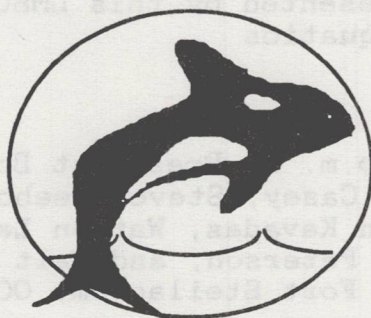


the WET SET

PACIFIC NORTHWEST ASSOCIATION OF MASTERS SWIMMERS



THE PNA NEWSLETTER

PRESIDENT

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VOLUME 10 - NUMBER 1

JANUARY, 1991

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JANUARY BOARD MEETING AFTER THE ANACORTES MEET JANUARY 20, 1991

* * * * *

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.

* * * * *

Nationally registered clubs represented by this LMSC are:
Pacific Northwest Aquatics
Husky Masters
SQMasters

The meeting was called to order at 7:03 p.m. by President Bobby Gallegos. Twelve people in attendance were: Kathy Casey, Steve Freeborn, Bobby Gallegos, Gordon Gray, Zena Herrmann, Jan Kavadas, Watson Lawrence, Hugh Moore, Jane Moore, Frank Newquist, Steve Peterson, and Walt Reid. Six teams represented were: Cascade, Federal Way, Fort Steilacoom, OOPS, South Kitsap, and Sequim.

1. **Minutes** - The minutes of the last meeting were approved.

2. **Treasurer's Report** - Jane Moore reported a balance of \$3,430.41. Jane will talk to Frank Warner about tax forms.

3. **Committee Reports**

A. **Membership** - Zena Herrmann reported 230 current members compared to 290 members at this time last year.

B. **Meets** - The ORCA meet will be at Helene Madison Pool (February 8-9).

The following will be enforced for the PNA Championships:

- * No late entries will be accepted AT ALL.
- * Entries from swimmers who are not registered with USMS will be RETURNED.
- * USMS registrations WILL BE ACCEPTED with PNA Championship entry forms received BY THE MEET ENTRY DEADLINE.
- * The 1000 freestyle will be offered.
- * The 400 I.M. will be pre-seeded.
- * Check-in time for the 1650 freestyle will be 7:00 p.m. No late check-ins will be allowed.

The board approved the following for the PNA Championships: Ribbons will be awarded for 1st through 6th places at no charge to the swimmers. Swimmers who are registered with LMSCs other than the Pacific Northwest LMSC may not score points or displace scoring or awards from Pacific Northwest LMSC swimmers at PNA Championships. They may receive special or duplicate awards. Federal Way Masters will host a social (sub/pizza/or spaghetti) Sunday at the pool after the meet to present team awards and introduce new PNA LMSC officers.

A zone diving meet has been scheduled at the King County Aquatic Facility on the same weekend as the Masters Long Course Region XII Championships. The board approved a motion directing Hugh Moore to check the King County Aquatic Facility's schedule for other date options for the Region XII Long Course Championships and confer with Jan Kavadas on a final date for that meet. The board also decided that the Region XII Long Course Championships will be a two-day meet. The board awarded the hosting of the Region XII Long Course Championships to the NMOC (National Meet Organizing Committee). Bellevue Athletic Club may provide personnel to help run the Region XII Long Course Championships. PNA will draft a proposal for BAC's consideration.

A proposed meet contract will be sent out with the next board agenda. Low meet entries and sanction fees were tabled.

The board approved the following policy: Except for PNA, Region XII, and National Championship meets, the event limit will be 5 events per day exclusive of relays. (The limit has been 5 events per meet.)

C. **Newsletter** - The newsletter will alert swimmers who swim meets outside PNA that they must report their times to Nancy Lawrence. The board commended Karen Jost for the fine job she is doing on the newsletter.

D. **Officiating** - Walt Reid reported that Port Angeles and North Kitsap each had two certified officials at their meets. Walt will attend timers' meetings at the meets and add to the instructions if necessary.

E. **Fitness** - The board approved giving address labels to Ian Thompson to mail out information about the Dawn Musselman Swim Against Cancer. Information about the Presidential Fitness Award will appear in the next newsletter. Watson Lawrence's next fitness article will also address that award program.

F. **Computer** - Hugh and Jane Moore plan to donate their computer to the PNA. The board expressed their gratitude and appreciation to the Moores.

G. **Publicity** - The board watched the November 24th edition of KIRO's new "Sports TV" program featuring PNA Masters swimmers.

H. **Awards** - The board adopted the following policy: The donation for awards is \$1.50. (Senior's first award is free.)

I. **Records** - The Port Angeles results will be in the December newsletter. The North Kitsap results are currently being processed and will be ready for the next newsletter. The PNA Top Ten book is sold out. PNA swimmers who swim in meets outside the PNA must report their times by sending a copy of the meet results to Nancy Lawrence, Records Chairman, 159 Libby Street, Sequim, WA 98382.

J. **Social** - A chairman is needed.

K. **National Meet Organizing Committee** - Hugh Moore reported that the dates of 1992 Long Course Nationals have been changed to August 20 - 23, 1992. Zena Herrmann will be chairman of the banquet and food concessions. The Finals has offered \$1,000 to the NMOC. The next NMOC meeting will be in February.

4. Old Business

A. **Clinic** - Frank Newquist reported that the clinic went very well. More than 30 people attended. Next year's clinic will allow for longer topic sessions and eliminate the need to choose between topic sessions. The board commended Frank Newquist and his committee for the wonderful job they did on the clinic.

B. **Nominating Committee** - Chairman will be Steve Peterson. The December and January newsletters will ask the general membership for nominations with endorsements. The list of nominees and a ballot will be published in the February newsletter. Ballots will be returned to the membership chairman.

5. New Business

A. **Next Board Meeting** - will be Sunday, January 20, at Anacortes after the swim meet. We need all Team Reps!!!!!! The board voted to cancel the December meeting.

B. **Adjournment** - The meeting was adjourned at 8:50 p.m. (Minutes are subject to approval by the board.)

Respectfully submitted,

Kathy Casey
Kathy Casey

PLEASE TAKE NOTE OF THE RULES THAT WILL BE
ENFORCED AT PNA CHAMPS - (3.B. on pg 2)

-ed

WHAT NEXT

(No. 3 of a series)

Perhaps the most ambitious program ever attempted to get the general public in shape and increase their awareness of physical fitness is the omnibus program offered by the Presidents Council on Physical Fitness and Sports, The Presidential Sports Award.

The award, consisting of a letter of congratulations from Arnold Schwarzenegger and a "Certificate of Achievement" signed by the President, a great looking embroidered emblem, and various other memorabilia, is available for each of 49 sports, from Aerobic Dancing, through Swimming, to Weight Training.

For each sport, the participation guidelines are set up to provide aerobic conditioning consistently over a four month period for an initially out-of-shape adult. The per-day participation has an upper limit, so that to earn the award, it would take at least 6 weeks if you worked out 5 times a week.

In Swimming, for example, the program calls for a cumulative 25 miles with a maximum of $3/4$ miles each day. At 3 days per week, this would keep you in the water for 10 weeks, enough, in most cases, to get you hooked, one of the major goals of the program.

Depending on your zeal, and your desire for memorabilia, you can work on one or more awards at the same time, or one after the other, or, as some I've known, get an award signed by each president (Nixon, Ford, Carter, Regan, Bush).

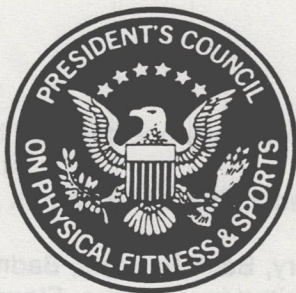
To get your glossy brochure and official log, write to:

Presidential Sports Award
P.O. Box 68207
Indianapolis IN 46268

Next Month -- "But how do I get to go faster?"

This year's Swim Across the PNA has been designated as the Presidential Sports Award Swim. All members wishing to participate should also send a copy of their completed log to Ian Thompson - More Details in the February Newsletter

see pp 5+6
for a copy
of the brochure
and log.



*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

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

THE AWARD

1. A personalized gold embossed certificate of achievement from President Bush.
2. A congratulatory letter from Arnold Schwarzenegger, Chairman of the President's Council.
3. An embroidered swimming emblem.
4. A personalized commemorative certificate of achievement from SWIM Magazine.
5. 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

**FOR YOUR PERSONAL
FITNESS LOG, TURN
TO PAGE 6**

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

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STREET

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CITY/STATE
ZIP☐ 15-17☐ 26-34☐ 45-54☐ 55-64☐ 65 and over☐ 65 and over
 See (check one)

Sex (che

☐ Male
☐ Female

RELAYS-M E N 200 YD. FREE

25 +

GEOFFREY ANDERSON 30 PNA 1:46.62
LARRY DE GROEN 29
TOM HARRYLOCK 29
ROBERT GRIFFITH 48

RELAYS-M E N 200 YD. MEDLEY

25 +

CLIFTON WARD 34 PNA 1:56.28 U
STEVEN PETERSON 44
JAY GILLEN 25
M. FITZGERALD 32

RELAYS-MIXED 200 YD. FREE

25 +

GEOFFREY ANDERSON 30 PNA 1:53.59
LARRY DE GROEN 29
DEBORAH LADD 31
LESLIE BABBITT 37

AN ORCA INVITATION

TEAM SEATTLE ORCA SWIM CLUB

is proud to host
and invites all PNA swimmers
to participate in:

EVENT: PNA Swim Meet

DATE: Saturday, February 9, 1991

PLACE: Helene Madison Pool
13401 Meridian N.
Seattle, WA

TIME: Warm-ups begin at 8:00 a.m.
Meet begins at 9:00 a.m.

sponsored by
PNA Masters Local Swimming Committee

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

10

DATE

* * * * *

P N A MEET SCHEDULE

| | |
|--------------|---|
| 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.

* * * * *

Steve is still waiting by the phone to accept
all volunteers! Call today, it's not too late!
(12) -ed.

* * * * *

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 _____

* * * * *

WELCOME TO THE PNA

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

GAIL BRUNER, MARK CAMPBELL, CAROLYN DAVIDSON, SUSAN GROOMAN, ALAN LEWIS,
CAROLYN LEWIS, AMY MCAULEY, MARGARET MOEN, MARK OLSON, KEN SIGEL

* * * * *

HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS

| | | | |
|-------|----------------|-------|----------------------|
| 01/16 | DIANE TIMMONS | 01/30 | JAMES WEYAND |
| 01/17 | ROY INGHAM | 01/30 | JENNIE GOLDBERG |
| 01/17 | NANCY LAWRENCE | 01/31 | ARLENE SWINFORD |
| 01/21 | MARK CAMPBELL | 02/04 | FREDERICK HOLM |
| 01/23 | ALLAN SACHS | 02/04 | TRACIE RUIZ-CONFORTO |
| 01/25 | CYNTHIA ROSIK | 02/05 | GREGORY HARRISON |
| 01/26 | AUDRE GILDEN | 02/07 | DAVID ADDLEMAN |
| 01/26 | BOB BUSK | 02/10 | MARGARET WINNIE |
| 01/27 | MAXINE CARLSON | 02/13 | PATRICIA DOTSON |
| 01/29 | STEVEN SIMS | 02/14 | LESLIE VAN ROMER |

* * * * *

PNA CHAMPS

PNA Champs will be held in the King County Aquatic Center April 12th - 14th and will be hosted by Federal Way Masters and Highline Swim Club. Don't miss this opportunity to swim in this facility. It is one of the fastest pools in the world. Over 100 regional records were set at last years Region XII meet. Sixteen lanes will be used for the distance events and eight for the shorter events so you can expect the meet to get over in the early afternoon on Saturday and Sunday. Team scores will be kept in three catagories (small, medium and large number of competitors). Encourage your teammates to attend so that your team can compete for the team awards.

* * * * *

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

* * * * *

THE JANUARY BOARD MEETING will be held following the meet in Anacortes on January 20. We need all team reps and interested parties to attend!!

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 Zena Herrmann, 16204 135th Ave SE, Renton, WA 98058.

An unsolicited
contribution from
Ellen Carson ...

This is a completely unsolicited note from the trenches or, more accurately, the lanes. Actually in my case lane 3, Bellevue Y, 6:30 to 7:30am. Well, I lie somewhat. I usually wander in at about 6:35am. Spend the next couple of minutes adjusting my goggles and cap. And finally somewhere in the middle of warmup, I take the plunge.

I'm not a very good swimmer... certainly not by my age group's standards. I console myself with the thought that someone has to be last (but in every event?). I am fortunate though that in my lane there're a couple of 40-45 women who keep me honest. Yes, I'd be quite competitive if I suddenly aged a few years and changed my sex. Fortunately though, the top 8 places received medals at the last regionals. I proudly display the plaque I earned (well, bought) in my office. No one need know that my 5th place finish in the 200 breast was out of a field of five.

But I suppose, participating in the meets does allow me to say with a straight face that I'm a "competitive swimmer". This is in my view a lot cooler than being a "competitive runner" these days. Runners tend to the skeletal. Competitive swimming evokes images of that 1972 poster of Mark Spitz among the people I still try to impress!

Meantime, I have taken the plunge and dived in -- catching a glimpse through the window of the pitch-black sky. Wondering to myself why it is that I willingly submit to this every day (well, every weekday). There is no answer to that question... other than the incredible feeling of guilt I'd feel if I didn't make it to workout. I have enough problems, without having to feel guilty for the rest of the day.

For some reason, my psychology is my own worst enemy. I have a terribly annoying habit of constantly calculating not how much I've already done in a particular set but how much is left to do. And usually in terms of a fraction of the whole. So there I am, a fairly unhappy camper already in the midst of, say, a 400 pull -- not a particularly hard swim in and of itself. But I manage to psyche myself out after the first 100 by saying to myself: oh great, I'm already tired and I have to do the same thing without stopping 3 (three) more times! No wonder I find myself making trips to the bathroom or faking a gagging attack or suddenly discovering that the watertight seal in my goggles needs adjusting.

But oddly enough, I love swimming. Though I can't say the same for my wife. She complains that I smell and taste of chlorine.