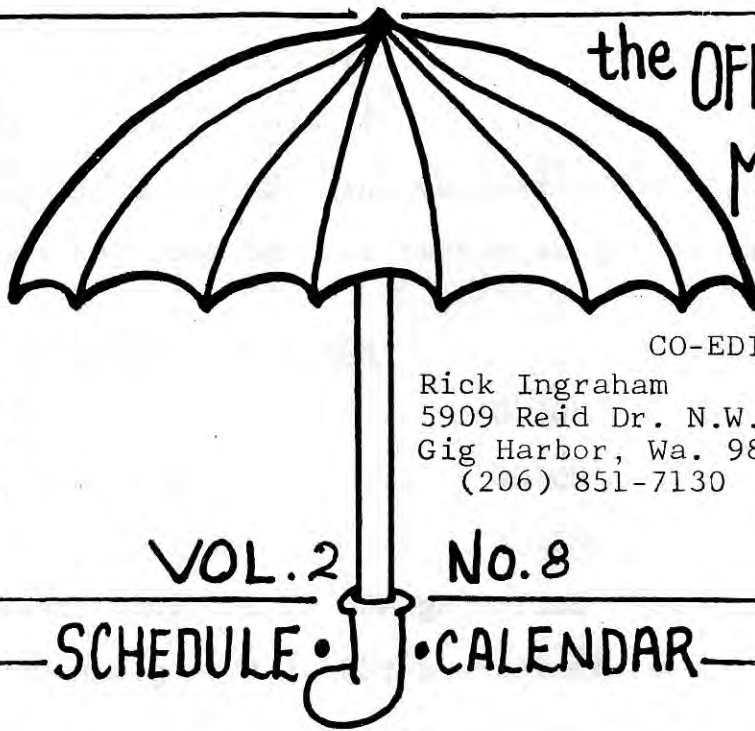


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the OFFICIAL PNA
MASTERS
NEWSLETTER

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VOL. 2

No. 8

JUNE 13, 1983

SCHEDULE • CALENDAR

<u>Date Correction</u>	June 26	LC - South Kitsap
	Aug. 6-7	LC Regionals - Spokane
	Aug. 25-28	LC Nationals - Indiana

July 12, 1983 - BOARD MEETING AT DAVE ADDLEMAN'S, 7:30 PM SHARP

EDITOR'S CORNER...

NEWSLETTER COPY DEADLINE!!! In order for your copy of the newsletter to be in the mail by the 10th of every month, all copy must be received by Bob and Norma Ingraham at 5909 Reid Dr. N.W., Gig Harbor, Wa. 98335 by the first of every month. All copies being sent to Susan Allen, 14837 SE 113th St., Renton, Wa. 98056 must be received by her in time to forward to the Ingrahams by the first of the month. Any late copy will be printed in the following month's newsletter. Thank you for your co-operation.

Don't forget to get your entry forms in for the South Kitsap meet by June 20th!

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Dear Friends and Fellow swimmers,

For the past 2 years I've been a participant in Swim for Mike (1981) and Swim with Mike (1982). This annual swim-a-thon benefits the Disabled Athletes Scholarship fund at the University of Southern California and is named for Mike Nycholt, a former All-American USC swimmer who is paralyzed from the chest down from a motorcycle accident in January 1981.

Raising \$83,000, this fund has enabled 4 former athletes, now disabled to continue with their education at USC. It has also provided essential equipment such as electric wheelchairs and vans etc. to be purchased for them to increase their independence.

This year, Swim with Mike will be held Saturday, July 9th in the new Olympic pool in Los Angeles. It promises to be even bigger and better than ever with the proceeds to benefit other disabled athletes.

I will again be participating in this worthwhile event and am asking for your support both financial and in prayer. I feel that swimming has certainly given me a lot. This one small way to say THANKS! and to help others who need it.

I will be going a total of 5000 yards (200 laps) and would appreciate any contributions/pledges. Please make your checks to: USC DISABLED ATHLETES SCHOLARSHIP FUND.. and send them to: Kiko Kimura, 4755 Sand Point Way NE, Seattle, Wa. 98105. If you have any questions please call 525-9687. (these are tax deductible!)

Thanks for your support and helping make big dreams come true!

there was nothing on the bottom of this page. 2

Kiko

Dear Friends and Fellow Swimmers,

WOW! I can't believe that another month has gone by and that summer is upon us! I hope that you all have changed gears and are charged up for the Long Course season! The meet at Port Orchard promises to be a good one, so I'll plan to see you all there. Wishing a personal record (P.R.) for everyone!!!!

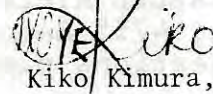
I had the opportunity to share in a great pot luck breakfast with the Cascade Masters earlier this month. They've got a good solid program at Shoreline pool from 5:30-6:30 am (Can you believe it? I actually got up at 5:30 am!) Their coach is a physiologist from Ball State University. It was fun to see some old friends and meet some new Masters' swimmers! WELCOME TO THE PNA!!!!

Next stop on the PNA tour is Bainbridge Island. Coaches and or team reps, please remember that I'd like to meet the people in your area, so let me know when you turn out or have a gathering and we'll arrange a time.

Lastly, I want to encourage each one of you to share your Masters swimming experience with a friend this month! Bring them to the meet or to a workout or tell them WHY YOU are swimming! Encourage them to try it. We are the best resource and advertisement for the program. I know with confidence that you are great examples!

Take care and have a fantastic month. Keep swimming!!!!

I am sincerely yours,

 Oct 317
Kiko Kimura, Pres. PNA Masters

LC Relay Form - sent in

"DECK PROFILES"

Maryan Burke was chosen the 1983 Swimmer of the Year by the Tiger team. Her involvement in swimming came from her son and daughter. They encouraged Maryan to begin lap swimming where she came under the watchful eye of Maxine Carlson. Eventually Maxine invited Maryan to join Masters. "I was thrilled that someone would say I was good enough to swim on a team", Maryan recalls.

Maryan has been enjoying Masters ever since. The challenge of planning out races keeps swimming interesting to her. She particularly enjoys swimming the 100 Back because it is a race that requires a good steady pace at the beginning, ending with a final all out sprint at the end. Maryan enjoys the control she has in planning out her races setting the correct pace for each part of the race. This gives her a great deal of satisfaction and sense of accomplishment. She controls the race rather than the race controlling her.

Maryan learned quickly to follow good advice. In one of her first 50 Free events she was swimming with Maxine and Jan. During the race Jan's coach was yelling, "pull, pull". Maryan could hear him and thought it would be a good idea, so she began to pull, and she ended up winning the race.

Jack Akamine swims for the Bellevue Eastside Swim Team and received their 1983 Swimmer of the Year award. Jack is originally from Hawaii and never participated in athletics until two years ago. At that time he was interested in running and completed two marathons. However, he decided to switch to swimming because it provided total fitness and body development.

With the knowledge of how to do the freestyle and a scissor kick, in November 1982 Jack joined the Bellevue Eastside Swim Team because he thought competing would be fun. Jack learned quickly and began swimming other strokes. Jack's most memorable experience in swimming occurred at his first meet. He entered the breaststroke for the first time competitively and was disappointed when he finished a pool length behind some of the other swimmers. The disappointment soon changed to joy. "I was so surprised when my coach came up to me after the race and he was so happy. I had gotten first in my age group".

Jack continues to swim and enjoys it because his team is like a family. They are always helping one another. And, as Jack sums it up, "they take great joy in each others' progress."

Cathy Brooks