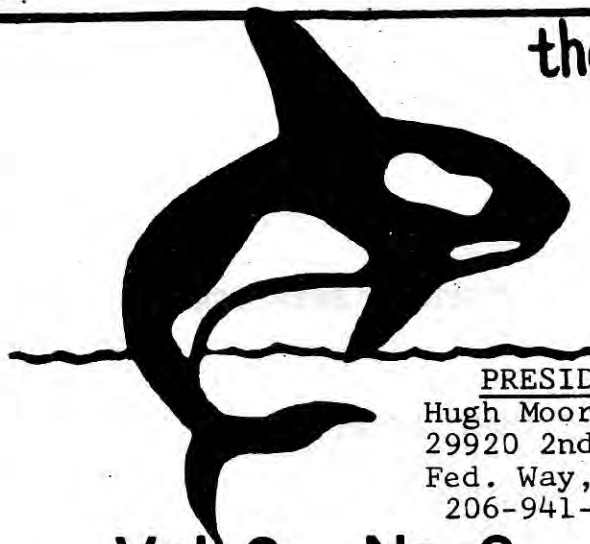


the WET SET



the OFFICIAL PNA MASTERS NEWSLETTER

MARCH 10, 1987

Vol. 6 No. 3

PRESIDENT

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

EDITOR

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

Schedule • Calendar

Mar. 13-14 SC Husky Order #4
Apr. 3-5 SC PNA CHAMPS, Kent, WA
Apr. 4 PNA Banquet at
Gregory's Restaurant
Apr. 24-26 SC REG'L CHAMPS, Orca, Hazen
Apr. 25 REG'L BANQUET, Golden Steer
Restaurant, Kent, WA

Apr. 28 Board Meeting, 7:00pm
May 15-18 SC NAT'LS Stanford, CA
Aug. 21-24 LC NAT'LS, The Woodlands TX
May 1988 1988 Canadian SC Nat'ls
Vancouver, BC Canada
Oct. 8-14 LC 1988 WORLD CHAMPS
Brisbane, Australia

BOARD MEETING, MAR 14 AT BILL CASTNER'S, 16915 MAPLEWILD SW, SEATTLE,
206-246-1726, AFTER THE MEET.

EDITOR'S CORNER...

NEWSLETTER DEADLINE IS THE LAST
DAY OF THE MONTH

REMINDER! The March 14 Board Meeting will be a potluck dinner meeting at Bill Castner's after the Husky Meet. All interested members are invited to attend.

WARNING! WARNING! WARNING! WARNING!

There was a huge Boo-Boo in the last Wet Set!! Entry Fees for the PNA Championships are \$7.00 with cards or \$7.50 without cards (not \$5.00 or \$5.50)! If you have already entered that meet, please bring an additional \$2.00 to the meet. If you have not entered the meet, use the entry form in this Wet Set. DO NOT USE THE ENTRY FORM IN THE FEBRUARY WET SET! (Sorry about the error.)

DEADLINE: Team registration must be postmarked by March 20, 1987

DEADLINE: Individual Registration Applications must also be postmarked by March 20, 1987, if you plan to swim the PNA CHAMPIONSHIPS.

A PNA CRUISE!! There will be a cruise on Darryl Swenson's 52' yacht Friday night at Nationals! See page 28-29 for information and RSVP.

INDEX

<u>Card Instructions</u>	<u>5-6</u>	<u>Deck Profiles & Ballot</u>	<u>14-15</u>
<u>Board Minutes</u>	<u>7</u>	<u>Stanford SC Nat'ls Entry</u>	<u>17-18</u>
<u>Team Registration</u>	<u>8</u>	<u>Cascade Results</u>	<u>22-27</u>
<u>Region XII Banquet</u>	<u>9</u>	<u>Relay Entries</u>	<u>28</u>
<u>Candidates' Letters</u>	<u>10-11</u>	<u>Explanation of Clubs</u>	<u>31</u>
<u>Region XII Entry</u>	<u>13</u>	<u>PNA Champs Entry</u>	<u>32-33</u>

DAWN MUSSELMAN SWIM AGAINST CANCER

Tues, Jan 20th, 6:15AM, after a short warmup I pushed off the wall to begin my contribution to the Dawn Musselman Swim Against Cancer. Apprehensive -I started slowly- I'd just gotten over a head cold, my right shoulder had been hurting, I'd never done a long distance swim before, did I eat right?

One hour later I was ecstatic having finished 500 yds. over my anticipated goal, achieving a new personal best and knowing that I had contributed in a small way to a significant important cause, the fight against cancer.

The first Dawn Musselman Swim Against Cancer held in Jan garnered 32 entrants including 5 Californians and one from Connecticut. Participants ranged in age from 22 to Grace Hiddleston at age 78. Special recognition should go to Dennis Mc Cabe who collared just about everyone he knew to collect a tremendous number of pledges, Julie Wilson who swam the furthest (4840), Hugh Moore and the PNA Board for their support and approval, the pools which set aside swim times, Bob Musselman for his support, and Dorothy Donnelly from Conn., winner of the Musselman Award at Long Course Nat'l's, who swam 3145 yds. in the 65-69 division. She had cancer diagnosed in 1984. She is obviously doing very well and should be a great example to us all that cancer can be beat.

All in all just over \$3000 was raised for the American Cancer Society. About \$1000 of this money will support cancer research into the causes and treatment of cancer. The remainder will be spent providing services to those living with cancer, and spreading information to help people treat, detect, and even more importantly prevent cancer. Truly a worthy cause.

I hope that I got the results correct. I think that I got receipts sent to all those who pledged. If not please let me know.

Hopefully we can do this again next year, raise more money, have more participants, and do our part in the fight against cancer

Thanks,

Dan

Ian Thompson
President elect
Washington Div.
American Cancer Society

DAWN MUSSELMAN SWIM AGAINST CANCER RESULTS

WOMEN			
25-29	Julie Wilson	Federal Way	4840yds
	Lisa Donaldson	Mt. Baker	4050
	Annette Broder	Sequoia Y (Calif)	3900
	Teri Rexroat	Mt Baker	3200
35-39	Kathy Casey	Ft. Steilacoom	4490
	Jane Moore	Federal Way	3675
40-44	Ruth Winn	Tamalpais Aq. (Calif)	3900
45-49	Ann Gindroz	Tacoma Y	3340
	Carol Anning	Tacoma Y	3170
50-54	Carolyn Baldwin	Tigers	2900
55-59	Patricia Dotson	PNA	3740
	Jane Kavadas	PNA	3005
60-64	Muriel Flynn	Tacoma Y	3170
65-69	Dorothy Donnely	Conn Masters (Conn)	3145
	Maxine Carlson	Tigers	2750
70-74	Pat Matthiesen	San Mateo Marlins (Ca)	2685
	Mary McMahan	Wash Athletic Club	2600
	Lee Holm	Tigers	2430
75-79	Grace Hiddleson	Woodland (Calif)	1150
MEN			
19-24	Chris Cosmos	SF Parks & Rec (Calif)	4000
30-34	Hugh Moore	Federal Way	4685
	Robert Miller	Mt. Ranier	3575
	Peter Helsell	Olympic Penn	2720
35-39	Ian Thompson	Mt. Baker	4800
	Dennis McCabe	Mt. Ranier	3440
40-44	Gordon Gray	No. Kitsap	4285
	Darryl Swenson	Unatt	4025
	Steve Peterson	PNA	3830
45-49	Frank Newquist	Ft Steilacoom	4075
50-54	Tom Foley	Tigers	3000
55-59	Thomas Taylor	Federal Way	4025
60-64	James Worrel	Unatt	2900

ABOUT THOSE RELAYS

PLEASE PAY ATTENTION!! Every month I publish the instructions for filling out relay cards. I keep those instructions updated as to the latest rules and the season we are in. Yet some of you are entering cumulative age groups (short course yards is 19+, 25+, etc. not 76+, 100+, all of which is explained again on page 5. Some of you are entering the 25+ age group with a 24 year old on your relay (Wrong-o! That's a 19+ age group), and some of you are writing down first names only and no last names (we need first and last names). Fortunately you are writing down the ages of each relay member so we can figure out who those first names are. PLEASE FILL OUT RELAY CARDS CORRECTLY! You are driving the volunteer help crazy!

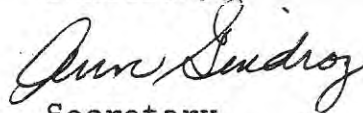
WATCH OUT WHEN YOU ENTER NATIONALS

Three articles each appeared in the January and February newsletters explaining that for Regionals and Nationals your club name is PNA or HUSKY (unless you are registered unattached nationally there are only 2 of you at this time). Yet we will get to Nationals and one of you out there will have listed your club name as the local group (team) you work out with. That causes us a great deal of difficulty in trying to straighten that out with meet officials at Nationals. PLEASE DON'T CAUSE US THAT HASSLE! ENTER THOSE MEETS CORRECTLY!

To the Editor:

It was wonderful to see such interest in PNA expressed at the recent board meeting with 24 in attendance. After having spent two years of serving on the board and after feeling a sense of apathy about the team business, I feel encouraged by the renewed sense of vitality - even about the minutes. Though I often missed the newsletter deadline due to my own work pressures, I also felt that no one really cared about reading the minutes. So I was pleased to hear that they are missed when not printed. (All past minutes are available for anyone interested). I will happily finish off my term on the board with a renewed sense of vigor and look forward to seeing and hearing about many new and old friends involved in carrying forth the goals of Masters' Swimming in the Pacific Northwest in the coming years.

Sincerely,



Secretary

KC 83

RELAYS - HOW TO FILL OUT RELAY CARDS

EVENT NUMBER 3 Best Time : .

EVENT 200 Free Relay

MEET KENT DATE 2/8

FULL NAME(S)	AGE(S)
1. JIM PENFIELD	76
2. WALT REID	45
3. FRANK NEWQUIST	47
4. TOM MCKEE	31

CLUB/ASSOC: FT. STEIL **(25+)**

AGE GROUP: 19-24 25-29 30-34 35-39
 40-44 45-49 50-54 55-59 60-64
 65-69 70-74 75-79 80-84 85-89 90+

RELAYS ONLY	19+/76+ (25+/100+) 35+/120+
	45+/160+ 55+/200+ 65+/240+
	75+/280+ (MEN) WOMEN COED

HEAT	Timers Initials	Time		Tenths/Hundredth
		Minutes	Seconds	

OFFICIAL TIME FINAL PLACE

Be sure the #1 swimmer really does swim first! Lead off swimmers are eligible for Top Ten and records if electronic timing is used.

Please fill out the full name (first and last name, no nicknames that obscure the swimmer's real name - ie, "Frog"). The PNA membership is large enough that two swimmers in the same age group may have the same last name. Using a nickname prevents us from figuring out which swimmer it really is. Some swimmers of the same age have the same first and last name but a slightly different spelling. All mysteries are eliminated by printing the correct full name and age of each relay member on the card in the first place.

Use Pink cards for women's relays. Use Blue cards for men's relays. Use yellow cards for mixed relays only. Please write the name of the relay event on the card as well as the event number. Writing either the meet location or the date on the card helps immensely when compiling records and top ten.

Price: 50 cards \$1.50 at meets or \$2.00 by mail.

THIS NEW CARD WILL BE USED FOR SHORT COURSE & LONG COURSE RELAYS. CIRCLE THE AGE GROUP FOR THE SEASON YOU ARE SWIMMING IN; i.e.- 19+, 25+ ETC. IS SHORT COURSE YARDS ONLY; 76+, 100+ ETC IS FOR SHORT COURSE METERS AND LONG COURSE METERS.

INSTRUCTIONS FOR FILLING OUT TIME CARDS FOR ALL MEETS:

All swimmers are asked to purchase time cards. Fill them out completely and accurately as illustrated below, and send them in with the entry form. Use one card for each event you enter.

KC 83

EVENT NUMBER 4 Best Time :36.0 ← 1. ENTER EVENT NUMBER & BEST TIME

EVENT 50 Breast ← 2. EVENT NAME

MEET Kent DATE 2/11 ← 3. ENTER MEET NAME & DATE

FULL NAME(S)	AGE(S)
1. <u>Kathrine Casey</u>	<u>38</u>
2.	
3.	
4.	

← 4. PRINT YOUR NAME & YOUR AGE. USE THE SAME NAME WITH WHICH YOU REGISTERED. PRINT LEGIBLY!!

CLUB/ASSOC: Ft. Steil. ← 5. PRINT CLUB NAME

AGE GROUP: 19-24 25-29 30-34 35-39 ← 6. CIRCLE YOUR AGE GROUP. IF OVER 79 WRITE IN YOUR AGE GROUP.
 40-44 45-49 50-54 55-59 60-64
 65-69 70-74 75-79 80-84 85-89 90+

RELAYS ONLY	19+/76+	25+/100+	35+/120+
	45+/160+	55+/200+	65+/240+
	75+/280+	MEN	WOMEN COED

HEAT	Timers Initials	Time		Tenths/Hundredth
		Minutes	Seconds	
LANE				
OFFICIAL TIME			FINAL PLACE	

DO NOT FILL OUT ANYTHING BELOW THIS LINE

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

FEBRUARY 24, 1987 PNA BOARD MEETING MINUTES

The February 24, 1987 meeting of the PNA Board at the home of Rondi White was called to order by President Hugh Moore. Those in attendance were Hugh Moore, Jane Moore, Ann Gindroz, Stephen Freeborn, Bobby Gallegos, Susan Dearborn, Steve Engel, Walt Reid, Chuck Norton, Lowell Johnson, Rondi-Beth White, Frank Newquist, Linda Cazin, Carolyn Behse, James Miles, Pat Dotson, Lib Rust, Janet Russell, Julie Corman, Rick Peterson, Gordon Gray, Robert Miller, Rick Ingraham and Kathy Casey, an attendance of 24.

The minutes were read and corrected. Treasurer reported a balance of \$3104.00.

A discussion was held on sanctioning meets. A motion was passed to establish as standing policy to have the membership chair be the sole responsible person to determine sanctions according to USMS rules, results of which would then be reported to the board. Steve Engel recommended setting up a way to monitor meets that are sanctioned.

Of three candidates nominated, Kathy Casey was voted on to be our 1987 team recipient of the Ransom Arthur Award.

Meets were reviewed to rectify an entry fee error for Champs and a motion was passed to raise the entry fee to \$7.00 and ask every one to pay this fee (bring \$2.00 to meet to make up difference if \$5.00 was paid originally).

A committee consisting of Rick Ingraham, Carolyn Behse and Dave Addleman was appointed to establish team size categories.

Membership was reported at 416 which is 40 more than this time last year. The social chair presented Champs banquet information for Gregory's at Vance Hotel which was approved by the board. Rick Ingraham was selected as M.C. and the agenda was discussed. A motion was passed to present awards to the most improved male and female swimmers based on computer times to be worked out by Walt. Door prizes will be solicited by Steve Freeborn, Judy Harrison and Rick Ingraham. The Regional banquet location was accepted to be the Golden Steer.

Regarding the incomplete ballot for new officers, a motion was made to invalidate the ballot and send out a separate ballot. The motion was not passed. A motion was passed to run a ballot in the March newsletter with the additional nominee for secretary and nominees for at-large reps. to be voted on by non-affiliated members only. Members should vote only once for the slate. A committee was appointed for the Dawn Musselman award to select the criteria and a recipient for this year. Rondi-Beth White was appointed chair with Linda Cazin and Debbie Lewis.

Three specific requests for free Newsletters were approved by a motion passed.

A suggestion was made to use donated Musselman awards to present to team swimmers of the year. Approval was given to the president for funds for the President's Award.

Meeting was adjourned at 10:54pm.

Respectfully submitted,



PNA CHAMPIONSHIP TEAM CATEGORIES

We will again divide the PNA Champs team title pursuit into three categories - A, AA, AAA. 1st/2nd/3rd in each category will receive a trophy. A TEAM MUST BE REGISTERED AND HAVE PAID THE TEAM FEE IN ORDER TO BE ELIGIBLE. Team registration must be postmarked by March 20, 1987.

The division will be based on size, that is, the number of participants a club has entered in the championship meet.

Division into the categories will be made after the entry is closed. A committee of three has been chosen to look strictly at the numbers and to find natural divisions if possible. The teams and divisions will be posted at the meet.

Our goal is equity and to allow teams of smaller size to perhaps take home a trophy.

If you have any questions, please call me.

Hugh Moore, Pres.
(206) 941-3100

PNA SWIMMER OF THE YEAR

TO: 1987 PNA TEAM REPS.

Each year the PNA likes to recognize special people in our association. Each REGISTERED TEAM is asked to choose one swimmer from their team who will receive a PNA Outstanding Swimmer of the Year Award. Each team sets its own criteria for this award. It should not necessarily go to the fastest swimmer or record holder. Other possible criteria could include inspiration, enthusiasm, attendance, most improved, etc.

Please send in the name of your swimmer with your team registration if possible.

TEAM REGISTRATION

Team registration is required for two purposes. If a team has more than eight registered members, that team is entitled to a representative on the PNA Board of Managers, but only if the team registers. Since the fees collected from team registration are used to fund team awards for PNA Champs, only registered teams are allowed to compete for team awards.

TEAM NAME _____

BOARD OF MANAGERS REPRESENTATIVE _____

ADDRESS _____

PHONE (day) _____ (eve.) _____

SWIMMER OF THE YEAR _____

FEE: \$10.00, Make Check to: PNA MASTERS SWIMMERS
DEADLINE: Postmarked by March 20, 1987
SEND TO: Hugh Moore
22920 2nd Pl. SW
Federal Way, WA 98023

REGION XII BANQUET

Saturday, April 25, 1987
Golden Steer Restaurant, Kent

No Host Bar: 4:30 pm
Dinner: 5:30 pm
(Will be delayed if meet runs late)

Menu selection: Salad Bar only \$ 8.50
Light Meal (Small Portion) Select one for
Salmon \$10.50 each person in
Dijon Chicken (full Meal) \$12.00 your party
10oz. Sirloin Steak \$13.75

DEADLINE: APRIL 15, 1987 CHECKS PAYABLE TO: PNA MASTERS SWIMMERS

Send reservation form, Menu selection and fees to:

PAYABLE TO PNA MASTERS SWIMMERS Frank Newquist
By APRIL 15 P.O. Box 5876
Tacoma, WA 98405-0876
(206-572-8335)

Do not DARE send this to the meet director!! He does not take care of the Banquet!

REGION XII BANQUET RESERVATION FORM

NAME _____ PHONE _____

ADDRESS _____

MENU SELECTION:	Menu	Price	#	People	Total
	Salad Bar only	\$ 8.50	X	___	= \$ _____
	Light Meal (sm. portion)				
	Salmon	\$10.50	X	___	= \$ _____
	Dijon Chicken (Full Meal)	\$12.00	X	___	= \$ _____
	10 oz. Sirloin Steak	\$13.75	X	___	= \$ _____

CHECKS PAYABLE TO: PNA Masters Swimmers TOTAL PRICE = \$ _____

SEND TO FRANK NEWQUIST BY APRIL 15

HOSPITALITY - H.O.S.T. (Host Our Swimmers Tonight)

Anyone who is willing to have out-of-town swimmers stay in their home during Regionals, please contact:

David Addleman,
1812 Maple Lane #D-21
Kent, WA 98031
(206-852-7002)

Dave is the contact person for out-of-town swimmers requesting housing. All volunteers will be greatly appreciated!

LETTERS FROM THE CANDIDATES

Last summer I wrote an article titled "Avoiding Burnout", which was printed in the June Wet Set. In the article I suggested that swimmers should budget their time to allow for pursuing athletic interests, as well as family, job, and social life. I have recently realized that I am approaching a burnout stage. I have not allowed adequate time for my family and my job. I have been spending 6 to 8 hours a week on tasks with the PNA, but have only been swimming about two hours a week. I feel that it would be unfair to my family, to the PNA, and to myself to serve for another term as president. I am, therefore, withdrawing my name from the ballot for president of the PNA. I urge everyone to contribute their time and ideas to help Rondi and the other new officers continue improving the PNA.



March 1, 1987

Dear Fellow PNA Swimmers:

My name is Rondi White. I am forty-one years old and have been active in PNA for six years. During those years I have benefited greatly from the fellowship and support we have all shared as members of this association. I have been to two international and two national meets as well as most local ones. For me, the "PNA Experience" is among the things I cherish most in my life. The feeling of belonging to the group is there, whether I am winning or not, and the encouragement to participate is not based on performance. The caring and friendship I have come to know are unique, and we are fortunate to have an association such as ours.

I would like the opportunity to serve the PNA and to reciprocate for all I have received. The presidency of PNA is a chance to work with and for the entire membership; to try to make the desires of all the members, as they are conveyed to the Board, into realities. In the past I have served on state, county and community boards as president, vice president and treasurer as well as member-at-large. I know how difficult it can be to involve members and to truly represent an entire membership. Doing this for PNA is a challenge. I feel I am qualified and motivated to meet this challenge.

I am pleased and grateful to say that I have the endorsement of all registered, past presidents except one, who chooses to abstain from public endorsement. I would appreciate your support in the coming election. Thank you.

Rondi White

David R. Addleman swims for the Tacoma YMCA. He is 52, lives in Kent, and works for Boeing Aerospace as a computer software engineer. He also writes mystery fiction.

In the PNA for eight years, Dave has served as awards chairman, team rep, and member of computer selection and out-of-state hosting committees.

He has competed in seven nationals and the World Masters Games in Toronto.

Dave Addleman

(for vice-president)

Looking around at the swim meets and reading in the "Wet Set" of the numerous achievements of many of our members, it has become more than apparent that four years as a member of PNA still classifies me as a relative newcomer.

However even with only four years under my belt, it is more than evident that PNA is a quality organization - quality that extends from the local all the way through to the international level.

To maintain this high quality requires a strong board. I would like to contribute to that board and to the organization as a whole. Further, I would like to put back into the organization that which I have been fortunate enough to receive as a member. I believe that the position of vice president will afford me the opportunity to make such contribution.

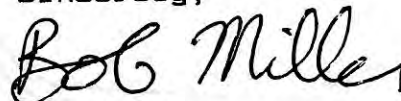
Stephen Freeborn

(for vice-president)

If I am elected PNA Treasurer I pledge to continue established traditions of frugal money management.

Please vote for me and allow me to give back to the PNA some of what I have gained from Masters Swimming.

Sincerely,



Bob Miller

11 Candidate for PNA Treasurer

DECK PROFILES: Meet Bill Holley From Cascade Swim Team

Bill Holley was born October 5, 1925, in Tonkawa, Oklahoma. He was raised in Oklahoma and Texas. In Texas, he went to Mission High School with Tom Landry ("My only claim to fame," says Bill). During his high school years Bill swam on the team at the local pool.

At age 17 Bill left high school for the Navy and World War II. He was first an amphibious radio operator. I questioned him on the types of ships. "Assault ships to LCVP (landing craft vehicle personnel). If it was 70 feet or longer and floated they used it." During the last year of the war, Underwater Demolition Teams were organized and Bill became a UDT frogman. The UDT teams worked in shallow, tropical water ("beautiful water"). They used radio detonated explosives to blow up coral reefs so the landing craft could get in to the shore. Earlier landing missions had gotten hung up on coral thousands of yards from shore. When the Marines landed on Okinawa they were greeted by an orange-crate sign with the message, "Welcome Marines" painted on it. Bill helped make that sign and one of the men on his team left it on the beach during their pre-invasion reconnaissance work. They did pre-invasion reconnaissance work of enemy shoreline two weeks prior to an invasion. They made rough maps and gathered all the information they could as well as clearing the way to shore for the landing craft. Sometimes the UDT had to wait on enemy shores because they couldn't contact the rendezvous ship. I commented, "scarey huh?" "Well, yeah....the Japanese captured one guy and we never saw him again." During his 3 years in the Pacific, Bill saw action in Guam, Saipan, and Tinian (islands north of Guam).

After the Navy, Bill finished high school and earned degrees in journalism (University of Washington) and engineering (Oregon State University). While at the University of Washington he took swim lessons from Helene Madison and swam some meets for her. In 1955 Bill joined Boeing as a planning engineer in quality control. He was the liaison between the factory and flightline and flight testing. As liaison he analyzed problems and planned reports and changes. Bill also worked in customer service for awhile and dealt with foreign companies. (He even considered transferring to Iran until the Shah fell from power.) Bill retired from Boeing in 1980 for health reasons.

Bill guesses he's been married about 35 years. (His wife, Lois, tells me it's been 32.) They have two children and three grandchildren. Lois is an accountant for a medical records firm.

Bill swims again for his health. Perhaps you have seen his leg parked behind a starting block at a swim meet. Bill has a heart circulatory problem. Since 1973 he has had two serious heart attacks, about half a dozen silent strokes, and a pulmonary embolism. In 1978 his lower left leg was amputated. He thought they could patch him up with a bypass, so the proposed amputation surprised him. "It's like sewing," Bill says, "If the fabric is so bad, there's nothing to attach new parts to." Bill also quit smoking in 1978. Of the doctors he says, "they wised me up to that." At that point the doctors said he'd be lucky if he lived another five years. He kept working at Boeing until 1980. For three years after that he was bedridden and getting worse. His wife Lois had quit work to stay home and take care of him. In 1983 two things happened: 1) he started a new drug, trental, a vasodilator that slowed the deterioration of his other leg, and 2) he decided to start swimming again. Bill says, "for two or three years you think your life is shot. Then you get control of it again." At that time they had no car. Lois had returned to work, so Bill got himself out of bed and took the bus to Shoreline pool. Lois says, "He decided he wasn't going to wait to die anymore. He was looking for something to do that didn't involve, drinking, smoking, or taking drugs."

When he first started, he couldn't swim the width of the pool, let alone the length of the pool. At Shoreline Bill met Gene Crossett, Robin O'Leary, and a few other Masters and decided to sign up. At first he thought it a formidable thing to start competing even in his own age group. "It was formidable to be able to hope to do it." Now he's "doing it and it's fun". Of workouts Bill says, "the desperation stage is over and it's actually sometimes fun". The fun part for Bill is the improvement. "I've made miles of improvement." So now he encourages others with physical problems to do things like Masters. "I would talk the ear off somebody who was leaning that way." It's definitely changed his life style (he swims two or three times a day). "I used to look for bars when I was travelling. Now I look for pools."

With the artificial limb Bill can only walk one or two blocks before his leg gets sore, but there's no limit to the swimming he can do because he leaves the artificial limb behind.

His most memorable race was, of course, his first one, the 50 backstroke at North Kitsap, November, 1985. His most memorable moment in Masters was, "being on the Cascade team when we won first prize in our division last year at the PNA Champs."

Of her husband, Lois says, "Bill has tremendous courage. He's endured terrible pain. I've never seen anyone with such a zest for life." When you see a leg parked behind the starting block, Bill Holley is somewhere close by in the water. Stop and say, "Hi/!"

by Kathy Casey

BALLOT FOR NEW OFFICERS

NOTE: If you have already voted using the ballot from the February Wet Set, vote only for secretary and Reps-at-large on this ballot. If you have not yet voted, vote for all offices on this ballot. Do not use the February ballot.

VOTE FOR ONE PERSON FOR EACH OFFICE

- PRESIDENT RONDI-BETH WHITE
- VICE PRESIDENT DAVE ADDLEMAN TOM TAYLOR STEPHEN FREEBORN
- SECRETARY DEBBIE LEWIS
- TREASURER BOB MILLER

REPRESENTATIVES-AT-LARGE (Only unattached swimmers and members of teams with less than 8 members may vote for Reps-at-large.)

- 98000-98099 TERRI HIGHLAND
- 98100-98199 LISA FARIN
- KATE SUTHERLAND
- 98200 & ABOVE GLORIA MASTERS

DUE MARCH 23

MAIL BALLOT TO: Ann Gindroz
715 N. Yakima
Tacoma, WA 98403

ARE YOU GOING TO SC NATIONALS AT STANFORD?

If you are going to Short Course Nationals in May, you are eligible to compete to have your picture on the USMS calendar. Send three (3) pictures (full body shots of you in your swim suit but out of the water) to:

USMS National Office
Five Piggott Lane
Avon, Connecticut, 06001

Write your name, age, association and address on the back of each picture. The deadline is March 15, 1987.

DID YOU MAKE NATIONAL TOP TEN?



TOP TEN PATCH
STROKE SEGMENT - \$5.00 ea.
ADDITION STROKE SEGMENTS - \$1.00 ea.
(Indicate stroke segments desired.)

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

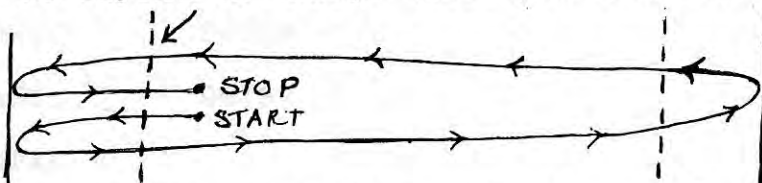
Lake Erie Assoc.
c/o Harry Fox
710 Oxford Ave., NE
Massillon, Ohio 44646

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!

...K.C.

This workout is one of several contributed by Gail Dummer, the National U.S.M.S. Vice-President. This one is called "Around the World". It's a series of 50's with 3 turns in each 50 for sprint practice and turn practice. Start from out beyond the flags. Sprint in to the closest wall, turn, sprint 25 yards, turn, sprint 25 yards, turn, stop out beyond the flags where you started.



Pick a number of 50's to do (ie - 8 X 50, 10 X 50, or 16 X 50) and pick a send-off (ie - if you normally repeat 50's on 1 minute, repeat these on 1:10 or more).

....K.C.

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

Laura Appell	John Eliason	Bob Miller
David Bacher	Mitchell Gonzales	Florence Miller
Ann Bender	Dorothy Haubert	Paul Monohon
Julia Bent	Charles Hoehner	David Moore
Dan Bentley	Merrilyn Hughes	Amy Pardee
Karen Bertling	Michael Jackson	Tom Pardee
Martin Brotnov	Karen Jost	Scott Roberts
Becky Carr	Jim Koenig	Beth Robertson
Amy Carroll	Ellen Lauman	Thomas Slining
Alison Clark	Paul Lennon	Marga Stya
Nancy Cosby	Peter Liekkio	Curtis Troupe
John Crowley	Gary Luhm	Deborah Walker
John Davis	Katherine MacDonald	Dave Westlake
Maria Driano	Wayne Methner	Eric Wolgemuth

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			
		month		

SUBMIT CAMERA READY COPY TO KATHY CASEY
MAKE CHECKS PAYABLE TO: PNA MASTERS SWIMMERS

RELAYS! RELAYS! RELAYS! RELAYS!

1987 SC Regionals (Hazen) and 1987 SC National (Stanford)

Short Course Regionals will be held at Hazen High School in Renton, April 24, 25 and 26. Short Course Nationals will be May 15-18 at Stanford University in Palo Alto, California. At both meets you must swim relays for the club you are registered with nationally, in this case either Husky or Pacific Northwest Aquatics (PNA)

The entry deadline for Nationals is April 15. We need a relay commitment from you by April 1 in order to have the relay entry ready to mail in on April 12. Please fill out the following form and return, as early as possible, with \$2.00 per relay plus \$.50 surcharge per PNA swimmer. (We have to open a new account for Pacific Northwest Aquatics and each swimmer is being assessed \$.50 to keep the account open after the PNA relays are paid for.) Make checks payable to Pacific Northwest Aquatics. Payment is required for Nationals only!

If you are going to Short Course Regionals only, send the following form in by April 18, with no payment. Regional relays are free. Regional relays are the most difficult to do, so do not fail to send in the relay form.

Husky swimmers contact Joanne Brislin with this information. PNA swimmers send this form (and payment for Nationals) to:

Kathy Casey
11114 - 111th St. SW
Tacoma, WA 98498
588-4879

PNA CRUISE AT NATIONALS

Friday evening, May 15, 1987, all PNA swimmers attending Short Course Nationals at Stanford are invited on a cruise on Darryl Swenson's 52' yacht which is moored at Santa Cruz. There are enough life jackets for 45 people to go out on the cruise. (There have been up to 90 people on the boat at the dock, so there's plenty of room!) Santa Cruz Yacht Club is a one hour (plus) drive from Stanford. You can leave after the last event at the meet on Friday. The boat will depart two hours after the last event is over. A professional captain will navigate the boat. There will be no cost, but bring your own beverage and something to eat on board. (Suggestion: There are plenty of stores or fast food places to stop at on the way. You could bring cold cuts, bread, other sandwich items, fruit, cheese, etc.) There is plenty of room inside the boat for everybody, but bring warm clothes for going out on deck. Directions to Santa Cruz Yacht Club will be available in the next Wet Set and at Nationals.

It is really important that you R.S.V.P. this invitation so Darryl can make sure there are enough life jackets available. There is an R.S.V.P. for the cruise attached to the Relay form for you to send to Kathy Casey. Or you can contact Darryl Swenson, P.O. Box 45157, Seattle, WA 98145 (284-6529, home), (343-2316, office). WE MUST HAVE "NOSE COUNT" BY MAY 1 FOR LIFE JACKETS. Come join the fun!

REPEAT OF EXPLANATION OF CLUBS

The following is an attempt to answer the questions many of you have regarding the change to two clubs in our LMSC (Local Masters Swimming Committee). If you are registered with the Pacific Northwest Association LMSC, your nationally registered club name is either HUSKY or PACIFIC NORTHWEST AQUATICS (unless you registered unattached Nationally - there are only 2 of you at this time - others of you are registered unattached locally, but still belong to the PNA Club and the PNA LMSC). The PNA has two nationally registered clubs; Husky and PNA (Pacific Northwest Aquatics - we had to keep the same initials because our "teamwear" T-shirts, towels, and caps all have "PNA" all over them). Region XII has 4 associations or LMSC's, Snake River, IEA (Inland Empire Association), Oregon, and Pacific Northwest Association. Within those associations or LMSC's, Snake River has one nationally registered club (Snake River), IEA has one nationally registered club (IEM), Oregon has two nationally registered clubs (Oregon and Multnomah), and PNA has two nationally registered clubs (Husky and PNA). Remember the club kept those same initials because of teamwear. The Husky club still belongs to the PNA (Association or LMSC) and is very supportive of the PNA LMSC, the newsletter is the LMSC's newsletter (not the PNA club's). Teamwear reverted to the PNA Club (Husky has their own teamwear). The officers of the Board, the Committees, the PNA Banquet, and the PNA Top Ten and Records all belong to the LMSC (and Husky is included in that). The PNA (Aquatics) club has its own officers (President - Tom Taylor) and a separate meeting after the PNA LMSC board meeting, should any PNA Club business need to be taken care of (ie- relays, future teamwear). PNA relays at Regionals and Nationals are club relays not LMSC relays. Husky will have its own relays at Regionals and Nationals. All local teams (ie- BEST, Ft. Steilacoom, Tacoma Y, etc.) as well as Husky will have their own relays at the Pacific Northwest Association Championships. Remember at Regionals relays may swim for nationally registered clubs only, which in our LMSC are PNA Aquatics and Husky. The same applies to Nationals. Otherwise, on the local level, Husky is the same as the other local teams.
