



the OFFICIAL PNA
MASTERS
NEWSLETTER

SEPTEMBER 10, 1986

Vol. 5 No. 9

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Schedule

- Sep. 20 SC Eastside Catholic at Northshore #4
- Oct. 25 Swim Clinic, 8am-5pm Tacoma
- Oct. 28 Board Meeting, Tacoma, 7pm
- Nov. 15-16 SC No. Kitsap, order #1
- Dec. 12-13 SC Fidalgo, Anacortes #2

Calendar

- Jan. 19 SC Issaquah-Spec.Event Order
- Feb. 14-15 SC Cascade (1000 incl.) #3
- Mar. 13-14 SC Husky #4
- Apr. 3-5 SC PNA CHAMPS, Kent, Wa.
SC REG'L CHAMPS, Orca, Hazen
- May 15-18 SC NATIONALS, Stanford, Ca.

IEA & ORE SCHEDULE ON PAGE 3

BOARD MEETING ON SEP. 30 AT MOORE'S (ADDRESS ABOVE) AT 7:00 PM.

EDITOR'S CORNER

NEWSLETTER DEADLINE IS THE LAST DAY OF THE MONTH

THINK STANFORD!! (May 15-18)

The PNA made a terrific showing at Long Course Nationals. Congratulations to all of you on your fine swims. And thanks to all of you who swam on relays. We appreciate your support and cooperation.

A big thanks goes to Oregon, for hosting a fantastic Nationals. You have out-done yourselves again, Oregon!

ROSES! ROSES! To Bob Musselman for his never ending support of the PNA!

DID YOU JUST APPLY FOR MEMBERSHIP? The 1987 registration forms and membership cards have not arrived yet, so your application will be held until then. The 1987 fee is \$15.00.

There will be a 25 meter meet in Ellensburg, Oct. 26. Those interested could do the PNA Clinic on Saturday and swim the meet on Sunday. Get those TOP TEN TIMES!

POTLUCK AT JAY PALMER'S after the Sep. 20 meet. (223 Poppy Rd., Bothell (672-4429))
Only 5 miles from the pool! EVERYBODY COME!

<u>President's Message</u>	<u>2</u>
<u>Relay Policy</u>	<u>3</u>
<u>No. Kitsap Entry</u>	<u>5</u>
<u>So. Kitsap Results</u>	<u>6-9</u>
<u>Swim for Heart</u>	<u>9</u>
<u>Nordic Nautilus Entry</u>	<u>10</u>

<u>Ellensburg Entry</u>	<u>11</u>
<u>Try This</u>	<u>12</u>
<u>Region XII Results</u>	<u>13-15</u>
<u>Upcoming Events</u>	<u>15</u>
<u>Subscription Form</u>	<u>18</u>
<u>"The Finals" Clinic</u>	<u>19</u>

INDEX

Dear Master Swimmer,

I need to learn to set my goals higher. Last year I set a goal of 100 PNA swimmers attending Long Course Nationals in Gresham. We ended up with 140 swimmers entered. The meet provided an excellent opportunity to meet swimmers from all parts of the United States.

The Oregon Masters Swimming organization is to be congratulated on a superb meet. Their pre-meet organization resulted in a smooth running meet. To run a meet with 930 swimmers in only nine lanes requires a well organized group. Oregon certainly met the challenge. Publicity, advertising, entertainment, officiating, announcing, and the general meet organization were all excellent. A lot of work went into the effort to allow each of the competitors to enjoy themselves.

The PNA swimmers who attended are to be congratulated for their efforts. When the results are published in next month's Wet Set, I know that there are going to be a number of personal best times, as well as PNA, Regional, National, and World records. Our relays did extremely well. It's always fun to change your focus from "me" to "we". Everyone who signed-up for relays swam on at least one. Thank you for being prompt in reporting for your relays. As a result, we only had one scratch for a relay in the entire meet.

USMS has published a 1987 Calendar featuring Masters Swimmers. They will be available for \$6 from the Team Wear Table at meets for the rest of this year. If you aren't going to make it to a meet and want to buy one, contact Tom Taylor at 838-1827.

The PNA is sanctioning a Swim Clinic on Saturday, October 25th. The swim clinic is being hosted by Dick Hannula, and should provide a great opportunity for improving your knowledge on swimming. If you want to get a meet in during October, consider attending the clinic on Saturday, and traveling to Ellensburg for the Inland Empire Meet on Sunday the 26th.

Coaches, reserve November 22nd and 23rd on your calendar. The Masters Aquatic Coaches Association is hosting a coach's clinic in Portland. We'll put more details in the newsletter as they become available.

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

Heister

INDEX

RELAY POLICY

National and International relays only: All participants will sign up for and pay for relays in advance. A reasonable deadline will be established by the relay committee as to when relay fees and relay entries are due to relay committee. Once fees and entry have been sent to the committee, a commitment has been made. If the entrant notifies the committee one week prior to the meet entry deadline date that he/she cannot swim on a relay that he/she has already signed up for, the entry fees will be returned. If an entrant notifies the committee that he/she cannot swim in a relay after that date (one week prior to meet entry deadline) and:

- ** 1. A relay does not swim because an individual dropped out and it is not considered an emergency by the relay committee, then the entrant is responsible for reimbursing the PNA for the entire relay.
- 2. All relays affected by his/her scratch swum with a substitute/s, then the relay fee will be returned.
- 3. A relay doesn't swim because of that scratch and the committee considers it an emergency, the relay fee will not be returned.
- 4. Relay fees will be returned to all other members of relay if relay doesn't swim.

** "A relay" means any relay that had to be scratched because an individual dropped out. ie:-A "C" relay was scratched because an "A" relay swimmer dropped out.

PNA does not make any money on these relays. In fact many hours of volunteer labor go into making up these relays. You can help us and yourself if you let us know immediately if you are unable to swim a relay that you have signed up for.

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

Oct. 4-5 Yakima
Oct. 25-26 Ellensburg 25m

Oct. 4-5 Newport
Nov. 2-3 Corvallis
Dec. 7 Beaverton
Jan. 10 Newberg
Jan.31-Feb.1 Lincoln City, 25m
Feb. 7 Beaverton (Pentathlon)
Feb. 14 Ashland
Mar. 28-29 Salem
Apr. 10-13 Oregon CHAMPS, Tualatin

120 +

STEVE SCHMIDT 24 1:49.16 P
DAVID ADDLENAN 51
STEVE FREEBORN 30
MIKE GESSITZ 21

MACA NEWSLETTER SUBSCRIPTION FORM

(please print or type)

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The subscription rate for the MACA Newsletter is \$10 per year. Please complete this form and return it with your check to:

Chris Carey
6421 Crestview
Orlando, Florida 32810

New Subscription

Change of Address

SWIM FOR HEART

How can you, as a master swimmer, help fight heart disease, promote the benefits of swimming, and provide a fun and exciting community event? Hold a Swim For Heart event at your pool! Swim For Heart challenges participants to swim as many lengths as they can in one hour. Pledges collected benefit the American Heart Association, enabling life-saving community education and research projects to continue.

As a Swim For Heart coordinator, you are eligible to win an extravagant Sunday brunch. All coordinators will receive a Swim For Heart hooded sweatshirt and their choice of canvas athletic bag or beach towel.

If you cannot coordinate Swim For Heart, why not swim yourself? Swimmers receive great prizes for the donations they collect. The grand prize is four airline and admission tickets to DisneyWorld. Other prizes include bikes, hooded sweatshirts, and long sleeved t-shirts.

Call and register today! Our numbers are (206)632-6881 or toll free 1-800-5626718.

TRY THIS:

The following will be a set or two every month that you might like to try in your workouts. Some may be new; some you may recognize. Some may work for you; some may not. If you don't understand, catch me at a meet. CONTRIBUTIONS WELCOME!KC

For those of you who can pull freestyle faster than you can swim the whole stroke or for those of you who need to develop a stronger pull on your stroke (including the three other strokes), try.....

8 (1X100 pull on 1:30+ for freestyle followed by 1X50 full stroke on
:40+ for freestyle
2:00+ for other strokes 1:00+ for other str.

The send-offs depend on your choice of stroke and your speed. Do 100 yards pull followed by 50 yards of the full stroke. Repeat the 100 yard pull and the 50 yard swim 8 times. The total yardage is 1200 yards. Concentrate on making your armstroke technique from the pulls transfer to your armstroke on the full stroke, so you have a stronger more efficient armstroke when swimming the full stroke. Don't let the addition of your kick weaken your armstroke.

THE DAWN E. MUSSELMAN AWARD

The Dawn E. Musselman Memorial Award was won by Dorothy L. Donnelly, (Connecticut Masters) the winner of 60-64 100M freestyle at Nationals. Dorothy (also the USMS National Executive Secretary) received a plaque from Bob Musselman in a lovely ceremony during the Long Course Nationals in Portland.

"T H I N K S T A N F O R D"

Jacquelyn Galbraith	45	
Doug Williamr	37	157
Loren Bertoccl	34	
Kitty Tominey	41	IEM *2:49.87
200M MX.MEDLEY RELAY		160+
Heather DeWitt	35	
David Daboll	50	164
Don Sandberg	39	
Jandyl Doak	40	IEM**2:25.00
200M MX.MEDLEY RELAY		200+
Wilford Dolphin	60	
Betty Hanson	50	213
Joe Perry	51	
Marilyn Sisco	52	IEM**3:24.69
200M MX.MEDLEY RELAY		240+
Allan Sachs	73	
Tom Taylor	55	240
Ann Gindroz	48	
Marion Chadwick	64	PNA**3:15.02

UPCOMING EVENTS

2nd FINA/MSI World Masters Swimming Championships, October '88
Brisbane, Australia.

3rd FINA/MSI World Masters Swimming Championships, 1990 in
Rio de Janeiro, Brazil.

Japan was the first one. New Zealand was not FINA sanctioned.
Toronto was a "Masters World Games" (1985). Copenhagen will be
a "Masters World Games" in 1989. Notice the 4 year spread be-
tween World Games. Even numbered years are World Masters Swimm-
ing Championships.

MSI News carries an international calendar of events and a directory
of people to contact in each country. See subscription below.



M.S.I. NEWS

the official newsletter of M.S.I.

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Name _____

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Please give the name and address of a friend who would like a complimentary
copy.

PNA Committees as of July 2, 1986

COMMITTEE	MEMBERS (* - chair)
Relay Captains	*Kathy Casey, Walt Reid, Julie Corman, Dave Addleman
Constitution & By-laws	*Rick Ingraham, Hugh Moore, Kathy Casey
Officiating	*Carolyn Behse, Rick Ingraham
Sunshine	*Marietta Hunziker-James, Jim Penfield
Hospitality	*Dave Addleman, Kiko Kimura
Medical	*Jane Moore, Kiko Kimura, Martha McClelland, Carolyn Baldwin
Social	*Linda Cazin, Rick Ingraham
Team Wear	*Tom Taylor, Jay Palmer, Jane Moore
History	*Tom Foley, Maxine Carlson
Computer Applications	*Hugh Moore, Walt Reid, Dave Addleman, Gordon Gray
Fitness	*Kiko Kimura, Hugh Moore, Jane Moore, Lib Rust, Amy Rust, Maxine Carlson, Cathy Brooks, Karen Unruh, Carolyn Baldwin
Awards	*Carolyn Baldwin, Steve Freeborn
Newsletter	*Kathy Casey, Hugh Moore, Walt Reid
Publicity	*Frank Newquist, Judy Harrison
Records	*Walt Reid, Kathy Casey
Meets	*Jan Kavadas, Hugh Moore, Joann Brislin, Julie Corman, Carolyn Baldwin, Rick Ingraham
Membership	*Jane Moore, Hugh Moore, Rick Ingraham
Finance	*Julie Corman, Hop Bailey, Hugh Moore

If anyone wants to subscribe to the Oregon newsletter, fill out form below:

AQUAMASTER SUBSCRIPTION FORM

Oregon Masters Newsletter

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

Make out \$6.00 check to: OREGON MASTERS SWIMMERS

Mail check & form to: Pat Caudill
13365 NW Glenridge
Portland, Or. 97229

The PNA would like to welcome the following new swimmers who have registered in the past month:

Emmett Guise
Mark Kroll

Judy Morton
Alan Thal

FROM WETSET 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.

!!! 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 -

FOR THOSE INTERESTED IN SUBMITTING PAID ADVERTISEMENTS:

Approved ads will cost: $\frac{1}{4}$ page = \$20) for the \$15) for each
 $\frac{1}{2}$ page = \$40) first \$30) month
Full page = \$80) month \$60) thereafter

SUBMIT CAMERA READY COPY TO KATHY CASEY



Dick Hannula
1021 Westley Drive
Tacoma, WA 98465

Telephone 206-564-6674

THE FINALS WINNING SPIRIT MASTER'S CLINIC

Tacoma, Washington

Pacific Northwest Masters' Clinic: Saturday, Oct. 25 - Foss HS

- 8:00 - 9:00 a.m. - Main Lobby, Registration/Materials
- 9:00 - 10:00 a.m. - Auditorium, Groups 1 & 2
Cycle Training - Methods and practical self application.
- 10:15 - 11:45 a.m. - Pool, Group 1 - In water stroke technique instruction.
- 10:15 - 11:00 a.m. - Auditorium, Group 2 - Nutrition, Skin Fold testing.
- 11:00 - 11:45 a.m. - Auditorium, Group 2 - Video Tape, swim strokes.
- 12:00 - 1:00 p.m. - Lunch Room, Buffet Lunch - Video Tape, World Championship Trials.
- 1:00 - 2:00 p.m. - Auditorium, Groups 1 & 2
Mental Imagery and Taper
- 2:15 - 3:45 p.m. - Pool, Group 2 - In water stroke technique instruction.
- 2:15 - 3:00 p.m. - Auditorium, Group 1 - Nutrition, skin fold testing.
- 3:00 - 3:45 p.m. - Auditorium, Group 1 - Video Tape, swim strokes.
- 4:00 - 4:45 p.m. - Auditorium, Groups 1 & 2
Panel Session, Questions and Answers

THE FINALS sales booth will be available in the main lobby from 8:00 a.m. through 2:30 p.m. Catalog items at catalog prices, plus other accessories.*****

Clinic Cost - \$20 Pre-Registration (Lunch Included)
Pre-registration must be received by Oct. 20, 1986.
Registration at the door - \$25 (if space permits)

Foss High School is located at 2112 Do. Tyler, Tacoma, behind Cheney Stadium.

Registration form:

NAME _____ ADDRESS _____

CITY _____ STATE _____ ZIP _____ Cost - \$20

Make checks payable to PNA MASTERS SWIMMERS and mail to:
Dick Hannula, 1021 Westley Drive, Tacoma, Wa. 98465

Clinic Director: Dick Hannula, staff to be selected.