

March President's Letter

by Jane Moore

March, 1995

Dear PNA Swimmers:

It is amazing how fast the month goes by. Before I know it, it's time to do another letter. I have finished a couple of non-swimming projects recently, so I actually had time to do another Swimming Science column for this month's WetSet. I hope to keep it up and finish reviewing the book soon. I was writing a chapter on women and sports for a book to be published next year, so have had limited time for other writing.

REMEMBER!! Unlike many other meets, the entry deadline for PNA

champs is **FIRM!!** In order to make the team competition fair to everyone, all meet entries, individual registrations, and team registrations must be postmarked by **MARCH 24th**. No exceptions are allowed. Late entries may be allowed to swim exhibition but will not score team points. Be sure to get your entry in before the deadline.

Carolyn Behse tells me that BAC has arranged to bring Dr. Ernest Maglischo to Bellevue for a three day clinic for Masters swimmers and coaches. That is scheduled for March 31, April 1 & 2. Watch for details later either in this newsletter or in a special mailing from BAC. Dr. Maglischo is one of the authors of the book I have been reviewing for the Swimming Science

(Continued on page 3)

Upcoming Board Meetings

March 28th - Bellevue Athletic Club, Bellevue 7:00pm

April 25th - Federal Way TBA 7:00pm

May 30th - Home of Suzie Ness, Seattle 7:00pm

For more information call Jane Moore 925-0803

Welcome New to PNA

Karl Barton, Marc Beck, William Benko, Anne Bernhard, Gile Beye, D. Alan Capron, Bill Carter, James Cird, Jeffrey Dahl, Hope Dean, Rachelle Edgar, Charles Eyles, Tracy Ferguson, John Finke, Thomas Grandine, Francine Harmeson, Bill Hawkins, Peter Herbst, Judy Hills, Michael Hoffman, Kiesten Huck, Joseph Keenan, Krystene Kiernan, Robert King, Betty Kinney, Michael Lamb, Francis Langlois, Jim Lasersohn, Colin Mailer, Jeff Matquardt, Frank Mondok, Robert Mora, Tara Myers, Jesse Pace, Nancy Poffenberger, Amy Popp, Clark Pace, Vincent Riggio, David Schultz, Mary Sipple, Thomas Stine, Paul VernerSara Wahl, and James Worrel.

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Results:
 Port Orchard
 Fred Wiggins

PNA Officers

PRESIDENT

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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.

P N A Meet Schedules

Mar 19 1995	25 yards	Bangor, Wa
Apr 7-9 1995	25 yards	PNA Champs Federal Way, Wa

Oregon Meet Schedules

Mar 3-4 1995	25 yards	Grants Pass
April 7-8-9 1995	Oregon Champs 25 yards	Bend
April 28-29-20 1995	NW Zones 25 Yards	Tualatin Hills

Inland Empire Meet Schedules

Mar 4-5	25 yards	Yakima, Wa
TBA	IEM Champs	TBA

National & International Schedule

May 18-21 1995	Canadian Nationals	Victoria BC
May 18-21 1995	Short Course Champs	Ft. Lauderdale, Fl
Aug 24-27	Long Course Champs	Gresham, Or

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

IDAHO

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

UTAH

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

ALASKA

John Zell
P.O. Box 230125
Anchorage, AK 99523
(907) 345-7088

OREGON

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

BRITISH COLUMBIA

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

MONTANA

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

President's Letter cont.

(Continued from page 1)

columns and also authored Swimming Faster and Swimming Even Faster. This should be a great opportunity to update your swimming knowledge. While PNA Champs usually marks the end of the swimming competition season for many swimmers, there are lots of reasons to keep up the training this year. Short Course Zone Championships will be in Oregon at Tualatin Hills on April 28-30. While USMS Nationals are in Ft. Lauderdale, Canadian Nationals are in Victoria, B.C. in the nearly new Commonwealth Games Pool. This is much closer to home, so many swimmers from this area may chose to attend. It will be May 19-22. Later on will come Long Course Zone Champs at the Weyerhaeuser King County Aquatic Center and USMS Long Course Nationals at Mt. Hood Community College, Gresham, Or. These meets should give everyone an opportunity to set goals and continue training. By the way , if you are interested in helping put on a swim meet, let me know. We need lots of help for the Zone Championship meet to be held July 8-9. It looks as though the PNA will host the meet rather than a single club. There's lots to do behind the scenes, so let me know if you would like to help.

See you soon

Jane Moore

Fill Out Those Swim Meet Entries!

Beginning with the 1994/1995 short course season you'll have another way of gauging your swim progress. Your swims for each event swum will be compared to the national age group record. The percentages from the five best events will then be averaged into a single percent number. The more events that you swim, the better chance for a higher percent. With the use of percents, besides age group results being published at the end of the season, the top PNA swimmers from all age groups can be listed by percent, say the top 50.

But, for most swimmers, more importantly will be a comparison for their own individual swims. After obtaining a percent number this season, a swimmer can strive to improve upon that for next season. As a swimmer ages up, the percentages will also be based upon the more mature age. That way a swimmer can measure his/her progress from season to season.

The swim meets that will be included for this season include North Kitsap, Orca, Fred Wiggins, Bangor, PNA Champs, and Zones/Nationals. Other swims in sanctioned meets, including the two fun meets in the fall, can be included if specifically requested.

Gordon Gray

IMPORTANT!! Bulk Mail is NOT Forwarded!!

Change of Address

Return to:
Suzanne Dills
1101 N. Northlake Way
Seattle, WA 98105
(206) 547-1654

NAME _____

USMS# _____

OLD ADDRESS _____

NEW ADDRESS _____

NEW PHONE# _____

**UNITED STATES MASTERS SWIMMING, INC.
1995 REGISTRATION APPLICATION
Pacific Northwest Association of Masters Swimmers**

REGISTER WITH SAME NAME YOU WILL USE FOR COMPETITION
Please print clearly

RENEWAL My current USMS number is _____ **NEW registration**

Name: Print clearly

Last

First

Initial

Address:

Street or box number

Apt number

City

State

Zip code

Telephone _____
Area Code

Date of birth: _____
Month Day Year

Age: _____ **M/F:** _____

My club is: Pacific NW Aquatics (PNA)
 Sequim (SQM)
 Pro Sports Club (PRO)
 Puyallup Aquatic (PAC)
 Unattached

My Team is: _____
Name

Unattached

If you coach a Masters swim team check here:

PLEASE MAKE CHECKS PAYABLE TO: PNA MASTERS SWIMMERS

Your LMSC fee includes a subscription to the WetSet.

	<u>USMS Fee</u>		<u>LMSC Fee</u>	<u>TOTAL FEE</u>
Under 65	15.00	plus	15.00	30.00
Senior: 65 & over	15.00	plus	8.00	23.00

Mail to: Suzanne 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 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 and regulations of USMS.

Signature _____ Date _____

MEET INFORMATION: PNA SHORT COURSE CHAMPIONSHIPS
APRIL 7-9, 1995

WEYERHAEUSER KING COUNTY AQUATIC CENTER, 650 SW Campus Drive, Federal Way, WA 98023 296-4444. The pool depth varies from 9 to 10-1/2 feet. During the meet the pool will be configured as two 25 yard courses. Both courses may be used for distance events with warm-ups in the diving pool. For other events the second pool will be available for warm-up. Concessions will also be available.

DIRECTIONS: a) NORTH BOUND I-5 OR SOUTH BOUND I-5: Take exit 142 B. You will then be going west on S 348th. Continue West on S 348th past Pacific Highway S (Highway 99) and past 1st AVE S (NOTE: 348th becomes SW Campus Drive after crossing 1ST AVE S). The pool is on your right about 1/2 mile past 1st AVE S.

b) WEST bound Highway 18 (from North Bend) continue west on 18 into Federal Way. Highway 18 becomes S 348th after crossing I-5. Continue West on S 348th past Pacific Highway S (Highway 99) and past 1st AVE S (NOTE: 348th becomes SW Campus Drive after crossing 1ST AVE S). The pool is on your right about 1/2 mile past 1st AVE S.

Entries must be **postmarked or in the hands of the meet Director by March 24, 1995.** No late entries will be accepted. All swimmers must be registered with USMS prior to meet entry or submit an application postmarked by March 24, 1995 accompanying the meet entry. Swimmers from other LMSCs must include a copy of their USMS registration card (Or Casa For Canadians) with meet entry. **Release must be signed!**

No Diving During Warm-Up Except In Designated Sprint Lanes.

Eligibility: Open To All 1995 Usms Registered Swimmers 19 and over as of April 9th, 1995.

Seeding: Slow To Fast For All Events.

MEET DIRECTORS:
Jane & Hugh Moore before 9 PM
(206)925-0803

TIMES: Friday April 7: warm-up 6-6:50PM - Meet 7PM
Saturday April 8 & Sunday April 9:
warm-up: 8:00-8:50 AM meet: 9:00 AM
Event 14 will not start before 10:00 AM

FRIDAY APRIL 7

- 1 400 IM
- 2 1650 FREE (7 PM CHECK-IN)

NOTE: Make sure that you allow enough time to compensate for traffic conditions.

Saturday April 8

- 3 100 Back
- 4 50 Breast
- 5 200 Free
- 6 100 IM
- 7 200 Free Relay Entries Due at 9AM
- 8 100 Breast
- 9 200 Fly
- 10 50 Free
- 11 200 Mixed Medley Relay Entries due 11AM
- 12 500 Free (11AM Check-In)

Sunday April 9

- 13 1000 Free (8:30 Check-In)
- 14 50 Fly (no Start before 10:00AM)
- 15 200 Back
- 16 100 Free
- 17 100 Fly
- 18 200 Breast
- 19 50 Back
- 20 200 IM
- 21 200 Medley Relay Entries due at 11AM
- 22 200 Mixed Free Relay Entries due 11AM

****Note check-in time for distance events and entry deadline for relays.
anyone missing these deadlines will not be allowed to swim the event.
Make sure that you allow enough time to compensate for traffic conditions**

AWARDS: PNA individual awards will be available.

Individual medal awards can be purchased for \$2.00 each 1st thru 6th place. Team Awards will be presented to the top three scoring teams in each team size category. Teams must register with the PNA prior to March 24th to be eligible. Swimmers from other LMSCs will not score points and will not displace PNA swimmers from scoring.

BANQUET

A Pacific Northwest Association Banquet will be held on Saturday, April 9th following the meet. Further details will be available prior to the meet. The Dawn Musselman Inspirational Swimmer Award will be presented at the banquet as well as other PNA awards and team sponsored awards.

ACCOMMODATIONS: Following is a list of motels in the area

Name/Address	Phone (206)	Restaurant	Approx. distance to pool
Executel 31611 20th Ave.S	941-5888	yes	6 miles
Super 8 Motel 1688 S 348th St	838-8808	no	2 miles
Best Western Fife 5700 Pacific Hwy E	922-0080	yes	8 miles
Royal Coachman Motor Inn - Fife 5805 Pacific Hwy E	922-2500	yes	8 miles
Motel 6 - Fife 5201 20th St E	922-1270	no	8 miles
Nendel's - Fife 3518 Pacific Hwy E	922-0550	yes	8 miles
Portage Inn - Fife 3021 Pacific Hwy E	922-3500	yes	8 miles

Numerous additional accommodations are available in Tacoma and near Sea Tac airport. Both areas are located approximately 10 miles from the pool.

HOST (House Our Swimmers Tonight)

If you prefer the camaraderie of staying with other Masters swimmers contact either Ann Gindroz at (206)272-1854 or Marietta Hunziker at (206)391-7244.

Reminder

Entries must be postmarked or in the hands of the meet Director by March 24, 1995. *No Late entries will be accepted.* For your team to be awarded points, make sure your team is registered.

**PACIFIC NORTHWEST ASSOCIATION SHORT COURSE CHAMPIONSHIPS
 APRIL 7TH - 9TH, 1995 SANCTION # 95-3604 HOSTED BY FEDERAL WAY MASTERS
 SANCTIONED BY PACIFIC NORTHWEST ASSOCIATION FOR USMS, INC.**

NAME _____ M F AGE as of 4/9/95 _____

ADDRESS _____

PHONE _____ DATE OF BIRTH _____ USMS NUMBER _____ - _____

LOCAL TEAM _____ or UNATTACHED _____ LMSC _____ CLUB _____

AGE GROUP: 19-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59
 60-64 65-69 70-74 75-79 80-84 85-89 90-94 95-99 100+

ENTRY LIMIT: 6 Individual Events - 5 PER DAY Plus Relays

Event #	EVENT	ESTIMATED TIME
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ENTRY FEES

Surcharge: \$7.00 \$7.00

Individual Events @ \$1.00 each

T-shirts: size(s) ()M ()L ()XL @ \$10.00 each _____

Extra T-shirts will NOT be available at the meet.

TOTAL DUE _____

CHECKLIST

Checks payable to Federal Way Masters

Mail to: Jane & Hugh Moore

Phone: Jane or Hugh Moore

1867 58th St NE

before 9 PM (206)925-0803

Tacoma, WA 98422

LIABILITY RELEASE: 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 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 ACTIVITY INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGE, 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.

SIGNED _____ DATE _____

Swimming Science
Jane A. Moore, M.D.

I will again start reviewing 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 Commission and the Federation Internationale de Natation Amateur (FINA). I will next review Chapter Twelve titled "Adaptations to Swimming Training". I have chosen to skip Chapter Eleven for now as it is rather long and complex.

Repeated training episodes over a period of time improve the body's capacity for energy production, tolerance to physical stress, and swimming performance. The major physical changes occur in the first 6-10 weeks of training. The size of these changes have long been felt to be controlled by the volume of exercise or the quantity of yards or meters swum. However, the rate of adaptation to training is limited and cannot be forced beyond the body's capacity. Too much training will result in either only small improvements or overtraining and chronic fatigue. Muscle adapts best to exercise which is moderately more than the muscle's current capability. Gradual progression in training load is required to maximize performance. There is a genetically determined limit to the amount of development that can be achieved with training and all swimmers cannot tolerate the same levels of training. Improvement with training varies from person to person.

Daily aerobic training results in improvements in endurance by increasing cardiac output, muscle blood flow, and muscle metabolism or respiratory capacity. One of the most important changes with aerobic training is an increase in the number of capillaries surrounding each muscle fiber. This allows greater exchange of gases, heat, and fuels between the blood and the working muscle fibers. This appears to occur in the first few months of training.

Aerobic training (short rest intervals or continuous swims of 400 meters or more) also results in an increase in muscle myoglobin. Myoglobin stores oxygen within the muscle fibers which is used when blood oxygen becomes limited with heavy exercise. Well trained swimmers may have twice the oxygen storage capacity in shoulder muscles as untrained individuals. There is a limit to muscles capacity to adapt to aerobic training. Best improvements appear to occur at a training level of 4000-6000 meters per day with little additional improvement above that level.

Molecules called enzymes within muscle fibers allow the production on ATP which produces energy for short bursts of exercise. Other enzymes allow increased use of fat stores for fuel when glycogen stores are depleted. These enzymes are all increased with regular aerobic training. Endurance trained muscles also are capable of storing more glycogen than untrained muscles.

It appears that there is an optimal amount of physical exercise that will produce maximal improvements in aerobic capacity and endurance performance. This optimal training load varies from one individual to another but is probably equivalent to swimming 4000 to 6000 meters per day. Some swimmers will show greater improvement with more training, and others will have best results with much less training.

While the amount of work performed during training determines development of endurance, peak performance also depends on speed of swimming. Long-distance, low-intensity training does not develop muscle fiber recruitment, biomechanical skills, and energy systems needed for high-intensity speed and competition. Shorter swimming events depend on anaerobic metabolism which requires ATP and phosphocreatine to break down glycogen without the use of oxygen. This type of energy production results in lactic acid which accumulates in muscles and causes fatigue. Sprint training increases the buffer capacity of muscle which counteracts the lactic acid and delays fatigue. Sprint training also improves ATP and phosphocreatine production and increases muscle strength. Using a combination of various forms of intermittent and continuous exercise will help develop both the aerobic and anaerobic systems, but it is not clear whether both systems can be trained to their full potential at the same time.

It is generally agreed that swimming training should maximize the swimmer's aerobic and anaerobic energy systems; improve swimming strength and power; and develop efficient technique. The adaptations to regular exercise are specific to the type of activity performed during training. The body develops an increased capacity to handle the types of activities it is required to perform.

Periods of increased training result in decreased muscle strength so a reduction in training for a period of time before major competitions will result in better performances. This is known as tapering. This reduced training does not cause a loss of conditioning but does improve speed. A taper may consist of a gradual decrease in yardage or a sudden cut. It generally lasts for about two weeks.

Shaving or the removal of body hair prior to a major competition is a common practice. It has been suggested that this reduces skin resistance and reduces active drag. A few studies seem to confirm that shaving down does provide a measurable advantage.

HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS

03/16	Todd Doherty	04/02	John Carroll
03/16	Matthew Smith		
03/16	Todd Wirtz	04/03	Mark Genther
03/18	Katherine Pananen	04/03	Thomas Taylor
03/19	Patrick Slowey	04/04	Alan Bell
03/20	Jennifer Bates	04/05	Marianne Hunter
03/21	Robert Mckenzie	04/05	Sydney Munger
03/22	John (Jack) Connelly	04/06	Carolyn Baldwin
03/22	Mike Nelson	04/06	Janet Kavadas
03/22	Tom Rutherford	04/06	Jan Sblendorio
03/23	Vebjorn Nilsen	04/06	Barb Thrasher
03/25	Edward Artis	04/07	Jerrol Golden
03/25	Wesley Flinn	04/07	Walt Hickey
03/26	Rick Spencer	04/08	Chaya Amiad
03/27	Marie Cawrse	04/08	Justin Gillen
03/29	Kathleen Lynch	04/09	Jim Penfield
03/30	Claudia Bertolone-Smith	04/10	April Gerlock
03/30	Rick Tupper	04/11	Thomas Riepe
03/31	Jennifer Santillano	04/12	Jennifer Stapp
03/31	Kate Sutherland	04/12	Yvonne Yokota
04/02	Richard Butler	04/14	Mark Watling

Master Blast '95

Alberta Masters Provincial Championship

April 22, 23, 1995

Lindsay Park Sports Centre

2225 Macleod Trail South, Calgary

25M Short Course

**FOR information about this meet write or call:

Annette Gillis

346 Pumpridge Place, SW

Calgary, Alberta T2V 5E3

Phone #: (403) 255-3009

**entries are due Wednesday April 5th, 1995

PACIFIC NORTHWEST ASSOCIATION OF MASTERS SWIMMERS
LOCAL TEAM REGISTRATION

Any group of two or more paid members of PNA Masters Swimmers may register with the membership chairperson for the purpose of swimming as a recognized team in meets sponsored by PNA Masters Swimmers. All team members must be registered with the same nationally registered club in order to swim on relays.

A team must be registered with the PNA in order to compete for team awards at PNA Champs. Each registered team having eight or more registered swimmers shall be entitled to one vote on the Board of Managers. Any nationally registered club (other than Pacific Northwest Aquatics) will automatically be registered as a local team.

Please return the form below to register your team. **Registrations must be postmarked by March 24, 1995 in order for teams to be eligible for team awards at 1995 PNA Champs.**

TEAM NAME: _____

TEAM REPRESENTATIVE:

Name: _____

Address: _____

City: _____ Zip: _____

Phone Number _____

TEAM COACH:

Name: _____

Address: _____

City: _____ Zip: _____

Phone Number _____

Application Fees: \$10.00

Make Check Payable To: PNA Masters Swimmers

Mail This Form To: Suzanne Dills, Registrar

1101 N Northlake Way

Seattle, Wa 98103

(206)547-1654(w) 232-3654(h)

BOOK REVIEW #2 by Deborah Bagg, Swim Seattle Masters

The Blue Streak by, Ellen Lesser

An interesting first novel about a father-son relationship in conflict. The father is a lawyer expecting his son to join the firm; the son is an award-winning swimmer side-lined by a bad shoulder. Family conflict at it's best including the scene where the son "shaves down" before delivering a eulogy.

Aquamarine by, Carole Anshaw

Three very different possible lives are explored. They all belong to the same woman, an ex-Olympic freestyler. Another good first effort and the reader gets to choose his or her favorite ending.

Waterdancer and Sea of Light by, Jenifer Levin

I like these the best. Water Dancer is a fascinating look at the preparation necessary for a grueling open-water swim (inspiration for the ARC Swim)! (editor's note: I think they're talking about crossing the Straits of Juan de Fuca. Shall we try it??) Sea of Light's main character is the lone survivor of a plane crash at sea, which wiped out her entire Swim Team. Her recovery and return to swimming are the focus of this novel. The descriptions of her ghastly swimming coaches and the tortures they inflicted will make you appreciate Coach Mike that much more!

N.W. ZONE SHORT COURSE CHAMPIONSHIPS

Sanctioned by Oregon Association for USMS, Inc. Sanction # 375-04

ELIGIBILITY: Currently registered USMS swimmers, 19 years and older.

Unregistered swimmers must submit a 1995 registration form and fee with this form.

All entrants MUST submit a PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD OR FORM WITH THIS ENTRY.

DATE: April 28-30 1995

PLACE: Tualatin Hills Recreation Center
158th & Walker Rd.
Beaverton, OR

8 to 10 lanes of competition, electronic timing,
continuous warm up/down lanes

HOST: Tualatin Hills Barracudas Meet Director: Jeanne Teisher 503-649-4719 (h) or 503-620-2621 (w)

DIRECTIONS TO POOL: Take Hwy. 26 west to the Cornell Road exit. Turn left, cross freeway, go to 158th and turn left, head south. Pool will be on your left. On corner of 158th and Walker Road.

**WARM-UPS: FRIDAY 5:00 P.M.
MEET STARTS: FRIDAY 6:00 P.M.
WARM-UPS: SAT. & SUN. 8:00 A.M.
MEET STARTS: SAT. & SUN. 9:00 A.M**

ENTRY DEADLINE : POSTMARKED NO LATER THAN April 15th, 1995

FILL IN COMPETELY----->-----RETURN THIS LOWER PORTION----->-----FILL IN COMPLETELY

NAME _____ 1995 USMS # _____
ADDRESS _____ CITY _____ STATE _____ ZIP _____
PHONE _____ BIRTHDATE _____ AGE _____ SEX _____
USMS CLUB _____ (O.M.S., P.N.A., I.E.A., SNAKE RIVER, ETC)

Age Groups: 19-24, 25-29, 30-34 etc up to 95+. Relay age groups: 19+, 25+, 35+, 45+, 55+, 65+, 75+. You may enter a maximum of 6 individual events plus 4 relays. You may not swim more than 5 individual events per day. Enter relays at the meet. The 400 I.M., 500, 1000, and the 1650 Free will be deckseeded and all events will be seeded slow to fast.

FRIDAY APRIL 28

400 I.M (1) _____ : _____ . _____
1650 (2) _____ : _____ . _____

SATURDAY APRIL 29

200 MEDLEY RLY (3) XXXXXXXXXXXXXXXX
200 BACK (4) _____ : _____ . _____
50 FREE (5) _____ : _____ . _____
100 BREAST (6) _____ : _____ . _____
BREAK BREAK BREAK
50 FLY (7) _____ : _____ . _____
200 FREE (8) _____ : _____ . _____
100 BACK (9) _____ : _____ . _____
200 I.M. (10) _____ : _____ . _____
BREAK BREAK BREAK

1000 FREE (12) _____ : _____ . _____

SUNDAY APRIL 30

200 MXD MED RLY (13) XXXXXXXXXXXXXXXX
200 FLY (14) _____ : _____ . _____
50 BREAST (15) _____ : _____ . _____
100 FREE (16) _____ : _____ . _____
BREAK BREAK BREAK
200 FREE RELAY (17) XXXXXXXXXXXXXXXX
100 FLY (18) _____ : _____ . _____
50 BACK (19) _____ : _____ . _____
200 BREAST (20) _____ : _____ . _____
BREAK BREAK BREAK
100 I.M. (21) _____ : _____ . _____
500 FREE (22) _____ : _____ . _____

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 _____

Commemorative T-Shirt Circle Size: M L XL XXL _____ @ \$10.00 each = _____

(Limited quantities of T-Shirts available at meet, please order in advance with this form)

Saturday Night Banquet _____ @ \$8.00 each = _____

ENTRY FEE => _____ + \$14.00

Send form(s) & fee(s) payable to: Oregon Masters Swimming TOTAL = _____

c/o Suzanne Rague 935 N.W. 170th Place Beaverton, OR 97006

NW Zone Championships

April 28 - 30, 1995

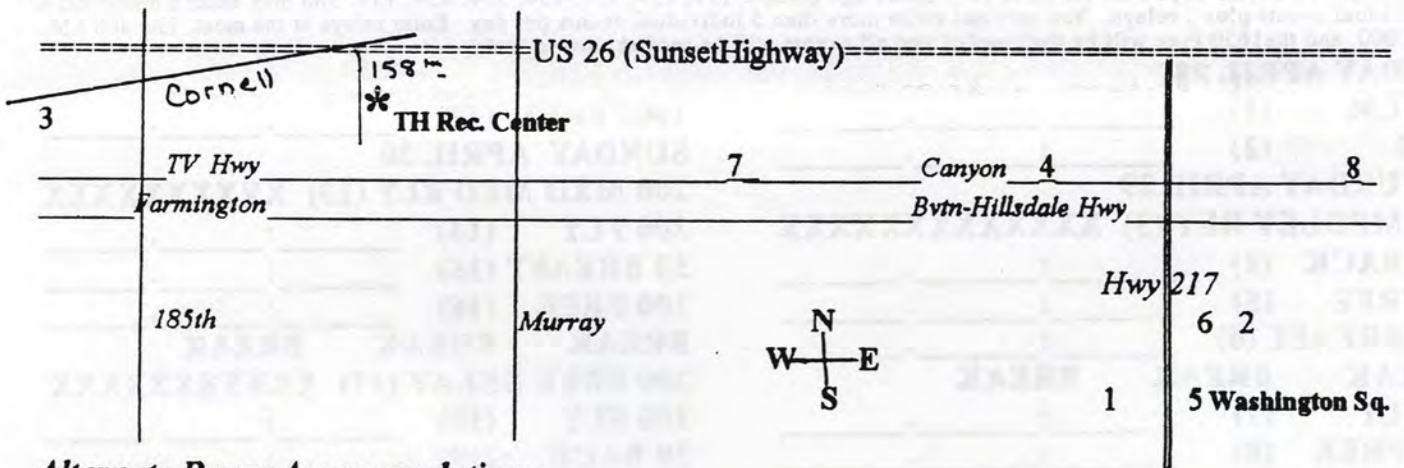
Tualatin Hills Rec. Center Pool / Beaverton, OR

Additional Information

Room Accommodations (corporate rates per night; does not include 7% tax)

1 - Courtyard by Marriott / 8500 SW Nimbus / Beaverton	641-3200	\$69.00/room
2 - Greenwood Inn / 10700 SW Allen / Beaverton	643-7446	\$59.00/room
3 - Hallmark Inn / 3500 NE Cornell / Hillsboro	648-3500	\$52.00/room
4 - Val-U Inn / 12255 SW Canyon / Beaverton	646-4131	\$45.00 - \$59.00/room
5 - Embassy Suites / 9000 SW Washington Sq. / Tigard	644-4000	\$119 - \$129/room
6 - Peppertree Motor Inn / 10720 SW Allen / Beaverton	641-7477 1-800-453-6219	\$50.00 - \$64.00/room
7 - Ramada Inn / 13455 SW TV Highway / Beaverton	643-9100	\$57.00/room
8 - Shilo Inn / 9900 SW Canyon / Portland	297-2551	\$59.00 - \$64.00/room

Approximate location of hotels/motels (NOT to scale)



Alternate Room Accommodations

If staying in a local hotel/motel doesn't sound too appealing to you, how about staying with a local Master swimmer? Sound interesting? Contact Sandi Rousseau (642-3679) for more information.



Banquet

- WHERE:** Spaghetti Warehouse / 12755 SW Beaverdam Rd. / Beaverton (maps will be available at meet)
- WHO:** First 50 people to register, on meet entry form, for the banquet (space is limited)
- WHEN:** 7:00 PM, April 29 - Saturday
- COST:** \$8.00 / person (to be paid along with registration form; make check payable to THB)

Dawn Musselman Award

The annual Dawn Musselman Inspirational Award will be presented at the Banquet following PNA Champs in April. Criteria for the award are as follows:

An inspiration to all PNA swimmers
Shows willingness to share information, training or coaching tips
Offers encouragement to other swimmers,
Exhibits good sportsmanship at all times,
Shows a strong commitment to PNA Masters Swimming

The initial award was given to Dawn Musselman in 1986. Dawn was a long time member of the PNA. Not only was she one of our most gifted swimmers, but she was the kind of person who inspired other swimmers and encouraged swimmers to do their best.

Nominations are open to all members of the PNA.

Please phone your nominating information to the following:

Steve Peterson - (206) 692-1669 Port Orchard or Frank Newquist - (206) 474-1267 Tacoma.

All entries must be received by March 20, 1995

Official's Corner -Jan Kavadas

There are 2 things to talk about this month. (Maybe Phyllis will split them up!)

The rule changes for 1995 **Breaststroke**: The elbows shall be under water except for the last stroke at the finish of the prescribed distance. (This rule will not matter to many (maybe most) swimmers whose elbows remain many inches below the surface.)

Backstroke: The Starter must direct swimmers to "Place your feet" before directing them to "Take their mark." The turn has also been described differently: During the turn the shoulders may turn past the vertical toward the breast, after which a continuous single arm pull or a continuous simultaneous double arm pull which may be used to initiate the turn. Once the swimmer has left the position on the back, there shall be no kick or arm pull independent of a continuous turning action. There still must be a "continuous turning motion", but no kicking action independent of the turn. I have been more conscious of independent kicks since judging under the new rule (and I have discovered that I may be kicking prior to initiating the turn). In addition, under the backstroke turn rule, swimmers who turn on their front, touch the wall, and push off on their back have been determined to be in (their) turning action.

Have you ever worn your goggles during a dive and discovered they were around your mouth when you surfaced? There is no problem if you reach up and remove or adjust them during freestyle or backstroke. However, if you are swimming breaststroke or butterfly and reach with one hand to adjust the goggles you have "broken the stroke" which requires that the arms must move simultaneously. The solution: swim to the end of the first length, touch the wall with both hands, then adjust your goggles.

COACHES COLUMN

The Master coaches in our area will publish workouts and stroke information in the *Wetsuit*. This is the third of this series to help swimmers come up with new ideas and to understand the why of old ideas. If you have questions comments or additions please write to Robin O'Leary, 6323 19 Ave N.E. Seattle, WA. 98115-6903.

This workout was submitted by an anonymous coach.

WARM-UP: 300 swim, 8 X 50 drill/kick by 25s 10 sec rest (EN1)

1. 6 X 100 on a send-off that gives you 20-30 seconds rest (2:00) Descend 1-3, 4-6 (EN2)

2. 6 X 100 broken swims: 75 yards strong take :10 seconds rest, 25 yards sprint. 1:00 rest after each 100, (2:30) (AN1)

3. 6 X 50 drill/swim by 25s :10 second rest interval

4. 6 X 25 for time on 1:00 (AN2)

Approximately 30% of the workout is done at Anaerobic level 1 or faster

Definitions:

Descend: go faster (your time gets smaller) each repeat.

Broken: A distance is broken into smaller segments. These are usually done very hard. The rest taken should be exact since at the end of the swim you subtract that rest to get your final time. Often the final time will be close to your racing speed. For accuracy remember to include the turn. Free and fly: flip at the end of the leg, open turns, at the beginning of the leg.

Anaerobic workouts should be followed by a recovery day.

This workout was submitted by Robin O'Leary, coach of GreenLake AquaDucks.

WARM-UP: 4 X (100 free + 50 drill in I.M. order)

1. 8 X 25 Fly
50 back
100 free

6 X 25 fly
50 breast
100 free

4 X 25 fly
50 back
100 free

2 X 25 fly
50 breast
100 free

2. 4 X 300 I.M.: 100 major stroke, 100 of your worst stroke, and 50s of the other two strokes. Do these in IM order. If your worst stroke is fly try doing the first four strokes off each wall fly, for the fly leg.

A shorter option is 4 X 200 IM: 75 yards of your major stroke and 75 yards of your worst stroke, 25 yards of the other two strokes.

3. 200 cool down: concentrate on gliding in the front while finishing the stroke in the back.

Awards

Certificates

Awards

Awards

Certificates

Awards

Have you ever wondered what your fellow swimmer looks like
with their *clothes on*??

Wonder No More!!

Come to the 1995 PNA Awards Banquet

A fun filled social night for all swimmers and their family and
friends. You need not be a competitive swimmer, this night is
for everyone!!

Saturday April 8th

Best Western Federal Way Executel
31611 20th Ave. S.
Federal Way

4:30 - 5:30 Social Hour - No Host Bar

5:30 Dinner - Italian Pasta Buffet **\$19.00**

Cheese Tortellini, Spaghetti with your choice Pesto or Meat Sauces
Caesar Salad and Sourdough Rolls with Sweet Butter
Tiramisu for dessert
Coffee, Tea and No Host Bar

*Submit payments to Linda Sullivan - 1002 SW 298th ST
Federal Way, WA 98023
(206)941-8020*

**make checks payable to PNA Masters (you can also send in a separate
payment marked "Banquet" along with your meet entry form)*

For those who need a place to stay we also have blocked some rooms
with special group rates at the Executel. Call Clarisa or the front desk
(206) 941-6000 or (800) 346-2874 and tell them you're with the PNA
Masters swimming.

Friday-Sunday \$65.00 + tax Single occupancy, \$71.00 + tax Double
occupancy - Kids under 18 stay FREE

You may live close but make this a fun weekend and come to the Pasta
Buffet than stay the night and be just 10 min away from the pool for the
final day of competition. For more information call the Executel or Linda
Sullivan.

Hope to see you all there!