by President Hugh Moore. In attendance were Rick Ingraham, Julie Corman, Carolyn Baldwin, Frank Newquist, and Jane Moore. Minutes from the previous board meeting were not available. Treasurer's report revealed a balance of \$3534. Also presented were a comparison of meet attendance figures from 1981 through the present and summary of 1st quarter actual income and expenses with comparison to the budget.

Membership reported 302 current members, about 50 less than the same time last year. Last year was about 40 less than the previous year. The decline in membership was discussed. A letter with a registration form will be sent to all of last year's members who have not renewed. The officers approved \$70 for this project. This amount will need approval by the full board at the next meeting.

Awards: 23 medals were sold at the Husky meet. At the Issaquah pentathlon, ribbons will be given free of charge to individual event winners. Overall pentathlon winners may purchase medals. There are currently enough medals for the rest of this short course season. A proposal for ordering new awards for next year will be presented at the next board meeting.

Meets: Husky meet was felt to be well run with good results. The Cascade meet will be March 15-16. It will have a 1000 yard freestyle instead of a 1650. A request for a long course meet to be held June 14 was received from BAC. This will be discussed at the next meeting.

Misc.: The PNA promotional brochures are now available for distribution to all area pools. Ideas to encourage attendance at board meetings were discussed. Current listed team reps will be contacted to determine why they are not attending and who the current team rep is. A request for sanction of a dual meet was received from the Fidalgo Island Sea Hawks. Sanction was granted providing payment of a \$15.00 sanction fee. Future policy for such requests will be discussed at the next meeting.

Meeting was adjourned at 9:20 PM. Next board meeting will be January 28, 1986 at Kathy Casey's.

Respectfully submitted,

Jane Moore

SWIM LEGALLY!!

AVOID DISQUALIFICATION!!

KNOW YOUR STROKE RULES!!

RULES FOR SWIMMING THE STROKES:

102.3 Backstroke

- (1) Start - The swimmers shall line up in the water, facing the starting end, with both hands resting either on the end or rail of the pool or on any part of the starting platform or block, or on the starting grips. Short Course - The feet may be placed in any position on the end of the pool, and the swimmer may assume any desired starting position which does not remove either foot completely from the water, nor either foot from contact with the end of the pool, nor either hand from the standing grips, pool edge, or starting block. Subject to the approval of the host facility, a backstroke starting block against which to place the feet may be used, if available to all contestants.
- (2) Stroke - The swimmer shall push off on his back and continue swimming on his back throughout the race.
- (3) Turns - The swimmer's head, shoulder, foremost hand or arm must touch the end of the course, but the shoulders must not turn over beyond the vertical before the touch is made. It is permissible to turn the shoulders beyond the vertical after the touch, but the swimmer must have returned to a position where the shoulders are at or past the vertical toward the back before the feet have left the wall.

From United States Swimming Rules and Regulations.

If you would like your own copy of the United States Swimming Rule Book, send \$6.00 (includes postage) with your name and address to:

United States Swimming
1750 E. Boulder St.
Colorado Springs, CO 80909

Checks payable to United States Swimming; designate 1986 Rule Book in the lower left corner. 1986 Rule books will be mailed after January 1, 1986

RELAY AND TIME CARD ORDER

NAME..... CONTACT...Rick Ingraham
5009 Hunt St.
ADDRESS..... Gig Harbor, WA 98335
206-851-7130
.....
PHONE..... CHECK PAYABLE TO:
PNA Masters Swimmers
HOW MANY.....BLUE.....AND/OR PINK..... \$1.50 for 50 cards at meet
\$2.00 for 50 cards by mail

NEW RELAY AGE GROUPS, JANUARY 1, 1986

As of January 1, 1986, relay age groups will change from ten year increments (25-34, 35-44, etc.) to the total of the ages of the relay team members. New age groups are: 119 and under, 120+, 160+, 200+, 240+ and 280+. You will notice four 30 year olds = 120 years, four 40 year olds = 160 years, four 50 year olds = 200 years, four 60 year olds = 240 years and four 70 year olds = 280 years. If you only have four swimmers, you can put them together in the age group matching their total ages. 70 year-olds no longer "swim down" in younger age groups. Put your 76 year-old with your 45 year-old, your 47 year-old, and your 31 year-old, total their ages (199 years), and enter them in the 160+ age group. (Too bad! Somebody on that relay needs to have a birthday, so they can be in the 200+ age group.) One of the reasons USMS changed to this age group method was to make it easier for smaller teams to field relays.

The relay records and Top Ten in the Nation for the current age group method will be retired effective December 31, 1985, on the Local, Regional and National levels. New relay records and Top Ten in the Nation will commence January 1, 1986, for the new age group method on all levels. Therefore, during this short course season, there will be two sets of relay records; one for the old age group method and one for the new age group method as well as two Top Ten in the Nation relay lists (assuming that the chairman has the time to compile two lists as well as the cooperation of people submitting relays for consideration).

Speaking of cooperation.....We can not verify the age group of the relay unless you write the correct age of each relay team member on the time card. See the following relay time card instructions on the following page.

In this newsletter and the next newsletter we will be reprinting a series of articles, "Swimming Hints", from the Lone Star Masters newsletter.

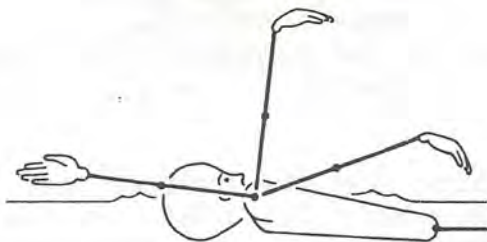
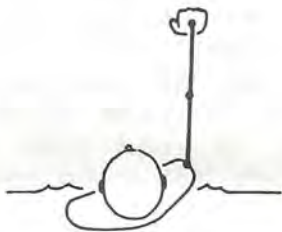
Swimming Hints

THE BACKSTROKE

The Backstroke, also referred to as the Back Crawl, resembles the Front Crawl in that it requires an alternate arm action and a flutter-type kick. Although developing a sense of direction may pose a problem when first learning the Backstroke, its great advantage is that it does not require the adoption of special breathing techniques.

THE ARM RECOVERY

The arms are recovered alternately in the Backstroke. Each arm is recovered in the vertical plane. The elbow is locked with the wrist held relatively loosely during all but the last segment of the recovery, at which time the hand is readied for the catch.

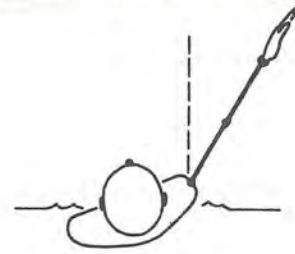


It is recommended that the wrists be held relatively loosely until the last third of the recovery. If the wrist is held rigidly in line with the forearm from the moment the hand clears the surface, there will be a tendency for the muscles controlling the movement of the arm at the shoulder joint to tighten up. This makes it difficult for the hand to enter in line with the shoulder.

COMMON DEFECTS

Wide arm recovery.

If the arm is recovered wide, outside the vertical plane, there will be a tendency for lateral hip movement to develop. The lower the arm is swept sideways over the water the greater the hip movement.



Bent elbow recovery.

If recovery is made with a bent elbow the hand will enter at a position too far above the head. Also, the radius of the recovering arm will be shortened, reducing the effectiveness of the initial phase of the pull.



From The Illustrated Swimmer by Jan Prins, Head Men's Swimming Coach and Assistant Professor of Physical Education at the University of Hawaii.

DID YOU MAKE NATIONAL TOP TEN?



TOP TEN PATCH -\$3.00 ea.

STROKE SEGMENTS \$1.00 ea.

Send Name, Age Group, event and year qualified to:

Lake Erie Assoc.
c/o Harry Fox
710 Oxford Ave., NE
Massillon, Ohio 44646

NATIONAL USMS RANSOM J. ARTHUR AWARD

The Ransom Arthur Award, established in 1973 in honor of the first recipient, Capt. Ransom Arthur, M.D., is presented each year to the person who, during the last year, has done the most to further the objectives of Masters Swimming, i.e. to encourage physical fitness through competitive swimming of adults.

The criteria, then, is not solely participation in Masters Swimming, but contributions made in promoting the program, administration duties, special projects undertaken, and other actions that benefit the Masters Swimming Program.

If there is a worthy contender in the PNA or on your team please forward your nomination to Jane Moore, 29920 - 2nd Pl. S.W., Federal Way, Wa. 98023, 206-941-3100 or Donna Phelan, 18027 Valley Pl. E., Sumner, Wa. 98390, 206-862-8777, by February 1, 1986.

The nomination should include a short write-up of the reasons why the nominee is deserving of this prestigious National Award.

 50 M. FREE
 JOHN ROBINSON 82 # 3 51.45
 100 M. FREE
 JOHN ROBINSON 82 # 1 1:56.91
 200 M. FREE
 JOHN ROBINSON 82 # 1 4:42.29

BOISE SWIM MEET

Dear Swimmer:

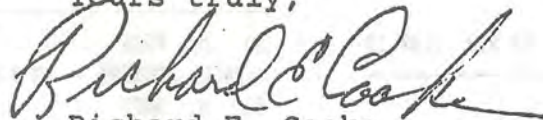
You are cordially invited to our annual Sawtooth Masters Swim Meet. The meet will be held at the Boise YMCA. This is a 6 lane, 25 yard pool with separate diving well for warm ups.

There are nice motels across the street, starting at \$19.00 per night. Restaurants in walking distance. We also will provide housing for anyone who desires staying with a swimmer.

This is our third swim meet. We have had fun in the past. We will be looking forward to a great time this year also. Please come and share with us a good time. If you have any questions, please contact the meet director or contact me at the address and phone above.

Skiing will still be going strong at Sun Valley (3 hour drive from Boise), Bogus Basin (30 minute drive), and Brundage Mountain (2.5 hour drive). Plan on a big weekend with fun in the snow and chlorine. We will be looking forward to seeing you.

Yours truly,



Richard E. Cooke,
 President

cjm

* Take advantage of cheap airfares - \$98⁰⁰ R.T.
 to Boise (exception: no travel on Saturday)
 Charlotte Mooney of NW cosmopolitan travel - 722-7700
 has already booked my flight! klko

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 Schedule

Jan. 18-19 Spokane, Fairchild AFB
(25 meter pool)
Feb. 15-16 Yakima, Lyons Pool
Mar. 8-9 E. Wenatchee Eastmont Pool
Apr. 4-6 Spokane, Whitworth CHAMPS

ORE Schedule

Jan. 11 Bend, 25 meter meet
Feb. 1 Tualatin Pentathlon
Mar. 1 Newberg
Apr. 4-6 So. Oregon College CHAMPS
May 2-4 Region XI CHAMPS, Tualatin Oregon

Me vs Me: I Win!

By Bert Petersen & Ginger Pierson

There are many and varied reasons for competing, in the avocation we call Masters Swimming. Being fully aware of the physical benefits of swimming laps, we realize that we need some form of measurement to gauge whether or not we are making progress. Hence, we rely on the stopwatch to be the ultimate judge of our gain or decline.

But as I mentioned, there are other reasons for having races. There is the thrill of simply beating others; the satisfaction of an award; and the exhilaration of breaking a record or winning a title.

But beware, all of these goals (or reasons for competing) are subject to attack from our old enemy *apathy*. As you have been told before: when you win again and again, you get bored. When you lose, it's easy to become disenchanted and distracted.

What you might need is a system whereby you can compete endlessly, without losing interest or getting discouraged. Our suggestion is that you start competing with just *yourself!* That's right, You against You.

Here's how you do it. Make a chart of your "best-ever" times for *each stroke* and *every distance*, for 25 yards, 25 meters, and 50 meters. Then continue the chart with your best efforts in the years

closest to your present age. Now, what do we have here? An exercise in immortality!

Believe this: nothing makes you feel better than getting *older* and *faster* at the same time. Plus, there are other benefits. Number one, the pressure is off! You now are going head-to-head with your "past" self. No matter the result, you win either way. Second, you will be persuaded to swim a variety of events; with such a wide range of events and distances, you cannot fail to have some "best-times" even as you age up. Third, you will be coaxed into competing more often - not a bad idea, either. Finally and best of all, you will see change and progress in all of the different events.

We have asked many people how they keep up the level of interest and intensity over the years of competition - most had a system similar to the one we're suggesting. However, we are constantly amazed by the number of people we meet that have *never* charted their times to track their progress. Perhaps this oversight could be one of the reasons for dropping out of Masters swimming.

We believe that use of this charting system, with its method of tracking times, will keep you competing with yourself for many years of productive swimming.

Following is a list of places to swim in the Puget Sound area.
If you have any corrections or additions, please send them to Hugh.

- Auburn**
Auburn, 510 4th NE, Auburn 839-6168
lap swim: M-F: 6:30 - 8:00 AM & noon - 1:00 PM
- Bellevue**
Eastside Branch YMCA, 14230 Bel-Red Rd., Bellevue 746-9900
workouts: M-F: 6:45 - 7:45 AM
contact: Kevin O'Shea 746-9900
lap swim: M-F: 7:45-9 AM, 11:30 AM-1 PM, 5:30-6:15 PM/ S&S 12:30-2 PM
Samena Club, 15231 Lake Hills Blvd., Bellevue 746-1160
lap swim: M-F: 5:00 - 9:00 AM / Every Day: 9:00 - 10:00 PM
Newport Hills, 5464 119th Ave. SE, Bellevue 746-9510
workouts: M - F; 6:30 - 7:30 AM
contact: John Underbrink 828-6733
Bellevue Athletic Club, 11200 SE 6th, Bellevue 455-1616
Bellevue, 601 143rd NE, Bellevue 747-4245
lap swim: M-Sat.: noon - 1:30 PM
P.R.O. Racquet & Health Club, 4455 148th Ave. NE 885-5566
- Bremerton**
Olympic Swimming Pool, 7070 Stampede Blvd., Bremerton 692-3192
workouts: M - F/ 4:00 - 6:00 PM
contact: Geoff Pentz 692-3192
- Burien**
Evergreen, 606 SW 116th, Burien 246-1610
workouts: T,TH: 7:30 - 8:30 AM / M-F: 4:30 - 6:00 PM
contact: Laird Chambers or Tom Anderson 246-1610
lap swim: M-F: 6-10:30 AM, 11 AM-2 PM, 6-9:30 PM/ Sat.: Noon-2 PM
Burien Swim Club, 626 SW 154th, Burien 433-7900
- Des Moines**
Mt. Rainier, 22722 19th Ave. S., Des Moines 824-1728
workouts: M-W: 8-9:30 PM / F: 6-7 PM
contact: Chet Palmer 242-1354
lap swim: M-F: 6:00 - 8:30 AM/ M-Th: 8:00 - 9:00 PM
- Enumclaw**
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**
Federal Way, Temporarily Closed - Workouts at Mt. Rainier pool
workouts: M-F 6:00 - 7:00 AM
contact: Hugh Moore 941-3100
- Fife**
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**
Issaquah, 50 SE Clark, Issaquah 392-1650
lap swim: M-F: 7:00 - 8:00 AM/M-TH: 8:30 - 9:30
- Kent**
Kent, 25401 104th SE, Kent 854-3260
lap swim: M,W,F: 6:30 - 7:30 AM/ T,TH: 8:00 - 9:00 PM
Tahoma, 18230 SE 240th, Kent 432-1948
- Kirkland**
Juanita, 10601 NE 132nd, Kirkland 828-3251
- Mercer Island**
Mercer 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
- North Bend**
Si 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
- Olympia**
The Evergreen State College, Campus Recreation Center, Olympia 866-6000
lap swim: M-F: 11:30 AM-3 PM, 5-9 PM/ S&S: 1-6:30 PM
- Redmond**
Redmond, 17535 NE 104th, Redmond 885-3600
lap swim: M-F: 6:00 - 7:30 AM & 8:00 - 9:00 PM
- Renton**
Renton, 16740 128th SE, Renton 226-9230
lap swim: M-F: 11:30 - 12:30
Hazen, 1101 Hoquiam Ave. NE, Renton 235-2227
- Seattle**
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
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 324-2500
Queen Anne, 1920 1st W, Seattle 625-2282
Rainier Beach, 8825 Rainier S., Seattle 723-5919
Southwest, 2801 SW Thistle, Seattle 935-6006
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
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
workouts: M,W,F: 6:30 - 7:30 AM / M,W: 7:00 - 8:00 PM
contact: Jody Kleyen 326-4600 (day) or 367-2350 (eve.)
View Ridge Club, 5815 NE 77th, Seattle 524-3500
Hedgwood, 7727 28th NE, Seattle 523-8211
- Tacoma**
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