

the WET SET

PACIFIC NORTHWEST ASSOCIATION OF MASTERS SWIMMERS



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THE PNA NEWSLETTER

VOLUME 10 - NUMBER 1

FEBRUARY, 1991

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FEBRUARY BOARD MEETING

FEBRUARY 26, 1991

TACOMA YMCA

7:00 PM

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
SQMasters

The meeting was called to order at 3:08 p.m. by President Bobby Gallegos. Sixteen people in attendance were: Kathy Casey, Hope Dean, Steve Freeborn, Bobby Gallegos, Gordon Gray, Karen Jost, Jan Kavadas, Nancy Lawrence, Watson Lawrence, Hugh Moore, Jane Moore, Steve Peterson, Walt Reid, Steve Schmidt, Ian Thompson, and Pinky Walker. Ten teams represented were: Cascade, Federal Way, Fidalgo TACM, Fort Steilacoom, Highline Swim Club, Mt. Baker Masters, OOPS, South Kitsap, Sequim, and Team Seattle ORCA.

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

2. **Treasurer's Report** - Jane Moore reported a current balance of \$3,895.48, year-to-date revenues of \$7,944.52, and year-to-date expenses of \$5,976.82. The board approved a reimbursement of \$128.43 to the PNA Secretary and approved the Treasurer's report.

3. **Committee Reports**

A. **Membership** - There are currently 345 members. The board voted to appropriate \$150.00 to print and mail renewal notices to swimmers who have not registered for the new year.

B. **Meets** - Janet Kavadas is checking access to the naval base for the Bangor meet. Any special instructions for swimmers will be published in the next "Wet Set".

The City of Seattle may host a meet June 2 or 9 as a qualifying meet for the Senior Sports Festival. The Centennial Games meet will be August 16-18. The Region XII Short Course Championships will be April 26-28 at the University of Idaho in Moscow, Idaho.

Hugh Moore will reserve the King County Aquatic Center August 10-11 for the Region XII Long Course Championships. If the pool becomes available July 27-28, Regionals will be changed to the July dates if IEA and Oregon would also prefer the July dates. Hugh will contact Bellevue Athletic Club about helping with that meet.

The board approved the following policy: In the event that the Director of a meet sanctioned by PNA identifies problems that could lead to cancellation, the Meet Director must contact the Meets Chairman, and the Meets Chairman will be responsible for contacting any PNA Officers regarding other options or cancellation, if necessary.

Jan will make that change in the meet contract and send it to Kathy Casey for mailing with the next agenda.

Low meet entries and sanction fees were tabled. Jan will speak to Frank Newquist about that issue.

Regarding the USMS rule change requiring swimmers to provide proof of registration with meet entries, the board approved the following policy: Entries from outside the PNA LMSC must include a copy of current USMS, CASA, or other foreign Masters swimming registration. This policy will appear in the meet bid packet and on meet entry forms. The 5-event-per-day policy will also appear in the meet bid packet.

The entry for Short Course Nationals has been mailed out.

The Power Food Company contacted Kathy Casey regarding sponsoring large meets and providing their product at such meets. The matter was tabled until Kathy Casey can get more information.

C. **Newsletter** - Karen Jost will publish the Presidential Fitness Award entry and information in the next newsletter.

D. **Officiating** - Walt Reid reported that the Enumclaw meet had one certified official, and the Anacortes meet had one certified official and one official doing her on-deck-experience to earn certification. Regarding officials' certification, Jan Kavadas reminded the board that the USMS Officials Committee is working on this, and there are already many training programs available. Meet bid packets for next year's meets will include the requirement (beginning January 1, 1992) of one certified official at each meet.

E. **Fitness** - Information about the Presidential Fitness Award will appear in the next newsletter.

F. **Computer** - Gordon Gray reported that a variety of meet programs are being used. A national masters meet program will be available next September, free of charge, to all LMSCs. That should standardize the use of meet programs in PNA, making it easier to compile official PNA meet results.

G. **Publicity** - There was a news photographer at the Anacortes meet. Sequim Masters had another article in the "Peninsula Daily News" and in the "50+" magazine.

H. **Awards** - Steve Freeborn requested an additional \$300.00 for ribbons for the PNA Championships. Jane Moore will check the budget and report back at the next meeting.

I. **Records** - After meets have been conducted, Nancy Lawrence will keep all entry forms from PNA meets. Hugh Moore and Zena Herrmann will change page 2, paragraph 1, of the "PNA Swimming" information sheet (sent out with new registration cards) about club registration. On the entry form "Association" will be changed to "LMSC" and "Club" will be added.

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

K. **National Meet Organizing Committee** - will meet in February. Meet headquarters and the banquet will be discussed.

4. Old Business

A. **Nominating Committee** - Steve Peterson reported on the committee's progress. The list of nominees and a ballot will be published in the February newsletter.

5. New Business

A. **USS Spring Nationals** - Anyone interested in helping with ticket sales or collection at that meet should contact Hugh and Jane Moore, 29920 2nd Place S.W., Federal Way, WA 98023 (941-3100). Jane also needs twenty or thirty people each night to escort swimmers during drug testing. The board approved publishing an ad in the "Wet Set" for that meet (one page, one side) to help improve relations with PNSA.

B. **Next Board Meeting** - will be Tuesday, February 26, at the Tacoma YMCA (7:00 p.m.). We need all Team Reps!!!!!!

B. **Adjournment** - The meeting was adjourned at 4:38 p.m. (Minutes are subject to approval by the board.)

Respectfully submitted,

Kathy Casey

Kathy Casey

WHAT NEXT

(Last of a series)

If you have been following the advice of this series of articles for the last 3 months, you should now be able to swim 80 lengths of the 25 yard pool in 50 minutes or less on a routine basis. What follows will move you from a lap swimmer to a fitness swimmer, i.e., from a 100 calorie per hour swimmer to a 300 calorie per hour swimmer in about 3 months. THIS WORKOUT IS DEMANDING -- GET A PHYSICAL EXAMINATION. Be sure to tell your doctor that you plan to undertake interval training.

The workout is broken down into three sections -- warm-up, interval training, and swim-down. All measurements in the workout refer to a BASE, i.e., 50 yards, or 2 lengths of a 25 yard pool. All other distances are referenced to this base.

THE WORKOUT

WARM-UP The warm-up should be 500 yards in 25 yard pools and 400 meters in 50 meter pools. The warm-up should start out slowly for the first 200 yards/meters and work up to three-quarters maximum effort for the remainder.

INTERVAL Interval training should start after a 2 - 3 minute rest from the warm-up. As its name suggests, interval training requires an exercise to be performed once in each interval of time: for example, swim 50 yards once each minute. By adjusting the exercise, the interval, or both, the workout may be tailored to the individual's needs. The recommended workout utilizes 3 distances: 50, 100, and 200 yards/meters. The basic workout is 20 fifty y/m swims on an appropriate interval. A one interval rest half way through the set is OK. The 100 y/m workout consists of 10 100 y/m swims on twice the 50 y/m interval (one interval rest at the end of 5) while the 200 y/m workout, consisting of 5 swims, is performed at four times the fifty y/m interval (no rest). The swimmer should cycle through these three work sets on successive days -- first workout, fifties on the appropriate interval; second workout, hundreds on twice the interval; third workout, two hundreds on four times the interval; fourth workout, back to fiftys, etc. If you go negative, that is, if you finish a swim after you should start the next swim, stop for that day. If your second or third repeat is faster than the first, your warm-up was not hard enough.

SWIMDOWN After you have finished the work set (or gone negative), take a 3-4 minute rest and then swim a slow 500 yard/400 meter swim-down.

1991 UNITED STATES SWIMMING SPRING NATIONAL CHAMPIONSHIPS
WEYERHAEUSER KING COUNTY AQUATIC CENTER APRIL 3 - 7

Once again the fastest swimmers in the world will be coming to the Weyerhaeuser King County Aquatic Center. During the Goodwill Games last summer, one world and three American Records were set in this pool. This meet will be used to select the U.S. teams that will compete in the Pan Pacific Championships, Pan American Games, and World University Games.
 All sessions include both women's and men's events.

If you are interested in helping with the meet, volunteers are needed. Jane Moore is committee chair for Medical and needs drug escorts for the athletes. Hugh Moore is chair of the Tickets committee and needs volunteers to sell and take tickets. If you are interested in volunteering call Hugh or Jane at 941-3100 before 9 PM.

Wednesday April 3rd 1 Timed Final session: 4 PM

800 mtr Freestyle

Thursday April 4th

Prelims 9:30 AM finals 6:30 PM

100 mtr Freestyle
 200 mtr Breaststroke
 200 mtr Backstroke
 200 mtr Butterfly

Friday April 5th

Prelims 9:30 AM finals 6:30 PM

200 mtr Freestyle
 400 mtr Individual Medley
 400 mtr Freestyle Relay

Saturday April 6th

Prelims 9:30 AM finals 6:30 PM

100 mtr Backstroke
 400 mtr Freestyle
 100 mtr Breaststroke
 100 mtr Butterfly
 800 mtr Freestyle Relay

Sunday April 7th

Prelims 9:30 AM finals 6:30 PM

200 mtr Individual Medley
 1500 mtr Freestyle
 50 mtr Freestyle
 400 mtr Medley Relay

Ticket Prices: All prices include applicable taxes. Wednesday April 3rd session & all Prelim sessions \$4. All final sessions \$7 All session pass \$35.

Name _____

Address _____ City, St, Zip _____

	cost	qty	total	
Wednesday April 3rd	\$4	_____	_____	Make checks payable to PNSA
Thursday April 4th prelim	\$4	_____	_____	
Thursday April 4th final	\$7	_____	_____	mail to:
Friday April 5th prelim	\$4	_____	_____	Senior National Tickets
Friday April 5th final	\$7	_____	_____	c/o Barry Lloyd
Saturday April 6th prelim	\$4	_____	_____	8220 SE 67th Street
Saturday April 6th final	\$7	_____	_____	Mercer Island, WA 98040
Sunday April 7th prelim	\$4	_____	_____	
Sunday April 7th final	\$7	_____	_____	All tickets will be
total		_____	_____	available at Will Call
All session Pass	\$35	_____	_____	1 hour before the start
amount due		_____	_____	of events



This is the fitness swim for this year!
Mail completed log (a copy of it) to Ian Thompson, too!

RELAY ENTRY FOR SHORT COURSE REGIONALS & NATIONALS

* * * * *

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.

* * * * *

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 _____

* * * * *

PACIFIC NORTHWEST ASSOCIATION TEAM REGISTRATION FORM

Team name (up to 30 characters) _____

Team name abbreviation (up to 4 characters) _____

Team Representative to the PNA Board _____

Phone number _____

Team Coach _____

Phone number _____

* * * * *

15

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ENTRY POLICIES FOR PNA CHAMPS

NO LATE ENTRIES WILL BE ACCEPTED!

The 400 IM will be preseeded.

The 1650 free will be deck-seeded. Swimmers must check in by 7:00 pm in order to swim. Please keep in mind that traffic delays are not unusual!!

If entries justify, two courses will be used for the 400 IM and the distance freestyle events.

Swimmers from outside the PNA are welcome to enter the meet. If such swimmers place, they may purchase awards and receive ribbons. However, they may not score team points or displace a PNA swimmer from their placings. Thus, non-PNA swimmers who place will receive duplicate awards.

Events will be swum in mixed heats (men and women combined, seeded by entry time).

ENTRIES FROM UNREGISTERED SWIMMERS WILL BE RETURNED. USMS Registration form and fee may accompany the entry.

GENERAL ANNOUNCEMENTS

THE FEBRUARY BOARD MEETING will be held at 7:00 pm on Tuesday, February 26 at the Tacoma Family YMCA on Pearl Street. We need all team reps to attend these meetings!!

BALLOTS FOR THE ELECTION OF 1991-1993 PNA BOARD MEMBERS ARE FOUND IN THIS ISSUE OF THE NEWSLETTER. BALLOTS MUST BE POSTMARKED, OR HAND-DELIVERED, TO THE SECRETARY (that's you, Kathy!!) BY APRIL 5th, 1991.

A tentative pizza social has been planned for Sunday afternoon at PNA Champs. Details are still being worked out, and more information will be available next month. The social will be combined with the distribution of team awards and the introduction of the new PNA Board.

The Aqua Barn Ranch in Renton, WA is looking for swim lesson instructors. Instructors do not need to be WSI certified. They are looking for two people to teach on Wednesday evenings beginning in early April. For more information, call Helen at 255-4618. The Aqua Barn Ranch is on the Maple Valley Highway, approximately 2 miles east of I-405.

* * * * *

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

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P N A MEET SCHEDULE

February 8-9 ORCA - Seattle
March 16 Bangor
April 12-14 PNA Champs - King Co. Aquatics Facility

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OREGON MEET SCHEDULE

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

* * * * *

NATIONAL AND INTERNATIONAL SCHEDULE

May 16-19 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	John Zell	Pete Capano	Denis Crockett
Route 1, Box 204	4640 NE 36th Ave	5551 S. Lapwai Pl	BC Masters
Spangle, WA 99031	Portland, OR 97211	Boise, ID 83709	1531 W 4th Ave
(509) 245-3532	(503) 282-9347	(208) 362-2229	Vancouver, BC
		(208) 323-4579	V6J 1L6
			(604) 736-7645

* * * * *

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

* * * * *

BALLOT FOR NEW OFFICERS

ALL PNA REGISTERED SWIMMERS VOTE FOR THE FIRST FOUR POSITIONS ON THIS BALLOT. SINCE THIS IS A PROPOSED SLATE, YOU NEED ONLY VOTE YES OR NO TO ACCEPT OR REJECT THE PROPOSED SLATE.

PROPOSED SLATE OF OFFICERS:

PRESIDENT	STEVE FREEBORN	YES
VICE-PRESIDENT	CAROLYN BALDWIN	
SECRETARY	FRANK NEWQUIST	
TREASURER	JANE MOORE	NO

IF YOU VOTE NO ON THE ABOVE SLATE OF OFFICERS, PLEASE WRITE IN THE CANDIDATES OF YOUR CHOICE BELOW.

PRESIDENT	_____
VICE-PRESIDENT	_____
SECRETARY	_____
TREASURER	_____

REPRESENTATIVE - AT - LARGE ONLY UNATTACHED SWIMMERS, OR THOSE SWIMMERS ON TEAMS OF LESS THAN EIGHT MEMBERS MAY VOTE FOR THESE POSITIONS.

REP-AT-LARGE: (SELECT ONE FROM EACH CATEGORY)

ZIPS TO 98100	BOBBY GALLEGOS	/	WATSON LAWRENCE
98100 - 98199	PAT MATTHIESEN		
ABOVE 98199	LEE CARLSON	/	DOROTHY KLEIST

PLEASE MAIL BALLOT TO:

KATHY CASEY
11114 - 111TH ST. SW
TACOMA, WA 98498

** YOUR BALLOT MUST BE POSTMARKED, OR HAND-DELIVERED TO KATHY BY APRIL 5, 1991.

WELCOME TO THE PNA

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

GARY BAINES, MIKE BASS, WENDY BECKER, FRANCEAN BROWN, DANA BURNS, JAMES BYFIELD, ELLEN COADY, KEVIN CONNELLY, BOYD DAUSENER, WILLIAM DEAN, JORDANA DOAR, STEVE FINNEY, HEATH FOXLEE, ELS GANGLOFF, MARK GENTHER, ZACH HAWES, MERILYN(MIMI) JACOBSON, PAM JENSEN, COY JONES, KEN KOSTER, JOHN KUCEKA, MICHAEL KUPICKI, JAMES(JIM) LIGHTNER, KELLY MOLASKI, DAVID OVERCASHIER, JEFFREY PARDEE, ROGER PETTIBONE, WILLIAM PHILBRICK, GLENN REICHENBACH, KEITH RUBIN, PATRICIA(PATTY) SWEDBERG, WENDY THOMAS, MARGEY THORESEN, AMY THURNER, ELIZABETH TUCKER, AND ROBERTA WOODS.

HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS

02/17	MARILYN GOTTLIEB	03/04	MURIEL FLYNN
02/18	JUANITA CORREA	03/04	LISA FARIN
02/19	GARY HAFFER	03/04	CURT TROUPE
02/20	EDWARD JR PHILLIPS	03/06	CLIFFORD ANDERSON
02/20	GWEN ROEDEL	03/09	COLIN NESS
02/22	PATRICIA NESS	03/09	MARY LOARIE
02/22	MICHAEL KELF	03/09	BOB LITTLEJOHN
02/25	PEGGY POMEROY	03/10	DAVID HANNULA
02/27	KELLY MOLASKI	03/10	P. CAROL ANNING
02/28	JEFF GROSS	03/12	STEPHEN HOWES
03/01	ROBERT KING	03/14	NANCY KALINSKI
03/01	MARK VAN ACHE	03/14	ALAN LEWIS
03/02	MARION MUELLER	03/14	LINDA NELSON
03/03	SUSAN GROOMAN	03/15	EMMETT GUISE
03/03	MARILEA VELA		

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 further agree to abide by and be governed by the rules and regulations of USMS.