



# the OFFICIAL PNA MASTERS NEWSLETTER

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## Vol. 2 No. 11

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### Schedule • Calendar

- October 16 Bellevue Interlake High School SC
- November 19-20 Rainier Valley SC
- December 10 or 11 Husky Foster SC
- January 15 Bangor Meet
- January 27-29 Snake River Assc. Swim & Ski weekend
- February 11 or 12 Kent Area Dolphins Meet
- March 18 Anacortes

NEXT BOARD MEETING SEPTEMBER 13, 1983, 7:30 PM AT DEBBIE LEWIS'

### EDITOR'S CORNER...

WELCOME BACK SWIMMERS! NEW SEASON, NEW FRIENDS, NEW GOALS! ...Susan

ROSES! ROSES! ROSES!...to Dave and Kathy Tempest on the birth of their new son, Kevin. He was born on Tuesday, August 23, 6lbs. 11ozs. Mom and baby doing fine. Congratulations!

The PNA Swimmers Party last year was such a success, we are doing it again! Just like last year: BYOB and please bring your favorite hors d'oeuvre to share. (An oven is available)

DATE: September 17, 1983  
TIME: 7:30 pm  
PLACE: Dave Addleman's condo clubhouse  
1812 Maple Lane - Kent  
852-7002  
(call Dave for directions)

SORRY - No Room for Albany, Or. results in this newsletter!

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Dear Fellow PNA Masters and friends:

I can't believe how fast the time is flying by and how the PNA is growing! A big WELCOME to the 20 plus new swimmers who registered and joined us this past month. It's great to have you! I know I met a few new people at the LC regionals, which was super. But - don't be shy! Come on up and introduce yourself to me at the next meet. I'm available and here to work for you! So come and meet your pres!

Again, many thanks to South Kitsap Masters, Kimo Streeter, Rick Ingraham and Mr. and Mrs. Ingraham and everyone else who helped to put on an excellent regional meet at Port Orchard! Congratulations to you all who broke records - from Dawn Musselman and her national record breaking swims to Terry Beaudoin, Bangor Masters, who took two minutes off of her 1500m. Free time - and everyone in between who had other national, regional or Association record swims or PB's (personal best) swims. I'm really so proud of all of you! Fitness, Fun, Fellowship!

Now that is what Master's swimming is all about - going out there and giving it your best shot, 100%, and always coming out a winner! (Fitness part) And meeting new people, establishing new friendships and following up on old ones, crazy awards and relay headaches! (The Fun part) And the fellowship part - the comraderie, cheering for each other, rejoicing in victories and consoling in defeats. (May we never need to console!) and just plain being there for each other!

Speaking of fellowship, don't forget the PNA party at Dave Addelman's on September 17th! Be there or be square! Come see fellow Masters Swimmers actually dressed! (In clothes no less.)

I just want to close by saying that I'm really enjoying being your president. You all are what makes the job so meaningful to me. I appreciate you a lot! Thanks for your support.

Til next month -

Serving you with a whole heart,

Kiko

## "DECK PROFILES"

Kathy Crandell is the Masters coach for Ft. Steilacoom and an avid member of the team. Dave Emery, a former coach for Ft. Steilacoom Masters talked her into coaching the Masters team. "I couldn't coach a team without swimming too", so Kathy dove into Masters competition herself. Since her time at evening practice is devoted to coaching, she swims most of her own workouts in the morning with an age group team.

During her second pregnancy, the pool was the only place Kathy felt normal. After having her daughter, Kelly, she experienced a year of struggle to regain her former level of conditioning. The effort paid off in a big way in the December 1981 meet at Foster pool where Kathy set five personal bests and broke four PNA records! Kathy credits her continued success due to diversification of strokes. Because she practices with the age group swimmers, she has the opportunity to swim all the strokes and makes it a practice to enter each of the swimming events at least once each year. Doing other strokes, "keeps the pressure off always having to do your speciality and keeps the fun in Masters," Kathy explains. Swimming all the strokes certainly seems to have enhanced her training potential since year after year she keeps dropping her times.

Kathy's favorite events are the 50 and 200 Breaststroke and 200 Backstroke. She particularly enjoys the 50 Breast because she can chase Mary Beth Phelan and Ginger Pierson. Certainly, she enjoys as one of the pluses of Masters swimming its friendly and healthy competition. Of course, last season much of the time, she led and I seemed to be chasing her.

Walt Reid also swims for the Ft. Steilacoom Masters. Walt joined Masters, like so many of us, because of the need for physical fitness. He had been out of swimming for 18 years since his college swimming days. Now that he is physically fit, what keeps him coming is the good chocolate chip cookies for sale at the meets.

Due to Kathy Crandell's encouraging coaching techniques, Walt remains motivated during workouts. He receives encouragement and constant monitoring by Kathy who strongly believes in the merits of flip turns. On the rare occasions that Kathy joins the Masters workouts, she swims in front of Walt looking over her shoulder to make sure he does all his flip turns.

Walt has also had the thrill of setting personal bests. His first Nationals at Irvine, California in 1981 was highlighted by five personal best times! Anyone who has set a personal best in Masters knows the thrill and sense of accomplishment this gives. Walt enjoys swimming the 50 Breast because, "it's over before you can think of what you did wrong." But then, anyone who manages to set five personal best times in their first Nationals probably doesn't do too many things wrong.