

the WET SET

PACIFIC NORTHWEST ASSOCIATION OF MASTERS SWIMMERS



PRESIDENT

Bobby L. Gallegos
340 Tremont W.
Port Orchard, WA 98366
(206) 876-0960

EDITOR

Karen Jost
31908 Third Lane S.W. #M-101
Federal Way, WA 98023
(206) 839-6161

THE PNA NEWSLETTER

VOLUME 9 - NUMBER 11

December
NOVEMBER, 1990

ADVERTISING IN THE WET SET	4
ANNOUNCEMENTS	4
BIRTHDAYS	12
CHANGE OF ADDRESS	12
DAWN MUSSELMAN SWIM AGAINST CANCER - 1991	14
H.O.S.T.	4
MEET ENTRIES	
ANACORTES - SCM ORDER #4 (JAN. 20)	3
OREGON CITY (JAN. 19-20)	6
TEAM SEATTLE ORCA (FEB. 9)	10
SWIM CELLAR PENTATHLON - TUALATIN (FEB. 2)	6
MEET RESULTS	
PORT ANGELES	7
MEET SCHEDULES	5
PNA / USMS 1990 REGISTRATION FORM	13
PRESIDENT BOBBY'S LETTER	2
SUBSCRIPTION TO THE WET SET	4
WELCOME NEW SWIMMERS TO THE PNA	12
WHAT NEXT - PART 2	11

NO DECEMBER BOARD MEETING
MERRY CHRISTMAS AND HAPPY NEW YEAR
FROM THE PNA BOARD ! !

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.

Seasons Greetings,

We made it through the NK meet, Thanksgiving, and the Enumclaw meet (which I missed due to work commitments). Now we can look forward to sharing Christmas with close friends and relatives, the New Year (with a firm resolution to attend meets), and our next meet in Anacortes, where we will hold our next board meeting.

Our Short Course season is well underway. A trend I would like to see changed is the lowered meet attendance rates. We're right about a 90-body average... I'd like to see about 200. (I can see the meet directors pulling out their hair).

Actually, current meet durations are in the 3-hour range (not including warm-ups), so it's definitely not the meet lengths that are turning you off. I'm assuming that it is the distance you have to travel to meets and the time committed to that travel.

On the other hand if the meets were held closer to Seattle, more people would attend, the meet lengths would increase and the time commitment would be about the same. Seems like ya just can't win.

The bottom line is most meets are held as a money-maker. An opportunity for teams and clubs to add very valuable funds to their programs. So let's show our generosity to these organizations and support their endeavors to the advancement of the sport of Swimming. Be it competition, fitness, or recreational.

I'd like to take this opportunity, on behalf of the PNA, to wish each and every swimmer a very special Christmas... and a happy New Year... and may you make the best of your opportunities the rest of the year.

Respectfully,

Bob YG

THE PNA WANTS YOU ON THE BOARD!!

No, we're not adding springboard diving to the fitness and competition programs. It's time again to elect a new slate of officers to lead us through the next two years. Just think - the PNA's first National (Long Course) Championships will occur during your term of office (August '92)! Submit the name(s) of someone you know who's willing to carry on the high quality of our LMSC. Candidates may be nominated by petition (10% membership signatures required), but it's a lot easier to contact Nominations Chair Steve Peterson (692-1669), or any current Board member. Look for the election of our new President, Vice President, Secretary, Treasurer and 3 At-Large Representatives (representing unattached swimmers) in early April. VOLUNTEER TODAY !

* * * * *

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

* * * * *

THERE WILL NOT BE A DECEMBER BOARD MEETING - HOPE TO SEE ALL TEAM REPS IN JANUARY ! !

1991 DAWN MUSSELMAN SWIM AGAINST CANCER entry forms are available in this issue of the "Wet Set". Let's get lots of people out there swimming ! ! Awards are provided for monies collected, yards swum, high team participation, etc. Don't let your team miss out!!

* * * * *

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 Hugh Moore, 29920 2nd Place SW, Federal Way, WA 98023

* * * * *

* * * * *

P N A MEET SCHEDULE

December 8	Enumclaw
January 20	Anacortes
February 8-9	ORCA - Seattle
March 16	Bangor
April 12-14	PNA Champs - King Co. Aquatics Facility

* * * * *

OREGON MEET SCHEDULE

February 2	Swimcellar Pentathlon - Beaverton
March 2-3	SOSC - Ashland (#3)
April 5-7	Oregon Assoc. Champs - Newberg

* * * * *

NATIONAL AND INTERNATIONAL SCHEDULE

May 17-20	1991 Short Course National Champs. Nashville, TN
August 15-18	1991 Long Course National Championships Elizabethtown, KY

* * * * *

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	Pete Capano	Denis Crockett
Route 1, Box 204	31925 NE Canter Ln	5551 S. Lapwai Pl	BC Masters
Spangle, WA 99031	Sherwood, OR 97230	Boise, ID 83709	1531 W 4th Ave
(509) 245-3532	(503) 625-5747	(208) 362-2229	Vancouver, BC
		(208) 323-4579	V6J 1L6
			(604) 736-7645

* * * * *

TAKE THE PLUNGE !!!

Steve Peterson is the Chairperson of the Nominating Committee for the 1991-1993 PNA Officers and At-Large Board Members. If you have any suggestions for nominees, or would like to volunteer for an office, please contact Steve (692-1669) prior to January 15th. Also, if you have any questions regarding the offices, please contact Steve.

Nominations will also be accepted from the membership for inclusion on the ballot. Nominations must be received by the PNA Secretary (Kathy Casey) before February 1. Such nominations must be endorsed by 10% of the PNA membership. Signatures must accompany the nomination received by Kathy.

* * * * *

WHAT NEXT

(No. 2 of a Series)

Perhaps the oldest National program for fitness swimming is the American Red Cross 50 Mile Swim and Stay Fit Program, administered by your local chapter. At each participating facility, some individual, usually a Water Safety Instructor, is appointed co-ordinator for the program, and a wall chart and wallet card are provided for recording miles swum. The goal is to swim 50 miles total, at which point you may purchase a great looking embroidered emblem for your warmup jacket. To be recorded, each swim should be at least 1/4 mile or multiple thereof (18 lengths of the 25-yd pool).

If your facility has a wall chart, you can mark your distance each time you swim. If you swim somewhere else, or if there is no wall chart at your facility, then the handy wallet card may be used to keep track, then uploaded to the wall chart where one is available. If there is no wall chart at your facility, complain to the administration, or contact your local Red Cross chapter, or both.

This is an excellent program to introduce the novice or casual swimmer to a consistent lap swimming regimen. By the time you have finished the 50 miles, you probably will have been involved with the program for four months or so, assuming three one mile swims per week.

As you go through this program, your swimming should be becoming smoother and stronger. Start setting some minor goals, like finish 18 lengths in 9 minutes, or the whole mile in 36 minutes. Also, when you arrive at the pool, look around at other lap swimmers. Who's going the fastest? Who's the smoothest? How does their stroke differ from mine? Try to incorporate what you see others do in your stroke. While you're in the pool, only think about your swimming -- not the problems of the day. Am I reaching far enough? Are my elbows high? Are my feet splashing?

By the time you finish 50 miles, you will be a different swimmer. What happens next? It's up to you. Some swimmers I've seen have 20 or more 50 mile emblems. They start at the left wrist, go up to the shoulder, across the shoulder, and down the other arm. Some of the more progressive Red Cross chapters provide 1000 mile patches to cut down on the sewing. Most people stop counting at 1000 miles, which usually takes about 5 years. But there are bigger and better things to come.

NEXT MONTH -- Arnold Schwarzenegger and George Bush want YOU on their team.

CHANGE OF ADDRESS

IMPORTANT !! BULK MAIL IS NOT FORWARDED !!

RETURN TO: Hugh Moore, 29920 2nd Place SW, Federal Way, WA 98023

NAME _____

USMS # _____

OLD ADDRESS _____

NEW ADDRESS _____

NEW PHONE NUMBER _____

WELCOME TO THE PNA

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

BRIAN DYER, KENNETH ESSER, RICHARD(DICK) GREEN, KIMBERLY HARBOTTLE,
FREDERICK HOLM, SHIRLEY HUMPHRIES, AULIS KAHKONEN, MICHAEL KELF, JIM
LEONARD, JEAN LIEBMANN, TRACIE RUIZ-CONFORTO, DOUGLAS(DOUG) TIMPE, DAVID
VAN PELT, AND ANDY WEIFFENBACH.

HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS

12/16	JACK LYNCH	01/03	KENNETH ESSER
12/19	PAGE PLESS	01/03	JOHN MC JUNKIN
12/19	CATHERINE(KATIE) TROY	01/05	ANDY WEIFFENBACH
12/25	L. (GENE) CROSSETT	01/06	NANCY BENSON
12/26	TONY SAMPLE	01/07	TOM SHERMAN
12/27	JAMES STRETCH	01/09	JACK AKAMINE
12/29	SANDY DENTINGER	01/11	FRANK WARNER
12/31	FREDERICK WIGGIN	01/13	MARILYN GRINDROD
01/01	JULIE CORMAN	01/15	WALTER INGRAM
01/02	DORA COFFELT	01/15	MICHAEL FITZGERALD
01/02	RALPH BREMER		

JAN. BOARD MEETING -
ANACORTES - JAN. 20
SEE YOU THERE !!

Anacortes Meet - January 20th 1991

Come set a new short course meters record! Many records were broken last year, and more are just waiting to be broken this year. In fact, a world record was set by Andrew Holden in the 50 meter fly last year.

Plus, you have a chance to buy some healthy, complex carbohydrates for only fifteen cents per pound. The Thunderbird Aquatic Club is selling local red, white, and yellow potatoes. Buy a 50 pound bag for \$8.00, and share it with a teammate. (They won't be sprouting until Spring.) To be assured of getting the color you want, just send us your order with your entry.

We are looking forward to seeing all of you in Anacortes on Jan.20th !

UNITED STATES MASTERS SWIMMING, INC. REGISTRATION APPLICATION - NOV 1, 1990 TO DEC 31, 1991

FILL IN WITH NAME YOU WILL USE ON ALL MEET APPLICATIONS

PLEASE PRINT OR TYPE INFORMATION

THIS IS A ☐ RENEWAL MY 1990 USMS NO. IS 360-
☐ NEW REGISTRATION

PLEASE NOTE THE CHANGE(S) FROM MY 1990 REGISTRATION:
ADDRESS ☐ NAME ☐ OTHER ☐

LAST NAME FIRST NAME INIT

STREET ADDRESS

CITY STATE ZIP CODE

AREA CODE + TELEPHONE DATE OF BIRTH AGE SEX

CLUB (NATIONAL LEVEL ONLY)

PNW AQUATICS ☐ SQM ☐ HUSKY ☐ UNATTACHED ☐

	USMS FEE	LMSC FEE	TOTAL FEE
UNDER 65	\$12.00	\$13.00	\$25.00
SENIOR (65+)	\$12.00	\$ 7.00	\$19.00

LMSC FEE INCLUDES SUBSCRIPTION TO THE WETSET

MAKE CHECK PAYABLE TO: PNA MASTERS SWIMMERS

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

LOCAL AFFILIATION

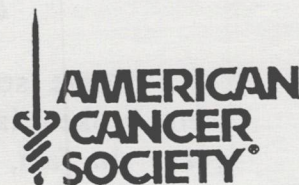
TEAM UNATTACHED ☐

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

APPLICANT'S SIGNATURE

DATE

Fifth Annual
**Dawn Musselman
Swim Against Cancer**



The Dawn Musselman Swim Against Cancer is a one-hour individual swim to benefit the American Cancer Society. Named in memory of Dawn Musselman, a nationally-ranked Masters swimmer from the Puget Sound area who died of cancer, the **Swim Against Cancer** is an annual event to raise funds to fight cancer.

WHAT: The **Swim Against Cancer** is a contest to determine the distance an individual can swim in one hour while raising funds for the American Cancer Society. It is organized as a swim-a-thon, with each participant collecting pledges for the distance he/she will swim. Participants swim in their local pools, and must have a timer/counter to verify the number of lengths swum by stopwatch. Results are mailed with pledged contributions.

WHERE: The **Swim Against Cancer** will take place in any 25-yard pool.

WHEN: The **Swim Against Cancer** is held anytime between January 1 and January 31, 1991. Entry forms with pledges and contributions are due February 16, 1991.

WHO: **YOU!** Any registered USMS athlete is eligible to participate. All participants will receive a certificate of appreciation. Team awards will be given in three categories – most yardage, most money raised, and greatest team participation. (A minimum of three swimmers is required for team award.) A minimum \$15 contribution is required for each entry.

WHY: All proceeds benefit the American Cancer Society. You can help defeat cancer in our lifetime.

The Dawn Musselman Swim Against Cancer is sanctioned by United States Masters Swimming (USMS) and the Pacific Northwest Association (PNA). Results will be printed in the WET SET. Swimmers are responsible for submitting receipts to donors. The event is sponsored by the PNA and the American Cancer Society.

TO ENTER

Send completed pledge sheet and collected contributions to:
Ian Thompson, M.D.
3217 Squalicum Parkway
Bellingham, WA 98225

QUESTIONS? Call Ian Thompson at 671-0070 (days) or 733-2338 (home).

CHALLENGE YOUR TEAMMATES! GAIN MORE YARDS THAN THE OTHER PNA TEAMS!
RAISE MORE MONEY FOR THE AMERICAN CANCER SOCIETY!

SWIMMER INFORMATION

Name _____ Sex _____ Birthdate _____
Last First

Age group	19-24	35-39	50-54	65-69	80-84	USMS # _____
(circle)	25-29	40-44	55-59	70-74	85-80	
	30-34	45-49	60-64	75-79	90+	Team _____

STATEMENT OF RELEASE: The undersigned agrees to hold United States Masters Swimming, Inc., all local Masters Swimming Committees, and the American Cancer Society free and harmless from any and all damages, claims, demands and legal action arising by reason of injury to anyone during the conduct of this event, including all attorney fees and court costs.

CERTIFICATION:

It is certified that on _____, _____ swam _____
(date) (swimmer)
yards in one hour, timed by stopwatch.

Signature of swimmer

Signature of counter/timer

PLEDGES:

[illegible]