

Greetings.

Last month really went by fast. Champs, then regionals, and, at this printing, nationals will be under way. For those who competed...congratulations on some great swims! For those who didn't...A job well done on setting and achieving goals.

I'm still doing my homework. There's quite a bit of information to go through, and a lot of real interesting stuff. I'm also coming up with a bunch of questions for my mentors. Pretty soon I'll be up to speed and will be able to reach out and meet some of you in the membership.

If the board hasn't already, someone will be, soliciting your vote for the constitution and by-laws. For the proposed changes...see your team rep. We need a minimum 60% vote of the membership before the constitution changes can be ratified. 30% for the by-laws. The board has adopted a phone tree to facilitate communication. For phone tree info see your rep. Reps...For phone tree info contact the board.

Well, winter's behind us. Time to get back on the bicycle (My 2 month layoff turned into 4) and into the lakes and bays (Burr!!!). We've got 2 long course meets, BAC and SK, and even a short course yards Wash. St. Centennial Games venue. Time to get into all that summer stuff. Vacations, swimming, yard work, swimming, summer projects, swimming, washing the car, swimming, swimming, swimming. Get the idea?

See ya soon,

Bobby G.

The meeting was called to order by President Bobby Gallegos. Fourteen people in attendance were: Forest Brooks, Kathy Casey, Art Farash, Steve Freeborn, Bobby Gallegos, Robert Gjertsen, Marietta Hunziker, Lowell Johnson, Karen Jost, Dorothy Kleist, Warren Kleist, Hugh Moore, Jane Moore, and Rondi White. Six teams represented were: Federal Way, Fort Steilacoom, Highline, South Kitsap, Tacoma Y, and Tigers.

1. **Treasurer's Report** - Jane Moore reported that income since the last report was \$776.56, expenses were \$1706.46, and the current balance is \$4638.48.

2. **Committee Reports**

A. **Finance** - The board approved a motion authorizing the current president and treasurer to sign checks.

B. **Membership** - Hugh Moore reported that there are now 534 PNA members, a bit ahead of last year's membership at this time.

C. **Meets** - Jan Kavadas will be the new meets chairman.

D. **Top Ten & Records** - Walt Reid sent word that the PNA Top Ten for short course yards has been completed for submission to Top Ten in the nation and the short course yards records have been updated. Walt has resigned and the board is seeking a new chairman.

E. **Publicity** - Gordon Gray has agreed to do publicity for the Peninsula area. The board is seeking another volunteer to help with publicity on the east side of the Sound.

F. **Awards** - Nancy Lewis from Mercer Island has volunteered to chair this committee.

G. **Social** - The board is seeking a new chairman for this committee.

H. **Officiating** - Hugh Moore reported that officiating at the PNA Championships went well. The stroke and turn judges were knowledgeable and alert. Hugh's committee would like to work toward certifying officials locally. The board approved a motion to order two USMS rule books for the officiating committee, one rule book for the constitution and by-laws committee, and one rule book for the president.

I. **Fitness** - Jane Moore reported there were 38 entrants in "Swim Across the PNA". 25 have sent in their results. Jane will request the other 12 results through the newsletter so she can distribute the prizes at the BAC meet. Of the 25 reporting, 15 completed the 150 miles.

J. **Constitution & By-Laws** - Lowell Johnson reported that the proposed changes to the constitution and by-laws have not passed yet due to lack of votes. The voting deadline has been extended to May 23 in hopes of receiving the required number of votes.

K. **Sunshine** - Marietta Hunziker will continue as chairman.

L. **H.O.S.T.** - (Host Our Swimmers Tonight) Marietta will continue in this position also.

M. **Newsletter** - Karen Jost has volunteered to be the new editor. Dorothy Kleist, Steve Freeborn, and Karen will work together on the May issue. Folding, stapling, and mailing will be done by PNA volunteers.

The board approved a motion to pay the transfer fee to move the bulk mail permit from Gig Harbor to Federal Way.

Tacoma Quickprint is now printing the newsletter.

3. **Old Business**

A. **PNA Championships** - The board approved a motion to ammend the current policy regarding late entries for the PNA Championships. The ammended policy now reads: "At the discretion of the meet director late entries may be accepted upon the condition that late entrants must swim "exhibition" only

(not for team points). The meet director or his designee must notify late entrants either by mail or by phone 1) that they entered late and 2) that they may enter the meet exhibition only. If the notification is done by mail, the meet director will return late entries and give those swimmers the option of re-entering the meet exhibition only. The meet director or his designee must save all the late entry envelopes as proof that those entries were indeed postmarked late. A list of exhibition swimmers will be available at the meet."

One team reported a problem in not knowing a swimmer who entered as a member of their team, moved them up to the next higher division, and then did not show up at the meet, costing them a potential trophy. The board was asked to consider methods of letting teams know who their members are and giving teams some control over their membership. The issue was tabled until the June board meeting.

B. **Banquet** - The banquet was cancelled due to lack of interest. Checks will be returned. Next year the board may solicit orders for the annual PNA Top Ten & Records book so that enough copies will be available for all who want them. Suggestions were to place an order form in the newsletter or send an order form to all team reps who would order enough for their teams. A fee may be charged for each book.

4. **New Business**

A. **Region XII Presidents' Meeting** - Each LMSC was asked to send original or good copies of all meet entries to the other LMSCs in the region. Each LMSC was asked to consider scoring LMSC points at Region XII Championship meets and report back to the other LMSCs for a final decision. The board voted to score LMSC points at Regionals. All swimmers who ordered and paid for medals at past Region XII Championships and have not received them should contact Ginger Pierson, 23995 SW Drake Lane, Hillsboro, OR 97123.

B. **Legislation/Rules Changes** - Any proposed changes to the USMS Code of Regulations and Rules of Competition need to be considered at the next board meeting for submission to the national Legislation and Rules Committees.

C. **Phone Tree** - The board approved a motion to try a phone tree for more effective communication. The officers will call all the team reps who will call everyone on their teams. The board will consider methods of calling unattached swimmers.

D. **Tarp** - The board considered a proposal to buy a tarp to shelter PNA swimmers at outdoor meets. The proposal was turned down.

E. **King County Aquatic Facility** (new Federal Way pool). April 15, 1990, is the scheduled completion date for the pool. President Bobby Gallegos will appoint an ad hoc committee to follow the progress of the new pool.

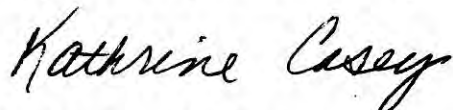
F. **Reduced Registration Fee** - The board approved a motion to discontinue the policy of reducing registration fees during the last half of the registration year.

5. The meeting was adjourned.

6. The next meeting will be Tuesday, May 23, 7:00 p.m., at Hugh and Jane Moore's house, 29920 2nd Place SW, Federal Way, 941-3100.

(Minutes are subject to approval by the board.)

Respectfully submitted,



Kathrine J. Casey

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	(206) 254-9400 H (206) 254-9916 W
Southern Oregon	Terry and Judy McCurdy	(503) 673-3673
Corvallis, Oregon	Mark and Laura Wordon	(503) 753-9352
Snake River	Janet Wood	(208) 345-8843 H (208) 339-7229 W
PNA	Marietta Hunziker Ann Gindroz	(206) 564-9517 (206) 272-1854

NOTE ! ! ! If you would like to host a fellow swimmer in your home, please contact your local representative. This is an excellent way to meet new friends and cement old friendships!

HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS

5/16 Krystal Hansen William Sibbett	5/27 Margaret Regis Elisa Driano Mark Schubert Carol Hasegawa	6/06 Katharine Osborne Evelyn Lercher
5/17 Hop Bailey	5/28 Stefani Fersch	6/07 Judy Sterry Sandee Eshom-Coulter
5/18 Wayne Eddy	5/29 Robert Griffith	6/08 Stephen Bain John (Jake) Newland
5/19 Camilla Foreman	Don Fenton	6/09 Teresa Weydert
5/20 Linda Risler Ginger Frazer Patrick O'Neil Robert Camp	5/30 Lisa Donaldson Steven Mancuso	6/10 Pam Purvis Antonio Roig
5/21 Cindy Brennan	6/01 Richard Folsom	6/11 Vicky Gill Victor Eskenazi
5/23 Don Martin Nancy Faegenburo	Elizabeth (Lib) Rust Douglas Stevens	Larry Beadle
5/25 William Hayes	John Leitch	6/12 Wayne Bernhard
5/26 Charles Larrabee Wendell Stamps	Amy Rust	6/13 Hilde Mannheim Janice Linville
	6/04 Anita Jones Paul Monohon Michael Jones	6/14 Michael O'Leary John Arnold
		6/15 D. Lynette Jones

WELCOME TO THE PNA

The following swimmers have joined the PNA in the last month:

Jill Brehan	Judith Price	Paula Jacobs	Jeffrey Olliffe
Tina Heller	Patricia Ness	Steven Thrasher	

SWIMMERS AND THEIR SHOULDERS, PART III - REHABILITATION

Parts I and II in this series discussed shoulder anatomy, causes of shoulder pain, stroke mechanics, and treatment and prevention of swimmer's shoulder. This part outlines a series of exercises designed to begin after the acute phase of pain has subsided (when you are able to raise your arm overhead with little or no pain).

It should be noted that these exercises are meant to serve as a guideline only. If you experience increased pain, or your pain does not improve, you should be evaluated by a health care professional.

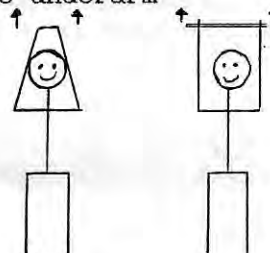
Stretching

Proper stretching is done slowly, without "bouncing". Move to the end of the range of motion (ROM) into a stretch, hold for 10-15 seconds and, if possible, stretch slightly farther and hold 10-15 seconds more. Slowly release the stretch. Repeat each stretch 3-4 times. Stretching should be done before and after your exercise sessions.

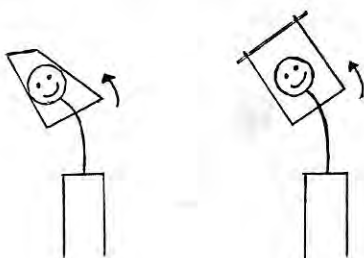
posterior shoulder - stretching the back of your left shoulder



inferior shoulder - reach overhead to stretch the underarm



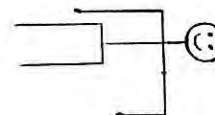
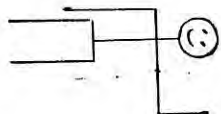
inferior shoulder and lateral trunk - reach overhead



external and internal rotators - (from behind) pull down on wand with left hand to stretch right external rotators and up with right hand to stretch left internal rotators. Reverse hand position to stretch opposite sides.



Be sure to keep shoulder blades against upper back during stretching of the external rotators. If you are unable to do this, you should perform this stretch lying down: upper arm should be supported on the floor/bed, shoulder and elbow bent to 90°, rotate hand to floor by your ear for external rotation and to floor by your waist for internal rotation, **keep your shoulder flat on the floor.**



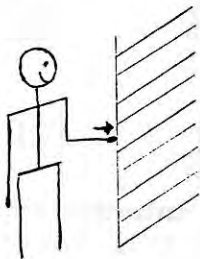
anterior shoulder - stand with left side near a wall. Put left arm behind you at shoulder level, palm flat against wall. Slowly step closer to the wall and turn your trunk to the right. Reverse for stretching right arm.



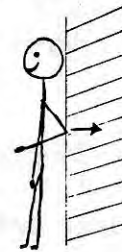
Isometric Exercises

Isometrics are the first stage of strengthening exercises. During isometric exercise, no movement occurs. Isometric contractions should last 10 seconds: 2 seconds for build-up, 6 second maximum hold, and 2 seconds slow release. Repeat each exercise 5-10 times, once daily.

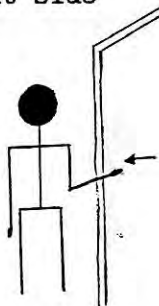
flexion - facing wall, push forward into wall with hand in a fist



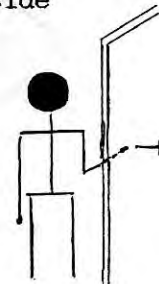
extension - back to wall, push elbow into wall



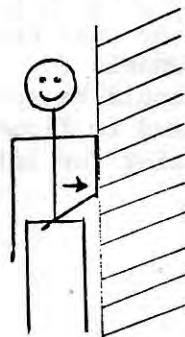
internal rotation - stand in doorway, facing door jamb, push hand inwards, keep elbow at side



external rotation - stand in doorway, facing door jamb, push hand outwards, keep elbow at side



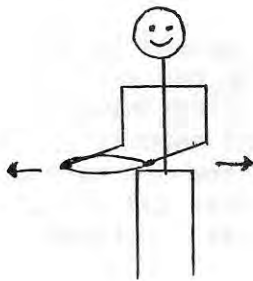
abduction - stand with side to wall with elbow bent, push side of elbow into wall



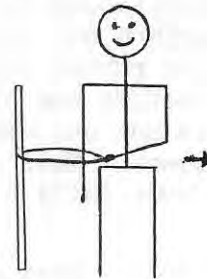
Rubber Tubing Exercise

The use of rubber tubing allows increased resistance through your ROM. Repetitions should be done slowly, avoiding quick releases of resistance. Begin by doing as many repetitions as you can, up to 10 per set. Build up to 3 sets daily for external rotators. For all other exercise, one set of 10 daily should be sufficient. Using shorter pieces of tubing will increase the amount of resistance provided.

external rotators - keep elbows at side, bent to 90°, rotate both hands outward

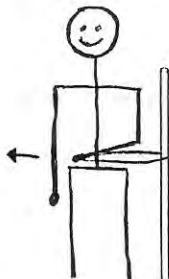


- keep elbow at side, bent to 90°, rotate outward (attach one end of tubing securely to a door handle or post)

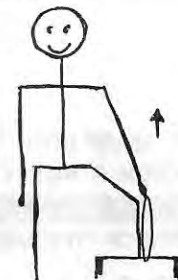


OR

internal rotators - keep elbow at side, bent to 90°, rotate hand inward



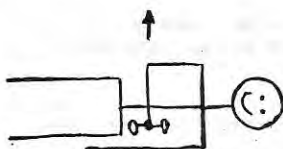
shoulder elevators - anchor tubing to chair or small stool. Arm should be midway between forward and side positions, thumb pointing downward. Lift arm up, gradually reaching higher as strength improves, but never higher than shoulder level.



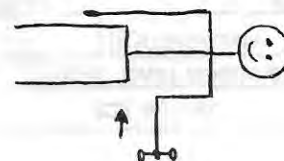
Isotonic Exercises

Isotonics are similar to rubber tubing exercises, but utilize dumbbells or cuff weights for resistance. Again, external rotation exercises are most important and should comprise 2-3 sets daily, versus one set for the internal rotators and shoulder elevators. Begin with a light weight (2-3 pounds) and increase weight as tolerated.

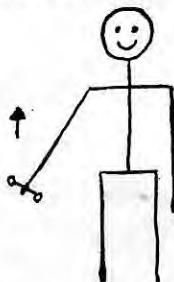
external rotators - (side-lying) elbow at side, bent to 90°, rotate hand upwards



internal rotators - (side-lying) keep elbow at side, slightly in front of your trunk, bent to 90°, lift hand upwards



shoulder elevators - arm should be midway between forward and side positions, thumb pointing downward. Lift, gradually reaching higher as strength improves, but not higher than shoulder level.



Your rehabilitation program should begin with stretching and isometrics. When you can perform all isometric repetitions pain-free for one week, progress from isometric to rubber tubing and/or isotonic exercise. Stretching should always be done before and after any exercise, including (and especially) swim workouts. It is not uncommon to experience slight muscle soreness as you increase resistance. This soreness should subside in 2-3 days and should not interfere with your daily activities. If it does not subside, decrease resistance.

One final note: poor posture of the neck, upper back and shoulders can predispose an individual to shoulder impingement problems. Future fitness column articles will discuss posture and posture correction.

Karen Jost, PT *Karen Jost, PT*

UNITED STATES MASTERS SWIMMING, INC.
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THIS IS A RENEWAL MY 1988 USMS NO. IS _____ NEW REGISTRATION
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 29920 2nd Place SW
 Federal Way, WA 98023
 (206) 941-3100

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SENIORS (65+): \$14.00

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 TEAM _____ UNATTACHED

I hereby agree to abide by and be governed by the rules and regulations of USMS and the Local Masters Swim Committee.

CLUB (NATIONAL LEVEL ONLY)
 PNA HUSKY TRITON UNATTACHED

 APPLICANT'S SIGNATURE

P N A MEET SCHEDULE

June 11 BELLEVUE ATHLETIC CLUB (50M)
June 25 SOUTH KITSAP - PORT ORCHARD (50M)

a a

NATIONAL AND INTERNATIONAL MASTERS SCHEDULE

Jul 23 - Aug 5 1989 Master's Games
Arhus, Denmark
Aug 17-20 1989 USMS National Long Course Championships
University of North Dakota
Grand Forks, North Dakota
Sep 17-24 1989 USMS Annual Convention
Portland, Oregon
Oct 7-16 1989 Pan Pacific Masters Aquatics Games
Indianapolis, Indiana
Aug 7-13 1990 3rd FINA/MSI World Championships
Rio DeJaneiro, Brazil
Sep 30-Oct 6 1991 USMS Annual Convention
Louisville, Kentucky

a a

FOR INFORMATION ON OUT OF PNA MEETS, UNLESS OTHERWISE STATED

INLAND EMPIRE

Elin Zander
E 1922 15th
Spokane, WA 99203
(509) 534-7509

OREGON

Kathleen Buck
31925 NE Canter Lane
Sherwood, OR 97230
(503) 625-5747

IDAHO

Richard Cooke
Sawtooth Masters Swimming
1915 State Street
Boise, ID 83702
(208) 939-8289/336-0606

BRITISH COLUMBIA

Denis Crockett
BC Masters
1531 W 4th Ave
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(604) 736-7645

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OLD ADDRESS _____

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P.O. Box 8005
Canton, OH 44711

Identify your name, address, age group and event.

PLACES TO SWIM IN THE PUGET SOUND AREA

Please send any corrections or additions to Hugh Moore 29920 2nd Pl SW, Federal Way 98023

- ANACORTES** Fidalgo Pool, 1603 22nd
workouts: Sat. mornings, contact Pinky Walker 424-8755
lap swim: M-F 6-8 AM, 11AM - 1PM; Sat. 1-2 PM, 7:30-8:30 PM, Sun 4-5 PM
- AUBURN** Auburn, 516 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 149th Ave. NE 885-5566
- BREMERTON**
Bremerton Municipal Pool, 50 Magnuson Way, Bremerton 478-5376
lap swim: M-F: 11:15 - 12:30 PM; Tu/Th: 6:30-9:00 PM; F: 6-7 PM
Olympic Aquatic Center, 7070 Stampeda Blvd., Bremerton 692-3192
workouts: TU/TH - 6:30 - 7:30 AM contact: Geoff Pentz 692-3192
lap swim: M-F: 5:30-8:00 AM, M-TH: 8:00 - 9:00 PM
- BURIEN**
Evergreen, 606 SW 116th, Burien 296-4410
lap swim: M,W,F: 6-7:30 AM/M-F: 8-9 AM 11:30 - 1:4:30-6 PM, 8-9 PM SAT 11-1
Burien Swim Club, 626 SW 154th, Burien 433-7900
- DES MOINES** Mt. Rainier, 22722 19th Ave. S., Des Moines 296-4278
workouts: T/TH/F: 6-7 PM contact: Karen Jost 243-2069
lap swim: M-F: 6:00 - 8:30 AM/ M-Th: 8:00 - 9:00 PM
- EDMONDS** Harbor Square Athletic Club, 160 W. Dayton 778-3546
- 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 Pool, 30421 16th Ave. S., Federal Way 839-1000
workouts: M-F 6:00 - 7:00 AM contact: Hugh Moore 941-3100
lap swim: M-F: 6-7:30 AM & 12-1 PM / Sat 12-1 PM
- FIPE** Fife Community, 5410 20th St. E, Fife 922-7665
lap swim: M-F: 5:45-8:30 AM, 9:30 AM-3 PM, 4-6 PM Sat 7-1 & 2:45-4 PM
- ISSAQUAH** Issaquah, 50 SE Clark, Issaquah 296-4263
workouts: M,W,F: 8:00 - 7:00 AM
lap swim: M-F: 7:00 - 8:00 AM/M-TH: 8:30 - 9:30
- KENT**
Kent, 25401 104th SE, Kent 296-4275
lap swim: M,W,F: 6:30 - 7:30 AM/ T,TH: 8:00 - 9:00 PM
Tahoma, 18230 SE 240th, Kent 296-4276
- KIRKLAND** Juanita, 10601 NE 132nd, Kirkland 823-7627
- LYNNWOOD** Lynnwood Pool, 18900 44th Ave. W., Lynnwood 771-4030
lap swim: M-F 5:30-8:30 AM/ M-TH: 8:45-10:45 AM & 1-2:30 PM
M-TH: 2:45-3:45 PM & 5:45-6:45 PM
- MERCER ISLAND** Mercer Island District Pool, 8815 SE 40th 296-4370
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 Rec. Center, Olympia 866-6000
lap swim: M-F: 11:30 AM-3 PM, 5-9 PM/ S&S: 1-6:30 PM
North Thurston HS
workouts M-F 5:30-7 AM contact Neva Knott 352-8625
- POULSBO** North Kitsap, 1881 Hostmark, Poulsbo 779-3790
lap swim: M-F: 5:45-9:00 AM, 11:30-12:30, 5-6 PM, 7:30-8:30
- REDMOND** Redmond, 17535 NE 104th, Redmond 296-2961
lap swim: M-F: 6:00 - 7:30 AM & 8:00 - 9:00 PM
- RENTON**
Lindberg, 16740 128th SE, Renton 296-4335
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: M,W,F: 6-7 AM contact Robin O'Leary 525-7725
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 684-4961
Helene Madison, 13401 Meridian N., Seattle 684-4979
workouts: M-F: 5-6:30 AM contact: Jan Kavadas 775-5814
Meadowbrook, 10515 35th NE, Seattle 365-9933
Madgar Evers, 500 23rd, Seattle 324-2560
Queen Anne, 1920 1st W, Seattle 386-4282
Rainier Beach, 8825 Rainier S., Seattle 386-1944
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 temporarily closed
South Central (Foster), 4414 S 144th, Seattle 296-4487
lap swim: M-F: 5:45 - 8:00 AM & 8:05 - 9:05
Southwest Pool, 2801 SW Thistle Street, Seattle 684-7440
workouts: M,W: 5:30-6:30 PM / F 6-7 PM (10 workouts/\$20)
lap swim: M-F: 6-7:30 AM/ M,W,F: 3-4 PM/Sun 5-6 PM
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 Kleven 326-4600 (day) or 367-2350 (eve.)
Seattle University 14th & Cherry, Seattle
workouts M,W,F: 5:30-7 AM contact: Barbara Thorp 363-9951
View Ridge Club, 5815 NE 77th, Seattle 524-3500
Wedgwood, 7727 28th NE, Seattle 523-8211
West Seattle YMCA, 4515 36th Ave SW, Seattle 935-6000
workouts: M-F 5:35 - 6:30 PM contact Mike Dale 935-6000
- SEQUIM** Sequim Aquatic Recreation Center, N 610 5th, Sequim 683-6699
workouts: T/TH 8:45 - 10:00 PM / Sun. 7:45-9 PM
contact: Kevin Johnston PO Box 1671 Sequim 98382 683-6699
lap swim: M-F: 6-9 AM, 10 AM-3:30 PM, 6-8:45PM/SS 12-1:30 PM
- SUMNER** Sumner High School, 1707 Main, Sumner 863-8110
workouts: M,W,F: 5-6 PM contact: Donna Phelan 862-8777
lap swim: M-F: 5:30 - 7:00 AM, 12:00 - 1:15 PM
- TACOMA**
Lakes High School, 10320 Far West Dr. SW, Tacoma 756-9401
workouts: M - Th.; 5:00 - 7:00 PM; Sat. 10:00 - 11:15 AM
contact: Kathy Casey 588-4879
Pierce college, 9401 Far West Dr. SW, Tacoma 964-6678
workouts: M-F 5-6:30 PM contact Kathy Casey 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

ANNOUNCEMENTS

2ND ANNUAL SWIM ACROSS THE PNA RESULTS DUE MAY 19TH

If you have not already done so, please
send your results to Jane Moore at

29920 2nd Place SW
Federal Way, WA 98203

Awards will be available at the BAC meet!

WATER POLO TEAM LOOKING FOR A COACH!

Team seeking coach with knowledge
of water polo game/strategy, team eager
to improve on current skill level,
possibly on inter-state level. Team is
registered with U.S. Water Polo, and
based in Seattle. Seeking coach for
one day/week. Call Brian 328-1002.

All swimmers who ordered and paid for medals
at past Region XII Championships and have
not received them should contact Ginger Pierson
23995 SW Drake Lane, Hillsboro, OR 97123