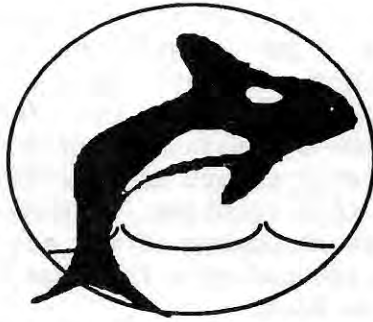


the
WET
SET

PACIFIC NORTHWEST ASSOCIATION
OF
MASTERS SWIMMERS



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THE PNA NEWSLETTER

VOLUME 9 - NUMBER 3

MARCH, 1990

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MARCH BOARD MEETING
TACOMA YMCA

TUESDAY, FEBRUARY 20 7:00 pm

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United States Masters Swimming, Inc., is now, as it always has been, concerned for the safety and health of its members. It will continue to disseminate such information concerning swimming safety and health as comes to its attention. However, United States Masters Swimming cannot and does not accept responsibility for the content of any information or material not authored by United States Masters Swimming, Inc. All opinions stated in any such material are solely those of the author(s) and not necessarily those of United States Masters Swimming, Inc.

* * * * *

The PNA is about to embark on a very ambitious endeavor. At the next board meeting (March 20th, Tacoma YMCA, 7 pm) we will discuss and most likely pass, a resolution to submit a bid for the 1992 Long Course Championships. Hugh Moore has investigated the possibilities and has found this to be a worthwhile venture. The impact of the decision will affect us at every level of the PNA. We will have to exert a total effort to make this work. I cannot stress enough what kind of commitment this requires. I know you all would like to be a part of this... and I know a great number of you are willing to put out the effort. So, if no one approaches you and asks for your help... I'd like to ask you to call me and we'll put you to work.

As you can see by the minutes, only 6 people attended the February Board meeting. According to by-laws, we can't conduct business with less than 25% of the eligible voting members present. (Eligible voting members include Board members and team representatives...ed.) Many items were tabled and have to be brought up all over again. It is somewhat frustrating. Please have your team reps attend these Board meetings.

Team Seattle, and in particular Scott Lewis, deserve congratulations and have my deepest respect for overcoming almost insurmountable problems while staging their "meet from @#!*". Almost everything logistically completely fell apart. But all in all they put on an exceptionally well-run and very successful meet. Congratulations.

Lastly, I'm coming up on the end of my first year as Chairman of the Pacific Northwest Association of Masters Swimmers. I have learned an incredible amount about the Association, its people, its working, and its needs...also my limitations. I have been exposed to Masters Swimming Administration on the National level and have seen an infant organization with serious growing pains. Nothing's amiss...I want to reassure you all of that. I feel Masters swimming is fluxing...trying to tie its past with its future. From an observer's standpoint it's all very interesting. I shall endeavor in the next year to become less of an observer and more of a leader. We have our own growing pains. Small things need to be worked out and big things can happen. We shall make it happen.

Bobby G.

* * * * *

Congratulations to the following swimmers for their participation in the first Minnesota Masters Postal Pentathlon last fall (Oct. - Dec. 1989):

	Fly	Back	Breast	Free	IM
Catherine Brooks (Davis) 1st 40-44 women, middle distance (100 stroke, 200 IM)	1:21.32	1:19.37	1:27.76	1:12.51	2:47.84
Carolyn Baldwin (Tigers) 3rd 55-59 women, sprint course (50 stroke, 100 IM)	:53.91	:54.44	:50.40	:46.97	1:50.34
Maryan Burke (Tigers) 6th 60-64 women, sprint course	1:22.97	:57.00	1:00.64	:55.76	2:14.58
Maxine Carlson (Tigers) 3rd 65-69 women, sprint course	1:10.00	:57.10	1:09.00	:50.30	2:13.00

There were 125 swimmers competing in this event.

* * * * *

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

The meeting was called to order by President Bobby Gallegos. Six people in attendance were: Forest Brooks, Karen Jost, Walt Reid, Bobby Gallegos, Hugh Moore, and Jane Moore. Five teams represented were: Federal Way, Highline, Fort Steilacoom, South Kitsap, and Tigers. There were not enough voting members present to represent a quorum, so any proposed policy was presented and discussed but tabled until the next meeting.

1. **Minutes** - The minutes of the last meeting were approved as amended as follows: Committee Reports - B. Meets (last line) "The board was polled on..." and K. By-laws "quorum is 25%..".

2. **Treasurer's Report** - Jane Moore reported a current balance of \$6028.17. Income totals \$2349.80 and expenses total \$1248.91. The Lynnwood and North Kitsap meet hosts still owe the PNA fees. The Enumclaw, Anacortes, and Team Seattle meet hosts have paid the PNA fees.

3. **Committee Reports**

A. **Membership** - Hugh Moore reported that there are currently 457 members as compared to 480 members at the same time last year. The board discussed the following policy for NSF checks. Upon receipt of a notification of a NSF check, a letter is to be sent to the check writer. They have 30 days from the date of the letter to respond at which time they will be notified of being dropped from the Association. The vote was tabled until next meeting.

B. **Meets** - Team Seattle is to be congratulated on a well run meet, especially when you consider the last minute change of pool and a snow storm. Meet bid packets are being updated in preparation for sending out shortly.

C. **Records and Top Ten** - Work and home life has caused the current Chairman to resign. We are looking for one or more replacements.

D. **Newsletter** - A calendar of Long Distance events is being put together at the National level. We will submit several of our local non-sanctioned swims. It was reported that only two teams have paid the team registration fee. Remember the deadline for registering your team is March 15, 1990.

E. **Awards** - The newly designed PNA medals will be available at the South Kitsap meet.

F. **Social** - An informal banquet for the PNA Champs will be held at Shakey's Pizza Parlor Saturday night. PNA still needs a social chairman.

G. **Fitness** - There have been 92 responses to the "Swimming Questionnaire" (published in the January "Wet Set"). The entry fee for the "Swim the PNA" is \$5.00. The fee and entry is due April 8.

H. **HOST/Sunshine** - Mary McMahon passed away. Ann Gindroz's daughter passed away.

4. **Old Business**

A. **Goodwill Games** - They already have enough officials for the Goodwill Games and are currently building a waiting list.

B. **Long Course Nationals** - Federal Way Masters presented a proposal that a separate group of PNA Association members be formed to continue with the bid preparation and planning for running the 1992 Long Course Nationals. The proposal will be presented for a vote at the next meeting.

C. **Ransom J. Arthur Award** - Hugh Moore presented the name of Gail Dummer, former USMS Vice-president, as the PNA nominee. Her qualifications were discussed. Because the deadline for submitting the nomination is prior to the next board meeting, the board voted and approved this nomination.

D. **Non-profit Status** - with public benefit has been applied for.

5. New Business

A. Approval was given for the hosts of Short Course Regionals to give as door prizes the remaining PNA team wear.

B. Hugh Moore presented a proposal to change the name of Region XII to something more meaningful. Tabled until next meeting.

C. A request by Mike McKinley to distribute information about a North to South swim of Lake Washington with the proceeds going to ARC (Association for Retarded Citizens) was approved.

E. Next Board Meeting - will be Tuesday, March 20, 7:00 p.m., at the Tacoma Y. Please note that this is one week earlier than usual. We need all Team Reps!!!!!!

(Minutes are subject to approval by the board.)

Respectfully submitted,

Walt Reid

Walt Reid

The Importance of Warm-Down Swimming Following Strenuous Exercise

Most swimmers seem to take it for granted that warm-up prior to racing is an important part of meet preparation. I recently read a brief fitness note in a magazine that reminded me of the importance of a warm-down swim following race swims. Thinking back on the swim meets that I have attended, I know that not all participants take the time to warm-down after their races. Trying to tackle a topic such as this can get pretty technical, so I would like to briefly highlight for you the benefits of this practice.

The two primary metabolic processes that your body utilizes during exercise are known as aerobic and anaerobic metabolism. For simplicity, think of aerobic metabolism as the source of energy for a swim done at a somewhat relaxed pace. Your body is not being asked to generate a great deal of energy in a very short period of time during aerobic exercise (remember, this is a generalization!!). When you suddenly increase your level of exercise, such as you would do for a race, your body demands a faster form of energy supply, anaerobic metabolism. By and large, anaerobic exercise is the primary source for the development of lactic acid. Lactic acid is a by-product of anaerobic metabolism that has been proven to produce muscle soreness, often 1-2 days following anaerobic activity.

Levels of exercise are usually measured scientifically by measuring oxygen consumption, known as $\dot{V}O_2$. Your maximum level of oxygen consumption during exercise is your max $\dot{V}O_2$. Generally speaking, when you exercise at levels higher than 60% of your max $\dot{V}O_2$, your body is no longer able to supply you with energy from primarily aerobic sources. This means then, that anaerobic energy sources are utilized, and the build-up of lactic acid will occur.

If not removed, lactic acid will create muscle soreness and also decrease the efficiency of energy production and muscle contraction and relaxation processes. One way of removing lactic acid is the passage of time. However, when you perform moderate to strenuous levels of exercise, it takes a great deal of time for this to occur. Obviously, if you are swimming three races per day, at strenuous levels, your body does not have the opportunity to fully recover.

Recent studies have demonstrated that a fifteen-minute warm-down swim, done at approximately a 60% maximum level of exercise will significantly reduce lactic acid levels. Lactic acid levels were measured immediately following an all-out 200 yard swim, and 15-minute warm-down swims. This study was done on elite competitive swimmers, but the same principles hold true for all of us.

There are many other factors involved in the recovery process, including your level of training, the duration of the exercise performed, and your body's own efficiency. As I mentioned above, this is a very simplistic explanation of a very complicated process, but I feel the principles are important. Consider doing a warm-down swim following your races (or hard workout sets!!) whenever a warm-down area is available. I would certainly be interested in your individual results!

GOOD LUCK TO EVERYONE AT PNA CHAMPS, AND REGIONALS!!

Karen Jost, PT *Karen Jost, PT*

* * * * *

P N A MEET SCHEDULE

Mar. 30-31, Apr. 1 PNA Championships (HUSKY hosting)
Apr. 27-29 Region XII Championships (Federal Way)

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OREGON MEET SCHEDULE

Apr. 6-8 Oregon Assoc. Champs (Grants Pass YMCA)
July 7-8 MAC Club State Games of Oregon (Portland)
July 21-22 Mt. Hood Community College
Aug. 3-5 Region XII Long Course Champs (Tualatin)

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INLAND EMPIRE MEET SCHEDULE

Apr. 6-8 IEM Championships

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NATIONAL AND INTERNATIONAL SCHEDULE

May 18-21 1990 Short Course National Championships
Los Angeles, CA Contact: Ed Bartsch/
Darrell Fick, Heritage Hall 203-B
Los Angeles 90089 (213)743-7770
Aug. 7-13 1990 3rd FINA/MSI World Championships
Rio deJaneiro, Brazil
Aug. 17-20 1990 Long Course National Championships
The Woodlands, TX
October 1990 USMS Annual Convention
Pittsburgh, PA
May 16-19 1991 Short Course National Championships
Nashville, TN
Aug. 22-25 1991 Long Course National Championships
Elizabethtown, KY

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FOR INFORMATION ON OUT OF PNA MEETS, UNLESS OTHERWISE STATED

<u>INLAND EMPIRE</u>	<u>OREGON</u>	<u>IDAHO</u>	<u>BRITISH COLUMBIA</u>
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
		(208) 336-0606	

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WELCOME TO THE PNA

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

CLIFFORD ANDERSON	SUSAN ARMITAGE	IAN BANNERMAN	DEAN BEHSE
ANN BUTLER	JAMES DAVIES	DINA FRIEDMAN	DANIEL GOSSACK
DEBRA HANNULA	JANET JAEGER	JANE LEVY	ANNE MC ELHINNEY
FREDERICK MCKENNEY	JOSEPH MEEK	COLIN NESS	KEITH OSLIN
PAGE PLESS	DOUG PORTELANCE	JOAN PRATER	SAN SHABB
TOM SHERMAN	SUZANNE STROM-REED	JOSEPH SUENO	GREGORY SWANSON
JOHN TANG	PAUL VON DESTINON	PATRICIA WOOD	

* * * * *

HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS

03/16 MARCIO FAJARDO	03/26 E LE MOAL	04/06 SAMUEL YAHN
TODD WIRTZ	03/27 MARIE CAWRSE	ALLEN HATCHEL
MATTHEW SMITH	03/29 DENISE PULLIAM	04/07 CHARLES SPENCER
03/18 STEVEN SCHMIDT	MIKE DAVIS	04/08 KERRI LANNOYE
MITCHELL GONZALES	KAREN TRUELOVE	04/09 JIM PENFIELD
03/19 PATRICK SLOWEY	03/30 MEG LLOYD	NORA STAM
03/20 JOE FERONG	03/31 KATE SUTHERLAND	04/10 FRANCIS JOWETT
03/21 BARBARA HAYNES	04/01 ALAN SANDERS	APRIL GERLOCK
03/22 JOHN PROKOP	04/03 THOMAS TAYLOR	04/11 KATHLEEN OLIVER
JOHN CONNELLY	SHERYL PANTER	WILLIAM ABBEY
03/24 WILLIAM STEYER	04/04 ALAN BELL	04/12 DONNA LANDREVILLE
03/25 MICHELLE MC ELHANEY	04/05 SYDNEY MUNGER	JENNIFER STAPP
JACULYN KIMPTON	SAM SHABB	04/13 MARK APPLEBY
BARBARA THORP	04/06 CAROLYN BALDWIN	04/15 GEORGE UNRUH
03/26 RICHARD SPENCER	JANET KAVADAS	

* * * * *

PNA TEAM REGISTRATION FORM

Team name (up to 30 characters) _____

Team name abbreviation (up to 4 characters) _____

Team Representative to PNA Board _____

Phone number _____

Team Coach _____

Phone number _____

Complete and mail this form, with the \$10.00 team registration fee postmarked by 3-15-90 to Hugh Moore, 29920 2nd Place SW, Federal Way, WA 98203.

TEAM REGISTRATIONS MUST BE SUBMITTED IN ORDER TO BE ELIGIBLE FOR TEAM AWARDS AT PNA CHAMPIONSHIPS MARCH 30, 31, AND APRIL 1.

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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 98198 Telephone: 824-3377

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HOUSE OUR SWIMMERS TONIGHT (H.O.S.T.)

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) 391-7244

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!

If you would like to host someone for the Regional meet, April 27-29, please contact Ann or Marietta as soon as possible!!!

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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

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THE MARCH BOARD MEETING will be held at the Tacoma YMCA Tuesday, February 20th at 7:00 pm. Please make a note of the change of week.

KEEP SWIMMING! The Swim Across the PNA ends March 31, 1990. Keep track of your mileage and submit your entries to Ian Thompson by April 8, 1990. Entry form is in this issue. Note the addition of the \$5.00 entry fee to the form. The entry fee will cover the purchase of awards for all swimmers.

RELAY ENTRY FORMS FOR REGION XII CHAMPIONSHIPS AND SHORT COURSE NATIONALS are in this issue. Plan now to attend these meets and support your clubs at the Regional and National levels. Anybody can volunteer to swim these relays, your skill level is not as important as your desire to have a good time out there!!!

SWIM MEET ENTRY FORMS ARE PRINTED IN ONLY ONE ISSUE OF THE "WET SET". Please remember to remove meet entry forms before you "file" the rest of your newsletter!! This is a policy established by the PNA Board last Spring in an effort to cut down rising newsletter costs. The Board intends to review this policy for the upcoming budget year.

TEAM REGISTRATION FORMS FOR PNA CHAMPS are in this issue of the "Wet Set". In order to be eligible for a team award, your team must be registered. Get your registration in now, and start getting your swimmers excited and ready for the team competition!!

PACIFIC NORTHWEST AQUATICS, one of two clubs in the Pacific Northwest Association of Masters Swimmers (the other one is HUSKY), will be electing new officers (President, Secretary-Treasurer and Relay Coordinator) at PNA Championships. The nominating committee will present a slate of officers at the meet. Your additional nominations will be welcomed, and you will be asked to cast a ballot on Sunday. The primary role of Pacific Northwest Aquatics right now is to coordinate Pacific Northwest Aquatics relay teams for Regional and National meets.

EVERYONE'S INVITED to join your fellow swimmers and friends at Shakey's Pizza Parlor at 209 SW 148th following the Saturday events at PNA Championships. More details on time and directions will be available at the meet. Let's all get together for some socializing away from the water!

THE PNA BOARD is discussing the possibility of establishing an ad hoc committee to bid on the 1992 Long Course Nationals meet, attempting to bring the meet to the King County Aquatics Facility. Anyone with an interest in, or an opinion regarding the development of such a committee is strongly encouraged to attend the March PNA Board meeting.

GOT A GOOD SLOGAN FOR MASTERS SWIMMING? An Oregon Masters swimmer has offered to produce bumper stickers for the PNA if they come up with a design/slogan. Please give your input to a PNA Board member as soon as possible.

* * * * *
* With the unexpected, and very sudden passing of her daughter Cheri, Ann *
* Gindroz would like to extend her deepest appreciation for the support, *
* love, and inspiration that her swimming family has extended to her. She *
* looks forward to your continued support in the years to come. *
* * * * *

MARCH 1990						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10 South Kitsap
11	12	13	14	15 PNA Champ entries postmarked today. Team Reg. due	16	17
18	19	20 PNA Board Meeting at Tacoma YMCA 7:00 pm	21	22	23	24
25	26 ORE Champs entries DUE today	27	28	29	30 Reg. XII and SC Nat. relay entries due 3/31 PNA Championships - Foster	31 End Swim the PNA Social - meet at Shakey's

APRIL 1990						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 PNA Champs	2	3	4	5	6 ORE Assoc. Championships IEM Assoc. Championships	7
8 ORE, IEM Champs Swim Across the PNA due	9	10	11	12	13	14 Region XII entries post- marked today
15	16	17	18	19	20	21
22	23	24 PNA Board mtg (location to be announced)	25	26	27 Region XII Championships	28 Region XII Banquet 7pm
29 Region XII Champs	30					