

Hello,

Convention went very well. It was a great educational experience. I brought back four and half pounds of paperwork to digest and I didn't attend all the meeting. It's kind of hard to be in two places at once. Between the five of us (myself, Hugh and Jane Moore, Walt Reid and Kathy Casey), we did have all the meetings covered and we did have a big impact on the minds of those who attended convention.

Great news!! Hugh Moore took it upon himself to coordinate with Bob Regan, the King County Aquatics Director, for regionals. At Convention, Syncro swimming Nationals were awarded to the KCA (Goodwill) Pool. The weekend following this event the Master's Region XII Short Course Regionals will be the first swimming meet to be held at that pool. Great going, Hugh. Also thank you to Marilyn Gindrod for yielding her Regionals bid, allowing this to happen. Way to go, folks.

We have a busy meet schedule this month. Parkrose (Ore), Lynnwood, and Ellensburg (IEA). Get those entries in early!

Also at convention, our insurance carrier suggested that we include a "statement of release" in our registration process. It will be required next year. We're going to start this year... so be on the lookout for it.

At the last Board meeting, Hugh unveiled a plan to bid for the 1992 Long Course Nationals. This is tentative for now. These things take a lot of organization, coordinating and bodies. All those interested...give me a call.

Finally... 1991 Championship meets - Short Course Nationals in Nashville, TN, Long Course in Elizabethtown, Kentucky. Swimmers will swim all five events (if they enter 5) at Stanford. Efforts to limit meet lengths failed at convention. Backstroke FINA rules will be followed starting Jan. 1.

See ya at the meets.

Bobby G.

CHANGING YOUR ADDRESS? FILL IN THIS FORM AND MAIL IT TO Hugh Moore, 29920 2nd Place SW, Federal Way, WA 98023 Telephone: 941-3100

NAME _____ USMS# _____

OLD ADDRESS _____

NEW ADDRESS _____

NEW TELEPHONE NUMBER _____

Pacific Northwest Association LMSC Board Meeting
September 26, 1989
Tacoma YMCA

Nationally registered clubs represented by this LMSC are:
Pacific Northwest Aquatics
Husky Masters
Maranha Tritons

The meeting was called to order by President Bobby Gallegos. Nine people in attendance were: Forest Brooks, Kathy Casey, Steve Freeborn, Bobby Gallegos, Gordon Gray, Rob Gjertsen, Hugh Moore, Jane Moore, and Walt Reid. Five teams represented were: Federal Way, Fort Steilacoom, Kitsap Masters, South Kitsap, and Tigers.

1. Minutes - The minutes of the last meeting were approved as ammended: Delete ", and there would therefore be no official results." which appears after the words "the June meet." under "RECORDS AND TOP TEN:". Insert the word "national" between "Any" and "records" so that reads, "Any national records set will not be credited, as they cannot be verified."
2. Treasurer's Report - Jane Moore reported a balance of \$2,883.43. The monthly financial statement was approved.
3. Membership - Hugh Moore reported there are currently 580 PNA members. Six people have registered for 1990. A new waiver statement will appear on the 1990 registration forms and must be signed by all persons registering for USMS. That new waiver will also appear on entry forms.
4. Meets - Teresa Weydert has expressed interest in hosting a meet at Stadium High School. Enumclaw will host a meet December 9 and Anacortes will host a 25 meter meet January 20. The board recommended that Stadium host a meet the weekend of January 6/7. Short Course Regionals will be April 27 - 29 at the King County Aquatic Facility hosted by Highline Swim Club and Federal Way Masters. The board gave Hugh Moore a big thanks for all his efforts in securing this meet.
5. Records and Top Ten - Results and records from the BAC and South Kitsap meets have been completed. Walt Reid will draft policy and procedures for results, records, and top ten by the October board meeting.
6. Newsletter - All contributions are due by the first of the month.
THE NOVEMBER ISSUE WILL BE YOUR LAST UNLESS YOU REGISTER FOR 1990!!!
7. Awards - Steve Freeborn will investigate a commemorative medal or a participation award for Short Course Regionals at the King County Aquatic Facility.
8. Officiating - Steve Freeborn will do the officials' information at the October meet in Walt Reid's absence. Given the potential need for certified officials beginning January 1, 1990, the board approved a spce on next year's bid form asking for certified officials.

Due to a fire alarm the meeting was moved to Plush Pippin.

9. Computer - Gordon Gray can convert Meet Master files to PNA format. Gordon needs the registration files on disk.

10. OLD BUSINESS

- A. The bulk mail permit has been moved to Tacoma.

B. Steve Freeborn is in charge of the phone tree.

C. Steve Freeborn will also call about the volunteer program for the Goodwill Games.

D. Convention news that impacts the PNA includes the following:

- * Swimmers will be limited to 5 events at short course nationals at USC in May;
- * The 1000/1650 will be on the last day of short course nationals at USC;
- * Toes must be under the water on the backstroke start for short course meters and long course meters events;
- * The 1991 short course nationals will be in Nashville, Tennessee, May 16 - 19 (Thursday - Sunday), and the 1991 long course nationals will be in Elizabethtown, Kentucky, August 22 - 25 (Thursday - Sunday);
- * New USMS officers are Dan Gruender (Arizona)-president, Nancy Ridout (California)-vice-president, Mel Goldstein (Indiana)-secretary, Suzanne Rague (New York)-treasurer, and Kathy Casey (PNA)-Oceana zone rep; and
- * Swimmers may transfer when they reregister at the beginning of the year (November 1) without a transfer form and without swimming 60 days unattached. (New rules are effective January 1 unless indicated otherwise.)

11. NEW BUSINESS

A. Be thinking about constitution and by-laws changes. Any changes will be published in the September and October, 1990, newsletters. A ballot will be on the 1991 registration form.

B. Kathy Casey will ask about the cost of the "Oregon Masters Swimming" bumper stickers that appeared in the September issue of the Oregon newsletter.

C. The board approved the formation of an ad hoc committee chaired by Hugh Moore to gather information on tentatively preparing a bid to host the 1992 long course nationals with information to be presented at the January board meeting.

12. NEXT BOARD MEETING

will be at Bobby Gallegos' home, 340 Treamont West, Port Orchard, Tuesday, October 24, at 7:30 p.m. PLEASE NOTE THE TIME CHANGE - 7:30 p.m.!!

DIRECTIONS - Take Highway 16 West. Take the Treamont Street exit. Turn right onto Treamont. Bobby's house is the fourth house on the left. (There will be a red and blue reflector by the driveway).

right

13. The meeting was adjourned.

Kathy would like to take this space to thank Frank Newquist and Florence Miller for taking notes at board meetings and typing the minutes of the meetings during the months of June, July, and August. Thank you!

(Minutes are subject to approval by the board.)

Respectfully submitted,

Kathy Casey

Kathrine J. Casey

* * * * *

HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS

10/16 RUTH CONRAD	10/27 JODY KLEVEN	11/05 BILL PENN
10/18 JACK ANDREWS	ANNE FITZPATRICK	11/07 WILLIAM RAYNOLDS
10/19 STEVEN THRASHER	LEE E. HOLM	11/10 PATRICIA WHALLEY
10/20 MONICA MAYES	MARLENE HOLMES	11/11 MITCH NOVACK
RICKI VADSET	10/28 CATHERINE LEWIS	JOHN WATSON
MICHAEL YANASAK	DAVID PRIVAT	JANE MOORE
BETTY KERCHEVAL	10/31 JOHN MASTERS	11/12 BRIAN LANGLAIS
10/21 KENNETH BRIGGS	11/01 STEWART ELLISON	LOUISE ELLIOT
DENICE CAZALET	STEPHEN BRUGGER	11/13 MARY GIBSON
10/22 DAVID SLYFIELD	MARY MC MAHON	11/14 SANDRA MAC AULEY
10/23 SUSAN BEEK	11/03 RENE OLDRICH	DAVID SCHMALZ
ROBERT DORSE	JILL BREHAN	FRED LOCKE
10/25 GORDON MAYBURY	TERI REXROAT	MICHAEL MC COLLY
10/26 STEWART DE LA HUNT	11/04 VICKI PARRY	
CHRISTOPHER JOHNSTON	CHUCK KRIEBLE	
SCOTT DONALDSON	LARRY DEGROEN	

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WELCOME TO THE PNA

Manly Filley	Jonathan Ives	Cheryl Kitashima	Donna Landreville
Mark Ozanich	William Steyer	Jeff Wnuk	

* * * * *

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	Ann Gindroz	(206) 272-1854
	Marietta Hunziker	(206) 564-9517

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!

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FOR INFORMATION ON OUT OF PNA MEETS, UNLESS OTHERWISE STATED

INLAND EMPIRE	OREGON	IDAHO	BRITISH COLUMBIA
Jerry Scheibner	Kathleen Buck	Richard Cooke	Denis Crockett
Route 1, Box 204	31925 NE Canter Ln	Sawtooth Masters	BC Masters
Spangle, WA 99031	Sherwood, OR 97230	1915 State Street	1531 W 4th Ave
(509) 245-3532	(503) 625-5747	Boise, ID 83702	Vancouver, BC V6J 1L6
		(208) 939-8289	(604) 736-7645
		336-0606	

P N A MEET SCHEDULE

Oct 15 LYNNWOOD POOL
 Nov 18-19 NORTH KITSAP HIGH SCHOOL
 Dec 9 ENUMCLAW
 Jan 20 ANACORTES (short course meters)
 Feb 17 TEAM ORCA (Mercer Island)
 Mar 9-10 SOUTH KITSAP
 Mar 30-31, Apr 1 PNA CHAMPIONSHIPS (Husky)

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OREGON SWIMMING MEETS

Oct 8 PARKROSE HS (Portland)
 Nov 11 ST. HELENS
 Dec 2 NEWBURG (SW of Portland)
 Jan 13 SWIM CELLAR PENTATHLON - TUALATIN HILLS
 Mar 2-4 PORTLAND STATE UNIVERSITY (25 meters)
 Apr 6-8 OREGON ASSOC. CHAMPS (Grants Pass)
 June ALBANY (LCM)
 July 21-22 MT. HOOD COMM. COLLEGE (LCM)
 Aug 3-5 LONG COURSE REGIONALS - TUALATIN HILLS

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NATIONAL AND INTERNATIONAL MASTERS SCHEDULE

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

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IF YOU ARE IN BUSINESS, CONSIDER ADVERTISING IN THE "WET SET"

ONE FOURTH PAGE \$20.00 FIRST MONTH, THEN \$15.00 PER MONTH
ONE HALF PAGE \$40.00 FIRST MONTH, THEN \$20.00 PER MONTH

Send your ad and a check, payable to PNA MASTERS SWIMMERS, by the first of the month in which you wish your ad to appear to: Karen Jost, 3100 S. 208th #B102 Seattle, WA 98188 Telephone: 824-3377

NON-PNA MEMBERS SUBSCRIPTION FORM FOR THE "WET SET"

NAME _____

ADDRESS _____

Send this subscription form and a check for \$12.00, payable to PNA MASTERS SWIMMERS, to: Hugh Moore, 29920 2nd Place SW, Federal Way, WA 98203 Telephone: 941-3100

ANNOUNCEMENTS ANNOUNCEMENTS ANNOUNCEMENTS

ASSOCIATION DUES ARE BEING RAISED - Effective November 1, USMS/PNA registration will be \$25.00 per year. This change was discussed at the July Board meeting. The registration form for 1990 is in this issue of the "WET SET".

SWIM THE PNA!! - This year's fitness event for all PNA members, especially those of you who are non-competitors, began October 1st. Details are in this issue. This is a great way to keep track of how hard you really work, and how far you swim each year. I think it's also a super motivator for those of you who are looking for that "kick in the pants" to get you (and keep you) going on the road to fitness. Here's hoping a lot of our members will take advantage of this opportunity!

PACIFIC NORTHWEST AQUATICS WILL HOLD ITS ANNUAL MEETING ON OCTOBER 15, FOLLOWING THE LYNNWOOD MEET - This Club is a division of the LMSC (Pacific Northwest Association). The other two clubs in the LMSC are Husky and Maranha Tritons. The club will be voting on the By-laws discussed at an earlier meeting this year, and discuss the selection of a slate of officers for the 1990-1991 year. If you still can't figure out what the difference between the Club PNA and the LMSC PNA is, come on over to the meeting, your questions and participation are welcome.

THE NOVEMBER "WET SET" WILL BE THE LAST ISSUE YOU RECEIVE UNLESS YOU REGISTER FOR 1990. GET YOUR REGISTRATION IN NOW!!

IN ORDER TO SWIM IN THE NOVEMBER AND DECEMBER MEETS, YOU MUST HAVE A 1990 REGISTRATION NUMBER!!

SWIM the P.N.A.

Celebrate Washington's Centennial

PARTICIPATE in the annual P.N.A. fitness event!

SWIM in your own pool at your regular workout time. To reach the centennial year, you'll need to average 1350 yards per day, or 7000 yards per week.

KEEP a log of the number of yards you swim from October 1, 1989 through March 31, 1990.

RECEIVE an award! All participants will receive an award. Results will be listed in the newsletter.

THIS YEAR the goal is to celebrate Washington's centennial and swim to the future. Record below the date you complete each mile. One mile puts you one year closer to the present. After 100 miles, you'll reach 1989. But don't stop! Swim to the future!

Miles	Year	Date completed	Miles	Year	Date completed	Miles	Year	Date completed	Miles	Year	Date completed
1	1889										
2	1890										
3	1891										
4	1892										
5	1893										
6	1894										
7	1895										
8	1896										
9	1897										
10	1898										
11	1899										
12	1900										
13	1901										
14	1902										
15	1903										
16	1904										
17	1905										
18	1906										
19	1907										
20	1908										
21	1909										
22	1910										
23	1911										
24	1912										
25	1913										
26	1914										

(continue miles and years on next column)

Return by April 8 to:
 PNA Fitness Committee
 c/o Ian Thompson
 1514 Fairview
 Bellingham, WA 98226

WHY SILVER HEADS SHOULD GO FOR THE GOLD

When older people enter sports competitions, it's doubly rewarding, this 67-year-old doctor found.

By Fred B. Charatan, M.D.

Reprinted from Medical Economics / April 17, 1989

I'm acutely aware of the feelings my younger colleagues sometimes project - that I'm a prime candidate for an old-age home. I suspect they think the same of their elderly patients, too. They're wrong on both counts, I believe, and in my own case I've got proof.

My lifelong love has been swimming. At age 67, I do it three times a week. So when I spotted a newspaper ad for the New York State Senior Games, I decided to enter the swim competition.

When my wife and I arrived at the site of the games - the State University of New York at Cortland - we found ourselves among more than 2,000 seniors. Hundreds had registered in two dozen competitive games - track and field, archery, volleyball, even card games for the less able.

The swimming was divided into recreational and competitive divisions. Since this was my first Senior Games, I entered the 100-yard men's breaststroke in the recreational division. Entrants were grouped by age, though the groups were often mixed when there weren't enough swimmers to fill a heat. I was in the 65-to-69 category. As our heat was being assembled, one of the two young lifeguards cracked, "Don't know whether I'll need a stopwatch or a calendar for you guys!"

Undaunted, we lined up on our platforms and awaited the starter's gun - all but one of us. One overeager swimmer entered the water prematurely. We lined up again.

When the gun went off, I dived in and gave it everything I had. After two lengths I was just behind the leader, a tough old water bird wearing a bathing cap blazoned with American flags. Strain as I might, I couldn't catch him. I finished second. I could have done worse, I consoled myself.

Then came my big thrill. The announcer declared, "Winner is Fred Charatan." The swimmer with the cap was in the 55-to-59 category and had been combined with my older group. So I had won gold after all.

During the post-competition dinner and awards ceremony, I realized that there were no losers at this gathering. Sure, some athletes had three and even four medals hung around their necks, and many had none. But all the men and women who had reached beyond the limitations imposed by their age were going home winners.

I learned something about myself, but more important, I learned something about my peers in age. There's a lot of life left in us. You're probably younger than I am - most people are, I find - but maybe you could use a bit of learning, too, about aging. Why not go to the Senior Games in your area to observe - or to participate? It will help you set a standard for improving the health of your older patients. And it will send your elderly patients a message: "I'm on your team. I haven't written you off." ■

UNITED STATES MASTERS SWIMMING, INC.
REGISTRATION APPLICATION - NOV 1, 1989 to OCT 31, 1990

OFFICIAL USE ONLY

THANK YOU

THIS IS A PLEASE PRINT OR TYPE INFORMATION
 RENEWAL MY 1989 USMS NO. IS _____ NEW REGISTRATION

MAKE CHECK
 PAYABLE TO: PNA MASTERS SWIMMERS

MAIL TO: HUGH C. MOORE
 29920 2nd Place SW
 Federal Way, WA 98023
 (206) 941-3100

PLEASE NOTE THE CHANGE(S) FROM MY 1989 REGISTRATION:
 ADDRESS NAME _____ CLUB/DIST. _____
 OTHER _____ (PREVIOUS)

LAST NAME _____ FIRST NAME _____ INIT _____

STREET ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

AREA CODE + TELEPHONE _____ DATE OF BIRTH _____ AGE _____ SEX _____

LOCAL AFFILIATION _____ DATE OF APPLICATION _____

TEAM _____ UNATTACHED

USMS FEE \$12.00	LMSC FEE \$13.00	TOTAL FEE \$25.00
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SENIORS (65+): \$19.00

CLUB (NATIONAL LEVEL ONLY)

PNA HUSKY TRITONS UNATTACHED

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damages arising out of participation in the Masters program or any activities incident thereto against United States Masters Swimming, Inc., the Local Masters Swimming Committees, the clubs, host facilities, meets sponsors, meet committees or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming.

 APPLICANT'S SIGNATURE

Procrastinator's Corner

- *1* Short Course Meters Regionals entries must be **postmarked** by October 15.
- *2* Eisenschmidt Pool (St. Helens, OR) entries must be **postmarked** by October 31.
- *3* North Kitsap entries must be **postmarked** by November 7.
- *4* Enumclaw entries are due (not postmarked) November 30.