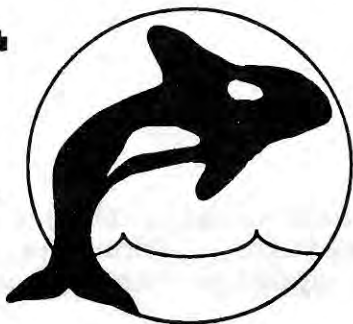


the

# PACIFIC NORTHWEST ASSOCIATION OF MASTERS SWIMMERS

# WET SET



THE PNA NEWSLETTER

PRESIDENT

Steve Freeborn  
29925 2nd Ave. SW  
Federal Way, WA 98023  
(206) 941-6808

EDITOR

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AUGUST, 1991

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UPCOMING BOARD MEETINGS

<b>AUGUST 27, 1991</b>	<b>7:00 PM</b>	<b>STEVE FREEBORN'S HOME</b>	<b>941-6808</b>
		<b>29925 2ND AVE SW</b>	<b>FEDERAL WAY</b>
<b>SEPTEMBER 24, 1991</b>	<b>7:00 PM</b>	<b>ROBIN O'LEARY'S HOME</b>	<b>525-7725</b>
		<b>6323 19TH AVE NE</b>	<b>SEATTLE</b>

\* \* \* \* \*

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 BOARD - REPRESENTING OVER 550 SWIMMERS AT THE NATIONAL LEVEL !!!  
GET INVOLVED-ATTEND A BOARD MEETING, OR JOIN THE BOARD-CONTACT STEVE FREEBORN

\* \* \* \* \*

For the vast majority of the PNA membership, this summer has been relatively quiet in terms of competition. From the turnout at the South Kitsap Meet on July 29, it appears that focus has been on things other than swimming.

As for the South Kitsap Meet, despite the small number of entries, there were still some good swims and a few regional records set. Special thanks should be extended to Bobby for agreeing to host this meet and for the good job he did in actually running the meet.

While a lot of us have chosen to do things other than swim this summer, there are some that have continued with their training. Congratulations should be extended to the following:  
Zena Herrmann and Greg Harrison for their good swims at Senior Regionals on July 27, and 28th; to those of you who competed in the Senior Games last month; to all of you who competed in the South Kitsap Meet, and to all of you preparing to attend Long Course Nationals in Kentucky.

Region XII Championships are scheduled for August 10th and 11th at the Aquatic Center. I hope to see all of you there as this meet presents not only an excellent opportunity to turn in some good times, but also an opportunity to socialize with swimmers outside the PNA.

Lastly, September is convention month which always means changes in the organization. We will be most anxious to hear the outcome of the proposals set for convention. Those attending from the PNA will be Hugh and Jane Moore, Jane Kavadas, Kathy Casey, and Walt Reid. Good luck to all of you. The PNA is well represented by these individuals.

Until next month,



\* \* \* \* \*

WELCOME TO THE PNA

**THE FOLLOWING SWIMMERS HAVE JOINED THE PNA IN THE LAST MONTH:**

BRIDGET CASE, CATHERINE CHAY, BRUCE COULTER, CAROLE DODGSON, DANIEL JARVIE, HANS MYROLD, CHRISTINE PANIAN, JACQUIE PENNINGTON, LAURIE SWAN, and EDWARD WAUD.

\* \* \* \* \*



\* \* \* \* \*

**P N A MEET SCHEDULE**

November 17	North Kitsap
December 8	Anacortes
January (weekend of 17-19)	Kent Area Dolphins
February 8	Foster Pool (Highline Swim Club Pentathlon)
March 22	Bangor
April 3-5	PNA Champs - King County Aquatic Center
June 20	PNA-sponsored long course - KCAC
August 20-23	1992 USMS LC Nationals - KCAC

\* \* \* \* \*

**OREGON MEET SCHEDULE**

NOT YET AVAILABLE - WATCH FOR DETAILS IN THE SEPTEMBER ISSUE OF THE "WET SET"

\* \* \* \* \*

**NATIONAL AND INTERNATIONAL SCHEDULE**

August 15-18	1991 Long Course National Championships Elizabethtown, KY
May 14-17, 1992	1992 Short Course National Champs. U. of North Carolina - Chapel Hill
June 27- July 5, 1992	World Masters Aquatic Championships Indiana University Natatorium Contact: Heidi Neuburger, 901 W New York Street, Rm 204, Indianapolis, IN 46202
August 20-23, 1992	1992 Long Course National Championships Federal Way, WA - King Co. Aquatic Ctr.

\* \* \* \* \*

**OTHER DATES OF INTEREST**

May 15- Sept. 15, 1991	10K Postal Championship Contact: Leo Letendre, 267 Glandore Dr., Manchester, MO 63021
May 15 - Oct. 15, 1991	10K - 2 Person Postal Meet Relay Contact: Mike Stott, 403 Lakewood Dr., Richmond, VA 23229
September 18-22	1991 USMS National Convention Louisville, KY

\* \* \* \* \*

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

<b><u>INLAND EMPIRE</u></b>	<b><u>OREGON</u></b>	<b><u>IDAHO</u></b>	<b><u>BRITISH COLUMBIA</u></b>
Carolyn Kent	John Zell	Pete Capano	Denis Crockett
2712 Honeysuckle	4640 NE 36th Ave	5551 S. Lapwai Pl	BC Masters
Couer d'Alene ID	Portland, OR 97211	Boise, ID 83709	1531 W 4th Ave
83814	(503) 282-9347	(208) 362-2229	Vancouver, BC
(208) 765-1711		(208) 323-4579	V6J 1L6
			(604) 736-7645





The President's Council  
on Physical Fitness and Sports  
and  
SWIM Magazine

**SWIM**  
Magazine

## Challenge You to Earn the Presidential Sports Award For Swimming

The Presidential Sports Award stands for a commitment to fitness through active and regular participation in a sport or fitness activity. Earning this award means that you have put in the time and effort to meet the challenge of personal fitness. The award recognizes this achievement and the fact that you are part of a nationwide effort toward a healthier, more vital America.

### TO QUALIFY

- Swim a minimum of 25 miles (44,000 yards).
- No more than three-fourths (3/4) of a mile (1,320 yards) in any one day may be credited to the total.
- For maximum benefit, the criteria should be fulfilled within a four-month period.

### THE AWARD

- A personalized gold embossed certificate of achievement from President Bush.
- A congratulatory letter from Arnold Schwarzenegger, Chairman of the President's Council.
- An embroidered swimming emblem.
- A personalized commemorative certificate of achievement from SWIM Magazine.
- Sports Identification Tag and Emergency I.D. Tag.

Before undertaking any physical activity program, you should have a thorough medical examination. This is especially important for persons over 40, or for anyone who has not been physically active on a regular basis.

To receive your Presidential Sports Award, swim the required yardage and document your achievement with a completed, signed and dated fitness log. Along with your completed log, send a \$6.00 check or money order to:

Presidential Sports Award  
AAU House  
PO Box 68207  
Indianapolis, IN 46268  
317-872-2900

Make your Check or Money Order payable to  
"AAU/Presidential Sports Award"  
Allow 6 weeks for delivery

To earn the Presidential Sports Award in Swimming:

- Swim a minimum of 25 miles (44,000 yards).
- No more than three-fourths (3/4) of a mile (1,320 yards) in any one day may be credited to the total.
- For maximum benefit, the criteria should be fulfilled within a four-month period.

The Presidential Sports Award can also be earned in: Archery, Back Packing, Badminton, Baseball, Basketball, Bicycling, Canoe-Kayak, Climbing, Equestrian, Fencing, Figure Skating, Fitness Walking, Football, Golf, Gymnastics, Handball, Ice Skating, Jogging, Judo, Karate, Orienteering, Racquetball, Rifle, Roller Skating, Rowing, Rugby, Running, Sailing, Scuba-Skin, Skeet-Trap, Skiing (Alpine), Skiing (Nordic), Soccer, Softball, Sports/Fitness (Aerobics), Squash, Table Tennis, Tennis, Volleyball, Water Skiing, Weight Training.

For additional personal fitness logs and requirements for the other 42 sports, please contact the Amateur Athletic Union at

PRESIDENTIAL SPORTS AWARD  
AAU House  
P.O. Box 68207  
Indianapolis, IN 46268  
317-872-2900

## Presidential Sports Award Personal Fitness Log

Date	Performance Entry	Date	Performance Entry	Date	Performance Entry	Date	Performance Entry

I hereby affirm that I have fulfilled all of the requirements for the Presidential Sports Award in \_\_\_\_\_  
NAME OF SPORT

I OBTAINED MY FITNESS LOG AT SWIM MAGAZINE

SIGNATURE \_\_\_\_\_

FILL IN BELOW (PLEASE PRINT CLEARLY):

NAME \_\_\_\_\_

STREET \_\_\_\_\_

CITY/STATE \_\_\_\_\_

ZIP \_\_\_\_\_

Age (check one)

15-17

18-25

26-34

35-44

45-54

55-64

65 and over

Sex (check one)

Male

Female

# SWIM ACROSS THE PNA !!!!

This is the fitness swim for this year !

Mail completed log (a copy of it) to Ian Thompson, too !

1514 Fairview  
Bellingham WA 98226

\* \* \* \* \*

**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

\* \* \* \* \*

**GENERAL ANNOUNCEMENTS**

We are announcing the locations of the next two board meetings in each issue of the newsletter so people\_have more time to plan ahead. Hope it helps!!

If you have been recording yardage for this year's fitness swim, please send a copy of your completed log and \$5.00 to Ian Thompson, 1514 Fairview, Bellingham, WA 98226.

If you swim in a non-USMS meet (eg. USS, etc.) and want your times considered for Top Ten / Records, you must request that the meet be approved by the PNA Board prior to your participation. For more details, see the "approved meets" section of the 1991 USMS Rule Book, available from Kathy Casey for \$6.00.

MSI has World Top 10 standings for 1990 (Long Course and Short Course Meters) available for \$5.00. See Walt Reid for the books. He has also ordered patches that cost \$3.00 for interested swimmers.

Steve Freeborn (PNA President), Karen Jost (Newsletter Editor), and Kathy Casey (Oceana Zone Rep) all receive information on out-of-the-area meets on a regular basis. If you are planning a vacation and would like to check out a meet in another area, please contact one of us and we'll see if we can help!!

Kathy Casey has a copy of the United States Swimming video on the new backstroke turn. Contact Kathy at 588-4879 if you would like to view this video!!

Kathy Casey, Jan Kavadas, Hugh and Jane Moore, and Walt Reid will be attending the USMS National Convention in September. They contribute a great deal of time and energy (voluntarily!!) to support the cause of Masters Swimming. Next time you see them, how about thanking them for jobs well done!

The PNA distributed brochures about Masters Swimming at the Emerald City Open Water Swim on August 17. This is one way in which we are attempting to let people out there know who and what we are. The next issue of the "Wet Set" will feature a Seattle Times article and a PNA members response to that article. It demonstrates one more way we can be known. To find out how you can contribute, be sure to read the next issue even more thoroughly than you read this one!!



\* \* \* \* \*

HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS

7/16	MARY KEPPLER	8/02	DAMON GUNN	8/22	TODD GERMAN
7/16	LESA OPPELT	8/02	WENDY HOFFMAN	8/23	MICHAEL CROCKETT
7/16	ROBERT POSCH	8/02	JULIA MORRISH	8/23	GEOFF GROSHONG
7/17	BRUCE LOMAX	8/02	JENNIFER WRENN	8/23	MAGI HARRIS
7/17	GEORGE NELSON	8/03	DENNIS MORGAN	8/23	MICHAEL KUPLIICKI
7/18	MICHAEL EVANS	8/03	CLIFTON III WARD	8/25	PAM JENSEN
7/18	MICHELE RUESS	8/04	MARK COLLINS	8/25	BRYAN LINCOLN
7/19	DAVID BLANEY	8/04	HUGH MOORE	8/25	LUCY NORDWELL
7/19	THOMAS MARSHALL	8/05	ELLEN BARRETT	8/26	BETTY BEKEMEIER
7/20	MARK AMBERSON	8/05	PETE NORTHROP	8/28	PATRICIA CROSWELL
7/20	JEFFERY BORNHEIMER	8/06	RICHARD PETERSON	8/28	JIM LEONARD
7/21	STEPHEN FREEBORN	8/06	ANNAMARIE TERHAAR	8/29	CAROLYN DAVIDSON
7/21	ZENA HERRMANN	8/08	GREGORY SWANSON	8/30	DAVID KARMAN
7/22	WILLIAM ALLEMANN	8/09	DAVID JOHNSON	8/30	MICHEL MC CARTER
7/22	NANCY POFFENBERGER	8/10	JANET CARLYLE	8/31	DWIGHT BOLTON
7/22	CHARLES VANZANDT	8/10	JEAN LIEBMANN	8/31	ROBERTA MOORE
7/23	ELS GANGLOFF	8/10	WALTER REID	9/01	GARY BAINES
7/23	CINDY WALSTON	8/10	DAVID WRIGHT	9/01	MELINDA GRIFFITH
7/23	KATHERINE WRIGHT	8/11	GLORIA MASTERS	9/01	JOHN LORIMER
7/24	HOLLY BLISS	8/11	GARY RASMUSSEN	9/01	PATRICK MC CARTHY
7/24	JEAN MC KENZIE	8/12	LIZ CAMPBELL	9/01	ROLLIE ROBERTS
7/24	JANICE MILLER	8/12	MICHAEL KRATTLI	9/02	VALERIE MC DONOUGH
7/24	MARTHA MUNROE	8/13	JOHN KORUGA	9/03	JAN AHTEN-CASSOT
7/24	SHIRLEY OLSEN	8/13	MARGARET MOEN	9/03	FRANCEAN BROWN
7/25	MIKE BASS	8/13	WESLEY NYE	9/04	GEORGE GRANT
7/25	JOHN KOLBAS	8/13	WILLIAM PHILBRICK	9/05	MARK FISCHER
7/26	M. ALLISON BEEZER	8/13	JOHN ROBINSON	9/07	ZDENEK DONDA
7/26	LEE CARLSON	8/14	DAVID HILL	9/08	JAMES BROWN
7/26	DANIEL GOSSACK	8/15	STEVE HARRELL	9/10	DANA BURNS
7/27	BEVERLY SORTLAND	8/15	LIVIA WALKER	9/10	STEVE FINNEY
7/29	KEN KOSTER	8/16	ROBERT BAUCKE	9/10	EDWARD WAUD
7/30	MARGARET FOLEY	8/17	JENNIFER SHOUP	9/11	CHERYL ELINSKY
7/30	BARBARA L'AMI	8/18	KAREN JOST	9/12	RICHARD GOLDEN
7/31	SHERRY GRINDELAND	8/19	GAIL BRUNER	9/12	JUDY HILLS
8/01	THOMAS HARRYLOCK	8/21	JOHN TANG	9/12	HUGH JAMES
8/01	JOHN HORMAN	8/21	SUZANNE THOMPSON	9/12	OTHO PAYNE
8/01	SUSAN RICE	8/21	MARVIN WOOD	9/13	FOREST BROOKS
8/02	GARY FRANTZ	8/22	TERRI BRADLEY	9/14	PINKY WALKER
8/02	PHYLLIS GILL	8/22	ROBERT CAMPBELL	9/15	TOM NORWOOD

\* \* \* \* \*

**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, 31908 3rd Ln SW #M101, Federal Way, WA 98023     Telephone: 839-6161



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

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_  
 \_\_\_\_\_

Send this form and a check for \$12.00, payable to **PNA MASTERS SWIMMERS**, to Zena Herrmann, 16204 135th Ave SE, Renton, WA 98058.

\* \* \* \* \*

**CHANGE OF ADDRESS**

**IMPORTANT !! BULK MAIL IS NOT FORWARDED !!**

RETURN TO: Zena Herrmann, 16204 135th Ave SE, Renton, WA 98058

NAME \_\_\_\_\_

USMS # \_\_\_\_\_

OLD ADDRESS \_\_\_\_\_

NEW ADDRESS \_\_\_\_\_  
 \_\_\_\_\_

NEW PHONE NUMBER \_\_\_\_\_

\* \* \* \* \*

**UNITED STATES MASTERS SWIMMING, INC. -- HALF-YEAR REGISTRATION APPLICATION  
 ONLY VALID FROM JULY 1, 1991 TO DECEMBER 31, 1991**

PLEASE FILL OUT FORM WITH NAME YOU WILL USE ON MEET APPLICATIONS

New Registration \_\_\_\_\_  
 1990 Renewal \_\_\_\_\_

PLEASE PRINT OR TYPE INFORMATION

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ INT

STREET ADDRESS \_\_\_\_\_  
 \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIPCODE \_\_\_\_\_

AREA CODE+TELEPHONE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

MARK ONE CLUB (NATIONAL LEVEL) OR YOU WILL BE UNATTACHED

PNW Aquatics  SQM  HUSKY  UNATTACHED

PLEASE NOTE THESE CHANGE(S) FROM MY 1990 REGISTRATION:  
 NAME \_\_\_\_\_  
 ADDRESS   
 OTHER \_\_\_\_\_

	USMS FEE	LMSC FEE	TOTAL FEE
UNDER 65	\$12.00	\$6.50	\$18.50
SENIOR (65+)	\$12.00	\$3.50	\$15.50

LMSC FEE INCLUDES A SUBSCRIPTION TO THE WETSET

Make check payable to: **PNA MASTERS SWIMMERS**

MAIL TO: ZENA HERRMANN  
 16204 135TH AVENUE SE  
 RENTON, WA 98058  
 (206) 235-6371

LOCAL AFFILIATION

TEAM \_\_\_\_\_ 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 risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all those risks. I hereby waive any and all rights to claims for loss or damages arising out of my participation in the Masters Swimming program or any activities incident thereto against United States Swimming, Inc., the Local Masters Swimming Committees, the clubs, host facilities, meet sponsors, meet committees, or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming. I further agree to abide by and be governed by the rules and regulations of USMS.

\_\_\_\_\_  
 APPLICANT'S SIGNATURE

\_\_\_\_\_  
 DATE



**TIME SENSITIVE MATERIAL II**

Non-Profit Org.  
US Postage Paid  
Tacoma, WA  
Permit No. 1055

Pacific NW Assoc. of Masters Swimmers  
29925 2nd Ave SW  
Federal Way, WA 98023-3508

Newsletter mailing (preparation for bulk mail) is done for the PNA by students in the Work Training Program at Foss High School in Tacoma.

For more information on this low-cost service, contact Stu Wittwer at 596-2301.