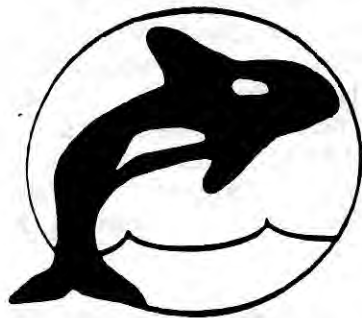


*Pacific Northwest Association
of Masters Swimmers*



Volume 13 - Number 8

**The
Wet
Set**

August, 1994

Upcoming Board Meetings

August & September combined: Sept. 13th - Jane's Office Federal Way (206)925-0803 7:00pm

October 25th - Suzie Ness-3613 Wallingford Ave N (206)547-3309 7:00pm

November 22nd & December 27th - maybe combined?? TBA

In this month's Newsletter:

Announcements

Birthdays

Change of Address

H.O.S.T.

Meet Entry's

Orca Swim Club - Sept 17

Queen Anne Swim Club - Oct 16

Meet Schedules

Minutes of April's Board Meeting

Nationals SCY-Tempe results

Officials Corner

President's letter

Pro Club Biathlon

Samena Club Invitation

Subscription to the Wet Set

Swimming Science

USMS Application

PRESIDENT

Jane Moore

1867 58th ST NE

Tacoma, WA 98422

(206)925-0803

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(206)474-1267

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Phyllis Gill

(206)865-9856

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600 Malden Ave E #102

Seattle, WA 98112

(206)324-6768

TREASURER

Tammi Keeler

(206)524-7579

MEMBERSHIP

Suzanne Dills - Registrar

1101 N. Northlake Way

Seattle, Wa. 98103

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.

August, 1994

Dear PNA Swimmers:

Summer is flying by. Everyone should be finishing up their vacations and starting to think about fall and back to regular swim workouts. The first PNA meet for this short course season will "Get Back Into The Water" hosted by Orca on September 17th. This meet is designed to ease "veteran" swimmers back into the water and encourage novice swimmers to try a meet. We have nearly a full schedule of meets after that with Queen Anne in October, North Kitsap in November, Anacortes in January, Orca in February, Bangor in March, and Champs at Federal Way March 31 through April 2. GLAD will slip the Wiggin meet in somewhere, too.

USMS Short Course National Championships will be held in Ft. Lauderdale, FL, May 18-21, 1995. If that's further than you would like to travel for a swim meet, Canadian Nationals will be in Victoria, May 19-22, 1995. These will be in the Commonwealth Games pool built for the 1994 Commonwealth Games. These meets should give every competitor a long term goal for this season.

Five PNA swimmers attended FINA Masters World Championships in Montreal in July. They are Kathy Casey, Marion Chadwick, Walt Reid, Kate Sutherland, and Ian Thompson. Ian said it was a great meet with about 3500 competitors from 41 countries. Kathy said it was a "wonderful international experience". Apparently, everyone enjoyed the meet and had some good swims also.

For those who don't compete, the PNA Laps to Fitness is still in progress. Don't forget to finish all the steps. Watch for news on another fitness clinic to be held this fall.

See you soon.

Jane Moore

HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS

08/16	ANDREW ROTH	08/29	CAROLYN DAVIDSON
08/16	DAVID TEMPEST	08/29	MICHAEL GARRETT
08/17	CRISTINE CASHATT	08/29	WILLIAM HEALEY
08/18	KAREN JOST	08/30	BARTON DANIEL
08/18	MICHELE SCHAAB	08/30	ADAM SHAPIRO
08/19	GAIL BRUNER	08/31	ROBERTA MOORE
08/19	CLAIRE GORDON	08/31	KEN PERANTONI
08/19	BRIAN PAYNE	09/01	JOHN LORIMER
08/20	TOM DAVIS	09/01	ROLLIE ROBERTS
08/21	JULIE JOHNSON	09/02	SCOTT AITKEN
08/21	MARVIN WOOD	09/03	FRANCEAN BROWN
08/22	JAY DEHART	09/03	JEANNE CONLEY
08/22	KERSTIN DORSE	09/03	RICHARD ELYA
08/22	TODD GERMAN	09/03	JOHN MAKI
08/22	PAUL HANSON	09/04	GEORGE GRANT
08/22	SANDY MCNEEL	09/05	PATRICE J CALMELS
08/23	KATIE BUCKNER	09/05	JEFF DALEY
08/23	MARGARET (MAGI) HARRIS	09/06	BARBARA GUNDRED
08/23	DALE HERTER	09/08	JAMES BROWN
08/23	SHEILA MOHN	09/09	PAULA TERHAAR
08/24	DAN ADAMS	09/10	TRACY DRUEBERT
08/24	RICK SHOOP	09/10	OLIVER PRESS
08/25	SUZANNE BIGLOW	09/12	RICHARD GOLDEN
08/25	JULIA LAWRENCE	09/12	HUGH JAMES
08/25	LUCY NORDWELL	09/13	FOREST BROOKS
08/27	KRIS LARSEN	09/14	ELISE (PINKY) WALKER
08/28	BEN HOLMAN	09/15	DANIELA AHMED
08/28	HARVEY PROSSER	09/15	FRANCESCA DRUM
08/29	ION BEZA	09/15	JOYCE MC COLLOUGH

P N A Meet Schedules

Sept 17 1994	25 yards	Seattle, Wa
Oct 16 1994	25 yards Rally (4 events)	Seattle, Wa

Oregon Meet Schedules

TBA

Inland Empire Meet Schedules

TBA

National & International Schedule

August 25-28 1994	Long course Nationals	Buffalo, NY
Sept 26-Oct 8 1994	World Masters Games	Brisbane, Australia

For Information on out of PNA meets, Unless other wise stated

INLAND EMPIRE

Chuck Tasca
E. 18005 8th Ave
Green Acres, WA.
99016
(509) 922-5616

OREGON

David Cobb
4008 NE Thompson
Portland, OR 97212
(503) 282-0472

IDAHO

Paula Howard
1816 S Empire Wy
Boise, ID 83709
(208) 323-1471

BRITISH COLUMBIA

Mary Lou Monteith
2363 Seine Road
Duncan, BC V9L 3B2
(604)748-0527

UTAH

Annette Taylor
4286 Lynne Lane
Salt lake City, UT
84124
(801)277-6942

MONTANA

Steve Holloway
Box 8412
Missoula, MT
59807
(406)542-0535

ALASKA

John Zell
PO Box 230125
Anchorage, AK
99523
(907) 345-7088

If you don't want to swim at meets the Directors are always looking for help.

Meet Directors names and phone numbers are on all meet entry forms.

Give them a call!!

Announcements

Jane Moore (PNA President), Phyllis Gill (Newsletter Editor), and *John Zell-Oregon (Oceana Zone Rep) all receive information on out-of-the-area meets (not "Places To Swim") on a regular basis. If you are planning a vacation and would like to check out a meet in another area, please contact one of us and we'll see if we can help!!

*John Zell, 4640 NE 36th Ave, Portland OR 97211 (503) 282-9347

Walt Reid has copies of the PNA Top Ten listings (PNA, Regional, National, World). These are free for registered team reps and may be picked up at PNA Board meetings. Extra copies will be available for \$2.00 soon.

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

Oregon Masters

Andy Schrag

(206) 254-9400 H

(206) 254-9916 W

Southern Oregon

Corvallis, Oregon

Snake River

Terry and Judy McCurdy

(503) 673-3673

Mark and Laura Wordon

(503) 753-9352

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 Samena Club



**in Bellevue would like to invite all
Master swimmer's to a Social event**

What: Saturday morning workout and breakfast

When: September 10th, 8am - 11am (hour swim, hour social)

Where: Samena Club

15231 Lake Hills Blvd.

Bellevue, WA 98007

Why: Samena has a new master's program and we thought this would be a great way to meet other swimmers

Cost: \$3.00

Please RSVP: Phyllis Gill 865-9856 (this is to make sure we have enough food!!), but if you decide to come at the last moment, that's just fine

Swimming Science
Jane A. Moore, M.D.

I will continue the review of chapters from the book Swimming by David Costill, Ernest Maglischo, and Allen Richardson. It was published in 1992 by Blackwell Scientific Publications for the International Olympic Committee (IOC) Medical Committee and the Federation Internationale de Natation Amateur (FINA). Next is Chapter Eight titled "Butterfly".

The butterfly consists of a stroke with both arms moving simultaneously and two dolphin kicks during each stroke cycle. According to United States Masters Swimming rules, a breaststroke kick may be used instead of the dolphin kick. This discussion will be limited to the FINA rules for butterfly as discussed in the book. The butterfly armstroke consists of the outswEEP (entry and catch), the insweep, and the catch. For the entry, the hands should be at shoulder width or slightly wider with palms facing out. For the catch, the hands move out and down until the arms are outside the shoulders and facing back. The outswEEP is not propulsive but places the hands in proper position for the following propulsive insweep.

During the insweep, the arms move down, in, and up in a semi-circle by flexing the elbows. The hands gradually rotate in to end the insweep almost touching under the body with the elbows flexed about 90 degrees. The hands then circle out and back to sweep up toward the surface of the water. When the hands pass the thighs, they release pressure on the water and the upswEEP ends. The arms extend somewhat during the upswEEP.

After release, the hands turn so that the palms face in. The arms extend rapidly and leave the water to circle up, out, and forward for the recovery. The arms may flex slightly just before entering the water to ease the transition to outswEEP. The arms should be fairly relaxed during the recovery with momentum carrying them forward. The shoulders should be raised somewhat out of the water to allow the arms to recover without dragging through the water.

The legs, like the arms, move simultaneously in the dolphin kick. There are two dolphin kicks per armstroke. The first occurs when the hands enter the water and the second when the hands move up and out prior to recovery. The kick starts with flexion at the hips, then extension at the knees, and flexion at the ankles. The hip joints are then extended to lift the legs for recovery.

Body position changes constantly throughout the stroke cycle. During the insweep and the upswEEP (propulsive phases), the body should be level. Up and down movements of the body resulting from the kick should not be excessive or water resistance will increase as more body surface area is exposed to the water.

For the correct sequence of breathing, the swimmer should begin to raise the head during the outswEEP. The head approaches the surface during the insweep and break the surface during the upswEEP. The swimmer should inhale during the end of the upswEEP and the first half of the recovery. The face should then drop back into the water during the second half of the recovery. Breathing pattern depends on the need for oxygen and the maintenance of body position. Extra breathing strokes increase oxygen intake, but nonbreathing strokes allow the swimmer to regain horizontal body alignment. One breathing pattern should be used from the start to the finish of a race. If breathing is restricted too much early in a race, severe fatigue may occur later in the event. A swimmer should practice to see which breathing pattern is consistently faster.

IF YOU ARE IN BUSINESS, CONSIDER ADVERTISING IN THE "WET SET"

ONE FOURTH PAGE
ONE HALF PAGE

\$20.00 FIRST MONTH, THEN \$15.00 PER MONTH
\$40.00 FIRST MONTH, THEN \$20.00 PER MONTH

Send your ad and a check, payable to PNA MASTERS SWIMMERS, prior to the month in which you wish your ad to appear to: Phyllis Gill, 14037 SE Allen Rd., Bellevue, WA 98006.
Telephone: 865-9856

New! New! New!

Business Cards \$10 the First month, then \$5.00 per month

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
Suzanne Dills
1101 N. Northlake Way, Seattle WA 98105

IMPORTANT!! Bulk Mail is NOT Forwarded!!

Change of Address

Return To: Suzanne Dills
1101 N. Northlake Way
Seattle, WA. 98105

Name _____

USMS# _____

Old Address _____

New Address _____

July to Dec

only

UNITED STATES MASTERS SWIMMING, INC.
1994 REGISTRATION APPLICATION
Pacific Northwest Association of Masters Swimmers

RENEWAL my current USMS number is _____ NEW Registration

REGISTER WITH SAME NAME YOU WILL USE FOR COMPETITION.
PLEASE print clearly.

Name:

Last: [] First: [] I: []

Address:

Street: [] Apt#: []
City: [] State: [] Zip: []

Telephone:

() []

Date of Birth:

Mo: [] Day: [] Yr: []

Age: [] M/F: []

CLUB:

PNA Aquatics SQM Unattached

TEAM:

(Check One) [] [] Unattached

PLEASE MAKE CHECKS PAYABLE TO: PNA MASTER SWIMMERS

	USMS Fee		LMSC Fee	=	Total Fee
Under 65	15.00	+	15.00 7.50	=	30.00 22.50
Senior 65+	15.00	+	8.00 4.00	=	23.00 19.00

LMSC Fee includes a subscription to the WETSET.

MAIL TO: Susanne Dills, Registrar
1101 N. Northlake Way
Seattle, WA 98103
(206) 547-1654 (w) 232-3654 (h)

WAIVER: 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 of the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signature _____ Date _____

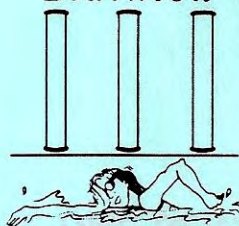
1/2 way Fee - good only to Dec 94

Places to Swim

- ANACORTES**
Fidalgo Pool, 1603 22nd, Anacortes, 293-0673 workouts: Contact Pinky Walker at 424-8755
- AUBURN**
Auburn, 516 4th NE, Auburn 939-8825
- BELLEVUE**
Eastside Branch YMCA, 14230 Bel-Red Rd., Bellevue 746-9900
workouts: M,W,F 6:30-7:30 am contact Paul Craig 746-9900
Samena Club 15231 Lake Hills Blvd., Bellevue 74601160
NewPort Hills 5474 119th Ave. SE, Bellevue 746-9510
work outs: M,W, F 6-7 pm, T,Th 6:30-7:30 am Contact Eric Bartleson 746-9510
Bellevue Athletic Club, 112000 SE 6th, Bellevue 455-1616
work outs: T,Th,F 6-7 am, M-F 12-1, M,W 6:30-7:30 pm Contact Andy Lovan 455-1616
Bellevue, 601 143rd NE, Bellevue 296-4262
P.R.O. Racquet & Health Club, 4455 148th Ave NE, 885-5566
workouts: M-F 5:30-7 am Contact Mark Van Acht 885-5566
- BOTHELL**
Northshore Pool, 9815 NE 188th, Bothell 296-4333
- BREMERTON**
Bremerton Municipal Pool, 50 Magnuson Way, Bremerton 478-5376
Olympic Aquatic Center, 7070 Stampede Blvd., Bremerton 692-3192
- BURIEN**
Evergreen, 606 sw 116th, Burien 296-4410
Burien Swim Club, 626 SW 154th, Burien 433-7900
- DES MOINES**
Mt. Rainier, 22722 19th Ave., S, Des Moines 296-4278
- EDMONDS**
Harbor Square Athletic Club, 160 W. Dayton, 778-3546
Yost Pool, 9535 Bowdoin Way, Edmonds 775-2645
- ENUMCLAW**
Enumclaw, 420 Semanski S, Enumclaw 825-1188
- EVERETT**
YMCA of Snohomish County, 2720 Rockefeller, Everett 258-9211
Everett Community College, 801 Wetmore Ave, Everett 259-7151
Forest Park Pool, 259-0300
McCullum Park Pool, 337-4408
- FEDERAL WAY**
Federal Way Pool, 30421 16th Ave. S., Federal Way, 839-1000
King County Aquatic Center, 650 SW Campus Drive, Federal Way 296-4444
workouts: M-F 6-7:30 am Contact Hugh Moore 925-0803
- FIFE**
Fife Community, 5410 20th St. E., Fife 922-7665
- ISSAQUAH**
Issaquah, 50 SE Clark, Issaquah 296-4263
workouts: M,W,F 5-6:30 am Contact David Kiemlem 557-8206
- KENMORE**
St. Edward's 14445 Juanita Dr. NE, Juanita 296-2970
- KENT**
Kent Pool, 25316 101st Ave. SE, Kent 296-4275
Tahoma 18230 SE 240th, Kent 296-4276
- KIRKLAND**
Juanita, 10601 NE 132nd, Kirkland 823-7627
- LAKE STEVENS**
Lake Stevens High School, 2908-113th Ave NE, Lake Stevens 335-1515
- LYNNWOOD**
Lynnwood Pool, 18900 44th Ave W, Lynnwood 771-4030
- MARYSVILLE**
Marysville-Pilchuck High School, 5611-108th NE, Marysville 653-0609
- MERCER ISLAND**
Mercer Island District Pool, 8815 SE 40th 296-4370 workouts: M,W,F 11-12, no contact person
- MT. LAKE TERRACE**
5303 228th, SW, Mt. Lake Terrace 776-3197
- MT. VERNON**
Mt. Vernon YMCA, 215 E. Fulton, Mt Vernon 336-9622
- NORTH BEND**
Si View, 41600 SE 122nd, North Bend 888-1447
- OAK HARBOR**
Vanderzicht Memorial, 2299-20th NW, Oak Harbor 675-7665
- OLYMPIA**
The Evergreen State College, Campus Recreation Center, Olympia 866-6000
North Thurston High School, workouts: Contact Stefan Smith at 493-1546.
- POULSBO**
North Kitsap, 1881 Hostmark, Poulsbo 779-3790
- PUYALLUP**
Roger's High School 12801 86th Ave. E, Puyallup 841-8787
workouts: M-F 5-7 am Contact Connie Burngasser at 841-0975
- REDMOND**
Redmond, 17535 NE 104th, Redmond 296-2961
- RENTON**
Lindberg, 16740 128th SE, Renton 296-4335
Hazen, 1101 Hoquiam Ave. NE, Renton 235-2227
- SEATTLE**
Ballard, 1471 NW 67th, Seattle, 684-4094
Evans, 7201 E. Green Lake Dr. N., Seattle 684-4961
workouts: M-F 5-6 am Contact Robin O'Leary at 525-7725
Helene Madison, 13401 Meridian N., Seattle, 684-4979
workouts: 6:45-7:45 am and 8:30-9:30 pm Contact Robin O'Leary at 525-7725
Meadowbrook, 10515 35th NE, Seattle 684-4989 am
Medgar Evers, 500 23rd, Seattle 684-4763
workouts: M,W 7-8:30 pm, Sat 8:30-10 am Contact Paul Sherman at 322-0871.
Queen Anne, 1920 1st W, Seattle, 386-4282 workouts: W 7-8 pm, F 8-9 pm, Sun 9.30-11
Rainier Beach, 8825 Rainier S., Seattle 386-1944
Sandpoint Naval Station, 7500 Sandpoint Way NE, Seattle 526-3531
Note: Military personnel only.
Shoreline, 19030 1st Ave. NE, Seattle, 296-4345
South Central, 4400 S 144th, Seattle 296-4487
Southwest Pool, 2801 SW Thistle St., Seattle 684-7440
YMCA, 909 4th, Seattle, 382-5010
YWCA, 1118 5th, Seattle, 447-4868
Aquatic Development Clinic, 11009 1st S., Seattle 232-3474
Red Shield, 9050 16th SW, Seattle 767-3150
Seattle Athletic Club, 33 NE 97th, Seattle 522-9400
workouts: M,W,F 6:30-7:30 am. Contact Jodi Bauder at 522-9400
Seattle University, 14th & Cherry, Seattle 296-6404
workouts: M-F 5:30-6:30 am. Contact Mike McClosky at 296-6404
View Ridge Club, 5815 NE 77th, Seattle 524-3500
Wedgwood, 7727 28th NE, Seattle 523-8211
West Seattle YMCA, 4515 36th Ave SW, Seattle 935-6000
- SEQUIM**
Sequim Aquatic Recreation Center, N 610 5th, Sequim 683-6699
workouts: Contact Sally Parry at 683-3660.
- SNOHOMISH**
Hal Moe Memorial Pool, 405 3rd, Snohomish 568-6881
- SUMNER**
Sumner High School, 1707 Main, Sumner 863-8110
- TACOMA**
Lakes High School, 10320 Farwest Dr. SW, Tacoma 756-8401
workouts: M,T,W, F 5:30-6:30 am. Contact Kathy Casey at 588-4879
Pierce College, 9401 Far West Dr. SW, Tacoma 964-6678
workouts: M-Th 5-6:30 pm. Contact Kathy Casey at 588-4879
Tacoma Pierce Co. Family YMCA, 1002 S. Pearl St., Tacoma 564-9622
workouts: M,W,F 6:45-9 pm. Contact Dan Balderson at 564-9622.
Eastside Community Pool, 35th and L, Tacoma 591-2042

PRO Club Fall Biathlon

The PRO Club
Biathlon



1/2 MILE
SWIM
4 MILE RUN
Sunday, Sept 25
9:00 am



The PRO Club
Biathlon



Send entries to:
PRO Club Fall Biathlon
4455 - 148th Ave N.E.
Bellevue, Wa. 98007

For more information Contact :
Mark VanAchte (206) 881-6767

ENTRY FORM

NAME _____
ADDRESS _____
CITY _____ STATE _____
ZIP _____ PHONE _____
AGE _____ SEX M F

SHIRT SIZE L XL
PREDICTED SWIM TIME 800 yds _____

(please include your swim time so you can be seeded accordingly)

Age Divisions

Male/Female

0-19	40-49
20-29	50-59
30-39	60+

(circle one)

\$15 Pre/T-Shirt
\$25 DOR
(8:30 am registration closes)

RACE RELEASE

In consideration of my entry. I for myself, and executors, hereby release and discharge the PRO Club, it's officials, employees, and anyone who is connected with the race from any and all claims, actions, liability, accidents, and illness which I might receive as a result of my participation in this event. Anyone under the age of 18 must have a parent/guardian signature.

SIGNATURE _____

GUARDIAN SIGNATURE (if under 18) _____

DATE _____

PRO Club Biathlon All Time Records

Men's Swim Brad Williams 8:59 (1992) Women's Swim Leslie Lorenz 8:53 (1994)
Men's Run Wade Grow 22:27 (1994) Women's Run Nancy Edwards 27:15 (1992)
Overall Men Wade Grow 32:32 (1994) Overall Women Nancy Edwards 38:45 (1992)

31:33 (1984) 38:43 (1985)
 33:33 (1984) 33:13 (1983)
 8:28 (1983) 8:23 (1984)

BBO Club Membership Application

NAME _____
 SIGNATURE _____
 (PRINTED NAME) _____

SEX: M F
 AGE: _____
 ZIP: _____
 CITY: _____
 ADDRESS: _____
 PHONE: _____

Pacific NW Assoc. of Masters Swimmers
 29925 2nd Ave SW
 Federal Way, WA 98023-3508

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 Seattle, WA
 Permit No. 2334

TIME SENSITIVE MATERIAL!!

MCNEEL, SANDY
 2364 FAIRVIEW AVE E #1
 SEATTLE, WA 98102-3375