

the
WET
SET



PACIFIC NORTHWEST ASSOCIATION
OF
MASTERS SWIMMERS

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BOARD MEETING

The August Board meeting will be held:
AUGUST 30, 1988
7:00 P.M.
TACOMA YMCA
1002 PEARL STREET

AUGUST 1, 1988

Dear PNA Swimmers;

The meet at BAC was a great success. Everybody got ice cream, and nobody asked if you swam well or anything! The pool is great, the officials were efficient but kind, and, of course, the locker rooms are a far cry from the twenty foot white tile wall with three low pressure, cold water spigets, in the middle of the locker room we have all grown to love! A very nice meet.

At the meet, I had the chance to tell Terri Highland congratulations for her successful swim of Lake Washington. Terri swam the Lake in 11 hours and 30 minutes, non stop, eating and drinking on the swim! The swim benefits Northwest Harvest, and it is not too late to send in your contribution.

I spent some time thinking about the swim. It really benefits us all. What an example to set! I tried to feel less awed by Terri's feat by telling myself I wouldn't want to swim that far. I said I didn't have the time to spend on the training. I decided that my body wouldn't be able to take the cold, that I my priorities were different. Finally, I tried to remember anything I had ever done that took such a great committment! Once when I was young, I tried to keep my room clean for an entire week so I could go to a beach party on the weekend. By Thursday I had convinced myself that beach parties were for nerds. I set out once to compete in the Animal Meet and worked on my butterfly for a solid week before deciding that it probably wouldn't be ladylike to wear a t-shirt that said I was an animal anyway.

When all this thinking failed to make me feel better I decided that Terri's family probably does their own wash, has a hot meal ready when she comes home from a training swim, cleans the house while Terri trains, and is generally super supportive tossing out phrases like, "Can I do anything for you, Mom?" "Mom, a couple of my friends want your autograph, can I bring them to meet you?" and every Mom's dream, "I'm so proud that you're my mom!" Even I would probably swim the Lake for this!

What I really believe is that something special sets Terri apart, a real committment to a goal. She has every right to be proud of herself. She said she'd do it, and she did. I admire Terri for the actual swim, but even more for the dedication. There must have been days when the last thing she wanted to do was swim. Congratulations Terri! You are a real inspiration to us all. I'm sure next time I want to give up on a task, no matter how small, I'll remember; "If Terri can swim the Lake, I can drag myself to workout!" The PNA is proud of you, and truthfully, I am more than a little envious! Good luck to you all at Regionals!

Love,

Rondi

PNA Board Meeting
July 31, 1988

Meeting was called to order at 2:45 poolside at BAC. Those in attendance, and ready to move for adjournment at the first possible moment were; Rondi White, Lowell Johnson, Jane Moore, Hugh Moore, Dave Addlemen, Lisa Farin, Steve Peterson, Sue Dills, Wayne Methner, Forrest Brooks, Ian Thompson, Kiko Kimura, Linda Cazin and Tom Foley.

MINUTES were approved as printed.

TREASURER'S REPORT was approved as submitted by Jane Moore.

COMMITTEE REPORTS:

MEETS - The meet schedule for 1988-89 was presented. It was MSP to award the October meet to Highline with the understanding that we would try to change the date so as not to conflict with the Seymore Rapids meet in BC. A new fee structure allowing the host team to handle money from meets and then pay PNA was MSP.

BY-LAWS - Lowell asked for committee job description updates by next meeting from chairs who are not happy with the present description.

FITNESS - Jane presented the new fitness brochure from USMS. Ian and Jane presented a plan for the Dawn Musselman Swim Against Cancer. There will be a team competition with awards for the greatest participation (on a % basis), for most money raised, and for most miles swum. There will be a Swim Across the PNA again next year.

SOCIAL - Linda will find a place to hold a no-host get together on Saturday during Regionals.

MEMBERSHIP - Our per-member registration costs to USMS are going up by \$4 this next year. This is to cover a rise in the cost of insurance. How best to raise this added money in some manner other than just raising registration fees will be discussed at the next Board meeting. There are currently 519 members in the PNA.

OLD BUSINESS - It was MSP to send Hugh and Jane Moore, Kathy Casey and Walt Reid to USMS Convention in October. It was also MSP to allocate the same amount of money for this as was done last year, not to exceed \$2,000. Delegates will register themselves. Jane and Hugh Moore will be official representatives for PNA.

Forrest Brooks presented a proposal for buying "no diving" signs and cones. It was MSP to table a decision until the August Board Meeting, at which time board members better be ready to make a decision!

NEW BUSINESS - Steve Peterson, Hugh Moore, Wayne Methner and 2 more yet to be announced members will form the nominating committee for 1989.

A proposal to ask that USMS pay for National Committee Chairs to attend convention will be written for next year. It was too late to submit this year.

Adjourned at 3:45. Next Meeting on Aug. 30th at Tacoma YMCA at 7:00p.m.

AUGUST FITNESS COLUMNSUMMER FUN by IAN THOMPSON

One of my favorite memories from Masters Swimming occurred at the 84 Short Course Nationals in Southern California. Kathy Casey and I were rooting for one of our relays which was in first place. A woman rooting for the team next to us inquired "What team are you from?" Looking at our white bodies she quickly said "Never mind, you are from Washington aren't you?" We were surrounded by all those beautifully tanned California bodies and we looked like we were right out of a fairy tale Snow White!

Summer is here and the possibility of sunshine. Few of us train outdoors but many of us play in the sun as much as we can in the summer. It is wonderful, feels great but be careful. Skin cancer is the most common cancer. Although the two most common forms are almost always curable, sometimes they require extensive treatment. The third type, malignant melanoma, is a serious disease and is becoming a major epidemic. Some researchers postulate that intermittent bursts of excessive sun exposure (a typical Puget Sound behavior) increases the risks for melanoma. Besides cancer too much sun causes "aging" of the skin and can even reduce the strength of a person's immune system.

So what should we do?

1. Wear a hat and shirt.
2. Be aware of the 10:00 A.M. to 2:00P.M. high risk time.
3. Be aware that the risk goes up the higher the elevation and closer to the equator one goes.
4. Use sun screen. There is uncertainty that greater than 15 offers any more protection.
5. Remember that sun screen washes off when we swim or sweat. Reapply whenever you get out of the water unless you are certain you have a waterproof item.
6. Use sun screen generously. If used sparingly you will be streaked like a zebra (an interesting fashion statement) and your protection will be less than advertised.
7. Cloudy days aren't perfectly save. U V radiation can get through and get you anyway.
8. DO NOT use tanning booths.
9. U V rad can damage eyes so wear U V absorbing sun glasses.

With all this in mind it then will be OK for us to rationally and reasonably go play in the summer sun.

That is of course if there happens to be any sun!!!!

STAYING HEALTHY

One big factor to a successful season is staying healthy. The following advice should help you in preventing and treating some common swimming aches and pains.

SORE SHOULDERS

Prevention: Easy stretching before and after workout
A good warm-up before workout

Treatment: Ice, aspirin and persistence. Sit with a plastic bag filled with ice on your shoulder for 20 minutes twice a day (usually after workouts) Take 2 aspirin 3-4 times daily. Keep this treatment up until the pain is gone and two days after.

During Training: Pull with just a buoy (no tube, no paddles)

LEG CRAMPS

Prevention: Easy stretching before workout
Lots of potassium in your diet (bananas, orange juice, potatoes, green vegetables)

Treatment: Stretch the muscle by flattening your foot and slowly pulling your toes toward the front of your leg, or any standard calf stretches against the wall

During training: Don't do any more hard kicking during that workout (you can pull instead)

COLDS

Prevention: Take good care of yourself! Lots of vitamin C (orange juice, fruits), plenty of rest, good eating habits, stay warm during meets and after workouts

Treatment: Rest, lots of fluids, aspirin, decongestants.

During training: Try to continue training if you can.
Swim easy during workout.

SWIMMER'S EAR

Prevention: Get your ears dry after workout. Don't use Q-tips, this usually pushes any moisture further into your ear.

Treatment: See a doctor for ear drops.

During Training: Put a little lamb's wool in your ear before you put your cap on. This will help keep your inner ear dry.

DRY SKIN

Prevention: Shower well after workout. The new ultra-swim soap is good if you are really bothered by chlorine.

Treatment: Lots of lotion - a lotion without perfumes is best.

FOR INFORMATION ON OUT OF PNA MEETS, UNLESS OTHERWISE STATED:

INLAND EMPIRE
ELIN ZANDER
E 1922 15TH
SPOKANE, WA. 99203
509 534-7509

OREGON
BERT PETERSON
2051 NE 137TH
PORTLAND, OR. 97230
503 252-6081

IDAHO
RICHARD COOKE
SAWTOOTH MASTERS SWIMMING
1915 STATE STREET
BOISE, ID 83702
208 939-8289 / 208 336-0606

BRITISH COLUMBIA
DENIS CROCKETT
BC MASTERS
1531 W 4TH AVE
VANCOUVER, BC V6J 1L6
604 736-7645

FOR INFORMATION ON ANY MEET WITHIN THE OCEANA ZONE (WASHINGTON, OREGON, ALASKA, CALIFORNIA, IDAHO, HAWAII) CONTACT THE OCEANA ZONE CHAIRMAN, KATHY CASEY 11114 111TH ST S, TACOMA, WA 98498, 206 588-4879 OR, IN AN EMERGENCY, DOROTHY KLEIST 206 838-1555.

CONTACT THE FOLLOWING **H.O.S.T.** WHEN YOU WISH TO STAY IN ANOTHER SWIMMER'S HOME DURING AN OUT OF TOWN MEET:

INLAND EMPIRE	MARIAH CLARKE	509 926-2597
OREGON MASTERS	ANDY SCHRAG	503 254-9400 HOME 254-9916 WORK
SOUTHERN OREGON	TERRY & JUDY MC CURDY	503 673-3673
CORVALLIS, OREGON	MARK & LAURA WORDON	503 753-9352
SNAKE RIVER	JANET WOOD	208 345-8843 HOME 339-7229 WORK
PNA	MARIETTA HUNZIKER	206 564-9517
	ANN GINDROZ	206 272-1854

LONG COURSE POOLS
Summer Open Lanes

Pierce County:

Titlow Pool
8355 6th Ave.
Tacoma
564-4044
6-9pm \$1

South End Pool
E. 56th and "E" streets
Tacoma
472-9400
12-5pm \$1

King County

Colman Pool
Seattle
684-7494
5-7pm

Kitsap

S. Kitsap High School
876-7385
6-7:30 am \$1