



Fantasy Relays, Expanded Format At BAMFest 5

By Paul Freeman, *The WetSet* editor

It was my first BAMFest and, boy, was it a blast. Especially at the end, when I competed in one of BAMFest's famous — and outlandish — fantasy relays. More about those relays later; first a few words about the overall meet.

Fewer Swimmers, More Events

According to meet director Tara Simsak, the 5th Annual BAMFest SCY meet, held as usual at the Bainbridge Aquatic Center, attracted 76 swimmers. That's fewer than last year's 98 participants. But, unlike last year when folks swam an average of just two events each, this year's competitors averaged four or more events.

"I consider that level of participation a huge success," says Tara. She believes it primarily resulted from adding to BAMFest's traditional high school format a 100 IM as well as 50 fly, back and breast events. Even with the se additional events, the meet finished by 1:15 p.m., leaving swimmers plenty of time to enjoy lunch on the island before journeying home.

Only two records were set.



Photo by Steve Peterson

Clockwise from top, Rondamarie Smith, Steve Peterson, Paul Freeman, Jason Lassen and Kelly Crandell celebrate after winning the 200 Mish-Mash Fantasy Relay

Steve Peterson (OOPS, 60) set PNA records in the 200 free (2:15.76) and the 100 yard fly (1:16.72).

Outstanding Support

Bainbridge Area Masters (BAM), the host team, fielded 16 swimmers. An additional 24 BAM swimmers and nine family members and friends volunteered in countless capacities. "The meet could never have run so smoothly without this tremendous participation," says Tara.

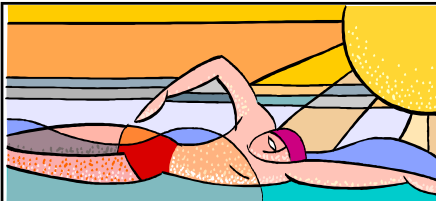
Special thanks to Tamara Tulou for handling all the pre-meet data entry, and coordinating so much of the technology set-up and take-down. Thanks also to the super

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WET SET

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As an October baby, last month marked my joining a new age group. For competition, we all get excited about swimming in a new age group but there are “benefits” which I consider a mixed blessing, like senior discounts. Because I started swimming in my late thirties, I have had a number of years of refining my swim technique with the desired result of getting from point A to point B with more ease. Sometimes with more speed. Sometimes looking really good.

Now, at a much later age than those of you who have been swimming since childhood, I am faced with declining times. Whoops. Did I say that out loud? It is true. But the fact remains that I stay afloat, I enjoy the water, and I keep trying to improve my stroke. It’s a lifetime’s pursuit to see how many different ways I can move my body through the water. No matter the body of water – pool, Sound, river or lake. Some mornings I feel like I am swimming in someone else’s body. On occasion I imagine I look like the beginning of a mass-start open water swim – arms and legs all over the place.

If you’re interested in help with your stroke or technique, to move you through the water with more ease, we/PNA regularly host technique clinics. By time you read this our early November clinic will be over, but we are planning another early next year. This fall also is PNA’s first meet preparation clinic. If our early October clinic is a success, we will do it again. In addition, join us later this month for the Northwest Zone Short Course Meters meet at the Weyerhaeuser King County Aquatic Center.

I ask you nearly every column

LEADING OFF



By Jeanne Ensign,
PNA President

to please let us know what you would like from PNA for you personally or for your team. The board is using our early December meeting to plan for next year and we welcome your ideas, big picture or small. This coming spring we elect new officers and we are hosting the 2007 USMS Short Course Championships, also at the Aquatic Center in Federal Way. We want to make sure that we have life after the national championships! Please contact me with your input (jeanne@raincity.com).

Oh, and by the way, one of the best parts of turning 60? On my birthday, I started the day with a sunrise swim in the ocean, with my daughter, at Kalapaki Beach on Kaua’i. Even a suit full of sand couldn’t put a damper on aging up.



Correction:

September’s newsletter incorrectly identified Jim Gross as the men’s winner in the Lake Padden 5K non-wetsuit division. Bill Penn actually won this division, placing second overall.

United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers are now, as they always have been, concerned for the safety and health of their members. They will continue to disseminate such information concerning swimming safety and health as comes to their attention. However, United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers cannot and does not accept responsibility for the content of any information or material not authored by United States Masters Swimming, Inc. or the Pacific Northwest Association of Masters Swimmers. All opinions stated in any such material are solely those of the authors and not necessarily those of United States Masters Swimming, Inc. or the Pacific Northwest Association of Masters Swimmers.



MASTERS 2006/2007 CALENDAR

**OPEN
POSTAL SWIMS
MEETS** **CLINICS**

*Events in Washington, Oregon, British Columbia, Idaho and Alaska, plus USMS Championship events. PNA events, including PNA Board meetings, are listed in **bold**.*

- September 15 to November 15, 2006
3000/6000 Yard Postal Championships
Max Veltman, (915) 584-0227,
max_veltman@yahoo.com
- November 1 to December 31, 2006
Brute Squad 2006 Postal Event
(1650 free, 400 IM and 200 Fly)
Sponsored by Washington State University Masters Swimming
For information, see
<http://www.WSUMastersSwimming.org/BruteSquad>
- **November 18 and 19, 2006**
2006 Northwest Zone Short Course Masters Championship Meet
Weyerhaeuser King County Aquatic Center
Federal Way, Wash.
Jane Moore;
swimmoore@comcast.net
- **December 5, 2006**
PNA Board Meeting
6:00 p.m.
1920 10th Ave. E, Seattle
RSVP_arni@qwest.net

- January 1, 2007
All USMS memberships expire; please renew.
- January 1 to December 31, 2007
Fitness Check-Off Challenge
Le Tour de Pool
Hugh Moore,
swimmoore@comcast.net
For an entry form and more information, see page 8.
- January 1 to January 31, 2007
USMS One Hour Postal Championships
Margie Hutinger
(727) 521-1172; phut@usms.org
- **January 20, 2007**
SCY PNA Meet
Fidalgo Pool
Anacortes, Wash.
See page 9 for entry form.
- **January 23, 2007**
PNA Board Meeting
6:45 p.m.
Yesler Community Center
917 E. Yesler Way, Seattle
- **February 18, 2007**
SCM Meet
Bellevue Club
Bellevue, Wash.
Cory Hilderbrand

- cory@bellevueclub.com
Entry form at www.swimpna.org.
- May 15 to September 15, 2007
USMS 5 and 10 km Postal Championships
Susan Ingraham
(210) 493-0388
aquatex101@aol.com
- **May 17 to May 20, 2007**
USMS Short Course Championships
Weyerhaeuser King County Aquatic Center
Federal Way, Wash.
Jane Moore, (253) 759-4956
swimmoore@comcast.net;
Sanctioned by PNA
- May 27, 2007
USMS 1 Mile Open Water Championships
Lake Audubon, Reston, VA
Gordon Gerson (703) 845-SWIM
rmst@restonmasters.org;
www.restonmasters.org;
Sanctioned by PV LMSC



Web Guide

Check out these sites on the Internet for information on Masters swimming, news, events, workouts and more from throughout the Northwest!

- PNA Masters Swimming
- www.swimpna.org
- US Masters Swimming
- www.usms.org
- USMS Northwest Zone
- www.northwestzone.org
- Oregon Masters
- www.swimoregon.org
- Alaska LMSC
- www.akmswim.org
- Utah Masters
- www.utahmasters.org
- Masters Swimming of BC
- www.mastersswimming.bc.ca

(Continued from page 1)

BAMFEST 5

competent computer team of Eric Draluck, Virgil Valdex and David (DAC) Cuthbert.

"In addition," says Tara, "we had an amazing group of officials volunteering their time: Nick Giovanni, Frank Toles, Lee Carlson, Rene Bollman and Joe Hebert. During the meet, these experts figured out that they provided a combined 80+ years of officiating experience on deck. Their presence instilled a great deal of confidence in this new meet director."

Fantasy Relays

The first fantasy relay was the 200 Kickboard, involving two teams of eight swimmers, each with a kickboard. The first swimmers kicked 25 yards and handed off their kickboards to the next swimmers, who kicked 25 yards with two kickboards. This progression continued until the final swimmers finished with eight kickboards.

Fantasy relay No. 2 was the 200 Mish-Mash Challenge. The first swimmer on each team had to drive a matchbox car along the black line of the pool bottom. The next swimmer had to keep repeating an IM pattern — one stroke fly, one cycle of back, one stroke breast, one cycle of free — for 50 yards. The third swimmer had to swim 50 yards backwards. The final relay leg, the one I swam, was a tandem swim: I held a teammate's ankles and kicked while he used his arms to swim a 25; we then reversed positions for the second 25.

Tara says she can't wait to have everyone back next year. And I can't wait for my next fantasy relay!



BAMFest 2006 SCY October 14, 2006 Bainbridge Island, Wash.



Meet Announcer Rick Stafford



From left, Lee Carlson, stroke and turn judge; Dac Cuthbert, computer assistant; and Tara Simsak, meet director



From left, Lynne Gallivan, Bill Tiffany, Jamie Whitney and Allan Thorpe, all from BAM



From left, hardworking volunteers Sandy Bratz and Linda Stevenson



Eighty-five-year-old Hal Young takes a well-deserved break in the jacuzzi



Welcome New and Returning PNA Swimmers

Laura Andersen
Laurie Ball
Sarah Barnes
Dana Belkholm
Linda Chapman
David Cuthbert
Dan Davis
Angela De Oliveira
Hannah DeMeritt
Kathleen Engeln
Jay Evans
Thomas Ganzfried
Julia Garrison
Karin Harris
Jessica Henderson
John Jelen
Gregory Joannides
Christopher Jones
Ann Judd
Rosanne Keltner
Mary Jo Kintner
Mike Koenig
Clayton Lewis
Karrie Monohon
Rebecca Osborn
Joseph Parsons
Carol Pendleton
Morgan Poster
Mary Prieve
Jordan Rice
Amanda Rice
Danielle T. C. Rideout
Jeff Roberts
Stacey Simmons
Benjamin Smith
Terri Stewart
Lynda Zeis
Barbara Zimmerman

WEB

Looking for meet results, places to swim, past newsletters or other information about PNA? Check out our website at www.swimpna.org.

When You Register for 2007, Support the USMS Endowment

Every year, USMS members have an opportunity at registration time to add to their registration fee a dollar or more for the USMS Endowment Fund.

The fund was started several years ago as a means of:

- Honoring and recognizing individuals or organizations for a particular reason
- Raising money for research and grants benefiting Masters swimmers

As you register for the year 2007, please keep this in mind: your contribution to the Endowment Fund, added to all the other contributions, will provide the means by which important research can be conducted that will help us all understand more about the benefits, risks and rewards of swimming.

To find out more about the Endowment Fund, contact Doug Church, chair of the fund; his email is dchurch@cchalaw.com. Or go to www.usms.org.

Important Information from Arni Litt, Registrar, About Your 2007 Registration

The format of your 2007 membership number will be the same as 2006.

For example, if your number is 367B-02KGA:

- 36=Club PNA
- 7=2007
- B=authentication letter or number, which is generated from a complex algorithm and cannot be guessed
- 02KGA=your permanent ID that stays with you forever

You can find your membership number above your name on *The WetSet* label and on your "SWIMMER" Magazine label. Also,

your ID can be found on the PNA website. Go to <http://www.swimpna.org/php/teamMembersSelect.php> and search for your name.

Most important, please remember to send the Registrar any change of address or email. It is the only way PNA can keep in touch with you.

Note To team Coaches & Representatives:

If you are thinking about changing your team ID letters or name for 2007, please do it as soon as possible.

What? You've Never Swum in a Meet Before?

Here's Your Chance. Upcoming PNA meets:

Anacortes, January 23, 2007

(entry form on page 9)

Bellevue Club, February 18, 2007

(entry form on PNA website and in the December newsletter)

START TRAINING FOR THE ANNUAL ONE HOUR POSTAL SWIM!

Coming soon, to a pool in your neighborhood, is the premier USMS postal swim. Thousands of Masters swimmers across the country try to swim as many laps as possible in one hour.

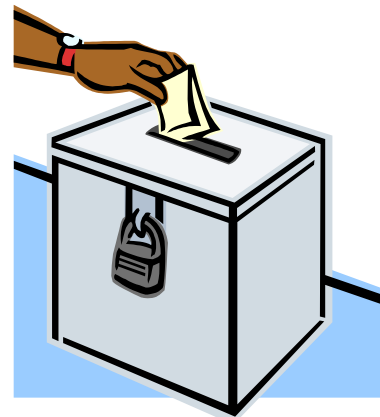
The swim must be done during the month of January, and many use it as a benchmark for their training for the coming year.

Start working up to the swim by doing 10 minute, 20 minute, and 30 minute swims during November and December. Talk to your coaches and teammates and organize opportunities where you can do the

One Hour Postal swim in January. Each participant must have an official timer to record accurate splits on the official entry form. You can take turns swimming and timing each other if necessary.

The official entry form will be included in the November/December issue of "SWIMMER" magazine. It also will be available on the USMS web site.

PNA will organize teams (relays) again this year. So be sure the relay chair gets your information when you enter the event. Look for more details in the next issue of *The WetSet*.



Get Ready to Cast Your Vote for PNA Board

PNA will elect new officers for its operating board in April of 2007. A nominating committee has been formed and its mission is to submit a slate of one or more members for each office.

The elected officer positions are president, vice president, secretary and treasurer. Additionally, three at-large representatives are elected to represent unattached or small team swimmers on the basis of zip code residence as follows: <98100, 98100-98199, & >98199.

PNA members will receive ballots in March.

The PNA Board meets monthly in the Seattle area to plan and implement programs for the membership. Please see the By Laws on www.swimpna.org for information about the duties of PNA board members. *We encourage new members to get involved!* If you are interested in being an elected member of the board, or if you would like more information, please contact one of the following nominating committee members by January 15.

Tom Foley at 209-937-5585 or lilmot@netzero.net

Walt Reid at 253-588-4879 or walt.reid@comcast.net

Sally Dillon at 360-679-5038 or salswmr@verizon.net

PNA Board Summary for September and October

The PNA board meets monthly to plan meets, clinics, open water swims and other activities. All meetings are open to any PNA member. Minutes can be found at http://www.swimpna.org/pna_info.htm. We typically meet on the fourth Tuesday of each month.

However, we combine the November and December meetings and meet in early December. That meeting is designated as our annual meeting and will be held December 5 at the Seattle home of Arni Litt, our registrar. At this meeting, we will focus on adopting a budget for 2007 and planning for the future. If you have suggestions or would like to attend, please contact Hugh at swimmoore@comcast.net or any board member.



At the September board meeting we approved the Bellevue Club meet on February 18 and reviewed the recently completed USMS convention. At the October meeting we selected a nominating committee for next year's elections and discussed a possible clinic for February. Many board members are active on the organizing committee for the 2007 USMS Short Course National Championships, which will be held in Federal Way on May 17-20.

You can read copies of the board minute at PNA's website: www.swimpna.org.



Fitness and Training

Using Sports Psychology To Enhance Your Performance

Editor's Note: This article was written by Jani Sutherland, USMS fitness chair and fitness chair of the Oregon LMSC. The article has been re-titled and slightly edited.

Sports psychology isn't just for the elite athlete. It's for all of us! Sports psychology deals with our mental skills. We train our physical skills when we are in the pool so why not our mental skills too?

Anxiety is a big piece of sports psychology and can affect all of us, from the swimmer ready to move to a faster lane to individuals going after national or world records. And it can affect those of us in between. Should I swim in my first meet at my local pool? How many National events can I qualify for?

One of the best definitions of anxiety is "a threat by uncertainty multiplied by importance." We usually don't get anxious if the outcome of an event is unimportant or if the outcome is certain. Anxiety isn't necessarily a bad thing; it shows we care about our performance. It is



part of being human. The attempt to resolve uncertainty is part of our mission in life. Many are drawn to sports because of this uncertainty -- how fast can I go, can I win?

There are two kinds of anxiety. Physical (somatic) anxiety increases the heart rate and produces butterflies in the stomach. Cognitive anxiety involves low self-esteem and negative thoughts. No matter which type of anxiety you experience, how you react to it can be more important than the anxiety itself.

In any performance an athlete will experience some anxiety (we're

"In any performance a swimmer will experience some anxiety. What's important is what the swimmer does with that anxiety."

swimming how much fly?). The athlete's interpretation of anxiety is what's important. And for each of us there is an optimum level of anxiety. We need to find that level. Finding the right level leads to confidence. A confident athlete uses anxiety positively and that often leads to better performance.

How can we use sports psychology to improve our performance? There are no general rules and everyone is different. Self-analysis is a good start. Is your anxiety physical or mental? For most people it is cognitive (the mind). Will I look ridiculous doing this IM set? Will I get lapped in the 1000?

A primary cause of cognitive anxiety is the tendency to focus on results. We think about outcomes and these are powerful thoughts. Louise Friend, one of Britain's top sports psychologists, suggests fo-



cusing on event goals rather than outcome goals. Set goals you can control: I will keep my head down when I am doing butterfly, I will be streamlined off the wall after my turns. Focusing in this manner takes attention away from the outcome of a race or event, which cannot be controlled.

Some athletes with cognitive anxiety use pre-race mental routines, visualizing a calm place or seeing themselves executing a flawless stroke. Other people respond well to mantras, a word or phrase repeated over and over that blocks out other thoughts.

If your problem is physical or somatic anxiety, relaxation techniques are recommended. Deep breathing, stretching, shaking loose your muscles and meditation – these all reduce physical anxiety. Some people find chatting with friends reduces this type of anxiety.

However, reducing anxiety is only half the battle. You also want to channel that anxiety positively into confidence. Confidence comes with experience and learning from past situations. When we train anxiety is usually low, and we gain confidence just by performing. Racing frequently builds confidence, again through experience. Find out what works for you, then go for it: move up a lane, swim a 200 IM or sign up for the next Nationals.



**Federal Way Kings
Masters Swimmers present a challenge to
your swimming abilities:**

Sanctioned by the Pacific Northwest LMSC for USMS, Inc.
#367-F01

Visit www.usms.org/fitness for additional entry forms.

What is the Check-off Challenge?

The CHECK-OFF CHALLENGE is a postal event designed to motivate swimmers to complete as many of the 18 “pool” events as possible during the 2007 calendar year. It challenges all levels of swimmers. Novice swimmers can swim events that they never have before. Experienced swimmers can try for their personal best times in as many events as practical. Simply “Check-off” each swim on your t-shirt when you complete the event.

Where and when do I accomplish the Check-off Challenge?

The events may be swum in practice or in meets, in yards or in meters, any time during 2007. The challenge is to complete all events or try new events. COACHES: Sign up your entire team and use the event as a team challenge. Spread out the events over a period of time during practice sessions, progressively

building up to the tougher events. The entire team can work together, completing all of the events.

How do I score the Check-Off Challenge?

“Scoring” is simple – just mark the event on the list on the back of the t-shirt (aka Yellow Jersey).

When do I receive my T-shirt?

The event is open to registered Masters swimmers. Enter by filling out the entry form included below. Shirts will be mailed in mid-December for entries received by December 1, 2006 so that swimmers will receive them by the first of the new year. A second mailing will occur in mid-March, 2007 for entries received by February 28, 2007. T-shirts are yellow short-sleeved cotton with two-color, black and white design. The logo will be on the front and the list of events on the back.

Event Director

If you miss the February 28 deadline and are still interested in purchasing a shirt, or have other questions, contact Hugh Moore 2102 N. Vassault, Tacoma, WA 98406, swimmoore@comcast.net

2007 Check-Off Challenge Entry Form

Name _____ Club or workout group _____ DOB _____

Address _____ City _____ State ____ Zip _____

Phone _____ Email address _____ Registration # _____

T-Shirt		Mail this form and your check to:	
Size	Qty	Price	Total \$
S	___	@ \$15	_____
M	___	@ \$15	_____
L	___	@ \$15	_____
XL	___	@ \$15	_____
XXL	___	@ \$17	_____

Holly Bork
6233 S 233rd St
Kent, WA 98032
Make checks payable to “Federal Way Masters”

Liability Release

WAIVER: I, the undersigned participant, intending to be leally 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. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS 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. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNED: _____ DATE: _____

PNA LOCAL MASTERS SWIMMING COMMITTEE
 SHORT COURSE YARDS MEET: January 20, 2007 (Meet Sanction #0367-01)
 Hosted by Thunderbird Aquatic Club & Masters and
 Anacortes High School Boys Swim Team

EVENTS (ORDER #2)	
#	Event
Saturday, Jan. 20	
1	500 Free
break	
2	200 Free Relay
3	100 Back
4	200 Free
5	50 Fly
6	200 Breast
break	
7	200 Mixed Free Relay
8	200 Back
9	50 Free
10	100 Fly
11	50 Breast
break	
12	200 Medley Relay
13	50 Back
14	100 Free
15	200 Fly
16	100 Breast
17	200 IM
break	
18	200 Mixed Medley Relay
19	400 IM

DATE: Saturday, January 20, 2007
TIME: Warm-up: 9:00 AM
 Meet starts 10:00 AM

PLACE: Fidalgo Pool, Anacortes, WA
 1603 22nd
 Anacortes, WA
360-293-0673 ext. 14

MEET DIRECTOR: Myke Lund
 360-293-0673 (daytime)
h2obug101@yahoo.com

FACILITY: Six-lane 25 yard pool
 Warm-up: 42 ft. by 23 ft.
 Water temperature: ~ 83 °F

CONCESSIONS: None

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all USMS 2007 registered swimmers, 18 and above as of *January 20, 2007*.

SEEDING: Slow to fast **TIMING:** Electronic

RELAYS: Deck-enter relays at the meet. Mixed relays require 2 men and 2 women. Mark your relay entry card *carefully* to ensure correct intent and results.

Positive check-in required for 500 Free by 8:45 and for the 400 IM by the end of Event 12.

DIRECTIONS: From I-5, take exit 230. Go west on Highway 20 to its end in Anacortes. Turn right onto Commercial Ave. Go about ten blocks to 22nd street. Turn left. Go up the hill about six blocks to J Ave. Fidalgo Pool is on the left.

Motels:

The Marina Inn.....3300 Commercial..... 360-293-1100
 Anaco Bay Inn.....916 33rd (kitchens)..... 360-299-3320
 Islands Inn3401 Commercial
(complimentary Dutch breakfast) 360-293-4644

EMERGENCY CONTACT _____

PHONE NUMBER _____

NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES

PNA LOCAL MASTERS SWIMMING COMMITTEE
 MEET ENTRY FORM: January 20, 2007 Meet Sanction #0367-01
 Hosted by TAC/TACM/AHS Boys Swim Team

NAME: _____ M F AGE: ____

ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS #: _____

CLUB/TEAM: _____ or UNATTACHED: _____ ASSOCIATION: ____

AGE GROUP (determined by your age as of JANUARY 20, 2007):

18 - 24 25 - 29 30 - 34 35 - 39 40 - 44 45 - 49 50 - 54 55 - 59
 60 - 64 65 - 69 70 - 74 75 - 79 80 - 84 85 - 89 90 - 94 95+

ENTRY LIMIT: 5 EVENTS PER DAY plus relays. Circle if your **first Masters meet: Y**

EVENT NUMBER	EVENT	SEED TIME (S C Yards)

ENTRY FEES: \$ 13.00 (includes LMSC and electronic timing surcharges)

Individual Events: + _____ (\$1 each; optional for age 65 and over or needs based. No charge for relays.)

Total: \$ _____ [from \$13.00 (relays only) to \$18.00 (five events)]

Please make checks payable to: **T A C**

Mail this entry form and fees to: January Masters Meet
 C/O Myke Lund
 1603 22nd
 Anacortes, WA 98221
 Myke Lund → h2obug101@yahoo.com

Questions?

Please send entries postmarked no later than **Wednesday, January 10**

WAIVER: 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. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS 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. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNED: _____ DATE: _____

Pacific Northwest Association of Masters Swimmers

2007 Local Team Registration

To register your team for 2007, please fill out and return the form below. Teams must be registered to compete as a team and to be eligible for team awards at the SCY PNA Championships held each April. All team members competing in the meet must be currently registered with USMS.

PNA will provide each team with a USMS Rule Book, which contains rules for Swimming, Competition, Long distance Swimming, Athletes' Rights, and Organization and Bylaws. Please indicate who should receive the USMS Rule Book

Team Name:	Abbreviation (4 letters max):	
Team Rep	Name:	
	Address:	
	City:	Zip:
	Phone:	
	e-mail:	
Team Coach	Name:	
	Address:	
	City:	Zip:
	Phone:	
	e-mail:	
Workout Pools	Pool name:	
	Address:	
Workout Times		
Rule Book	Please send to:	

Below are the abbreviations currently in use. Teams written in **BOLD** were registered in 2006.

Mail this form and check to:

Arni Litt, Registrar arni@qwest.net
 1920 10th Ave East
 Seattle, WA 98102-4253

Application fee: \$12
 Make check payable to: **PNA Masters**

- | | | |
|---|--|--|
| <p>BAM: Bainbridge Area Masters
 BC: Bellevue Club
 BEST: Bellevue Eastside Masters
 BMSC: Bellingham Masters Swim Club
 BBST: Bellingham Bay Swim Team
 BS: Brooks Swimming
 CAC: Columbia Athletic Masters
 DSYM: Downtown Seattle YMCA Masters
 ESC: Evergreen Swim Club
 FSJ: Fins of the San Juans
 FTSW: Ft. Steilacoom - WAKO
 FWM: Federal Way Master
 GACM: Gateway Athletic Club
 GCMS: Gold Creek Masters (GCM)
 GLAD: Greenlake Aquaducks
 HMST: Husky Masters
 ISST: Issaquah Swim Team Masters
 JAM: Juanita Aquatic Masters
 LUNA: Team Luna
 LWS: Lynnwood Sharks
 MIR: Mercer Island Redwoods</p> | <p>NEO: North End Otters
 NHM: Newport Hills Masters
 NSYG: Northshore Y's Guys
 NWM: North Whidbey Masters
 OOPS: Old Olympic Peninsula Swimmers
 ORCA: Orca Swim Club
 PAC: Poseidon Aquatic club
 PAMS: PAMS
 PRO: Pro Sports Club
 PSC: Phinney Ridge Swim Club
 PTMS: Port Townsend Master Swimmers
 QASC: Queen Anne Swim Club
 RAH: Redmond Aqua Hotshots
 RAT: Rice Athletic Team
 RFST: Rainier Foothills Swim Team
 SAC: Seattle Athletic Club
 SAMM: Samena Club
 SSRM: Swim Seattle Redhawk Masters
 STRM: Storm Aquatics Masters
 SVY: Skagit Valley YMCA Chinooks
 SWIM: South Whidbey Island Masters</p> | <p>TACM: Thunderbird Aquatic Masters
 TACY: Tacoma Pierce County YMCA
 TIG: Tigers
 TMS: Thorbecke's Masters Swimming
 TVA: Tumwater Valley Authority
 UNAT: Unattached to a Team
 UPAC: University Place Aquatic Club
 VAM: Vashon Aquatic Masters
 VFC: Valley Fitness Center
 WAC: Washington Athletic Club
 WCY: Whatcom County YMCA
 WEST: West coast Aquatics Masters
 WSAS: West Seattle All-Stars
 WSYD: West Seattle YMCA Dolphins
 WWUS: Western WA U Masters Swimming
 YNOT: Y Naut</p> |
|---|--|--|

Don't see your team? Have your coach or Team Representative fill out the form and it will be added to the list.

2007 Membership Application

Pacific Northwest Association of Masters Swimmers

New Swimmer

Returning USMS Swimmer

(Old Number if available _____)

2007 Annual Fee: Of your membership fee \$20 is sent to USMS and \$15 remains with PNA to support our programs. \$8 of the USMS portion is designated for the national publication. (There is no discount for those not wishing to receive the national publication.)

Please print clearly and fill out the entire form. Register with the same name you will use for competition. If your name has changed, please include old and new names.

Name: _____ Birth date: _____
 Last First Initial Month Day Year
 Address: _____ Age: _____ Male Female (circle one)
 Street or box number
 City State Zip+4 E-Mail: _____
 please print carefully
 Telephone: (____) _____ **If you coach a Masters swim team check here**
 2nd Phone: (____) _____ **I am interested helping the PNA committee**
CLUB: Pacific NW Aquatics (PNA) **AND** **Team :** _____
 OR Unattached OR Unattached

Choose a membership level A or B below.

- A. Regular:** 11/01/06 thru 12/31/07 **\$35**
- B. Need-based or Seniors (65 & over):** **\$25**
- Canada & foreign addresses, add **\$10**

Make check payable to: **PNA**

Mail to: Arni H. Litt, Registrar

1920 10th Ave E

Seattle, WA 98102-4253

Optional Donations:

USMS Endowment Fund \$ _____

International Swimmers Hall of Fame \$ _____

TOTAL \$ _____

Questions: (206) 849-1387, arni@qwest.net

On rare occasions, USMS may need to inform you of important issues. I DO / DO NOT wish to receive these.

A USMS sponsor may wish to offer you information emailed from the USMS National Office. I DO / DO NOT wish to receive this.

(Email addresses are not supplied to the sponsor.)

WAIVER: 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. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, THE HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

→ Signature _____

Date _____

The United States Masters Swimming Policy on the privacy of member information is at: www.usms.org/admin/privacy.shtml

TEAMS

- | | | |
|---|---|--|
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WetSet Subscription/Change of Address Form

The WetSet is PNA's official newsletter. Produced ten times a year, it is delivered free of charge to PNA members. Non-members may purchase an annual subscription to *The WetSet* for \$12, payable to "PNA Masters Swimmers." To subscribe, please send this completed form to Arni Litt, PNA Registrar, 1920 10th Ave E, Seattle, WA 98102-4253.

***Important** — *The WetSet* is sent via bulk mail and is **not** forwarded by the US Postal Service. Please inform us of address changes.*

Attach old address label here (if available)

Name _____

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City / State / Zip Code _____

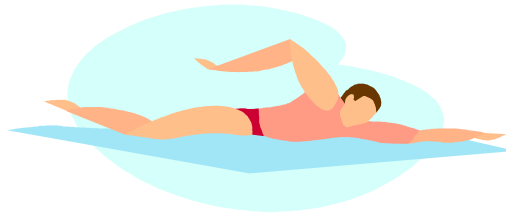
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New Subscription

November 2006 Issue



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