

PRESIDENT'S LETTER

by Jane Moore

Dear PNA Swimmers

Happy New Year! Another year with all its opportunities has begun. I hope everyone is back into their routines and swimming regularly. There are lots of events coming up to get ready for. This month is the Hour Swim. Next year PNA will host this postal competition. You swim for one hour and record your distance. Entries are mailed in and compiled by the host team. Results are then published and distrib-

uted so you can compare your swim to those of others all over the country. The PNA also does a fundraiser for the American Cancer Society in memory of a former PNA swimmer, Dawn Musselman, who died of cancer in 1986. Each swimmer collects pledges for the number of laps they are able to swim in one hour. It's easy to combine this with the Hour Swim.

January's PNA meet will be the 15th at Oak Harbor. It is the first meet in quite some time at Oak

(Continued on page 3)

Upcoming Board Meetings

January 24th -Tacoma YMCA 7:00 pm

For more information: Call Jane Moore 925-0803

February 28th

WELCOME

New to PNA

Beverly Bell, Vaughn Bresheare, Eric Brown, Jenny Brown, John Carroll, Greg Dymerski, Daniel Frost, Sheryl Gaskell, Neil Goodsell, Alan Harrison, Donna Keyser, Steven Lay, Shirley Macleod, Gary Maynard, Abbie Morris, John Rensel, Rose Roberts, Michelle Robinson, Pascal Roncalez, Tom Rutherford, Sherman Shelton, Jeannie Stougard, Ingela Thomsen, Lysle Wilhemi, And Declan Wynne.

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PNA Officers

PRESIDENT

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1867 58th ST NE
Tacoma, WA 98422
(206)925-0803

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14037 SE Allen Rd
Bellevue, Wa 98006

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.

P N A Meet Schedules

| | | |
|--------------|-----------|-------------------------------|
| Jan 15 1995 | 25 meters | North Whidbey |
| Feb 18 1995 | 25 yards | Seattle, Wa |
| Mar 19 1995 | 25 yards | Bangor, Wa |
| Apr 7-9 1995 | 25 yards | PNA Champs Federal Way, Wa |

Oregon Meet Schedules

| | | |
|---------------------|------------------------|----------------|
| Jan 21 1995 | Pentathlon 25yards | Tualatin Hills |
| Feb 18 1995 | TBA | Portland |
| 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

| | | |
|----------------|------------|-------------|
| Jan 14-15 1995 | 25 yards | Spokane, Wa |
| Feb 4-5 1995 | 25 meters | Spokane, Wa |
| 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)

Harbor so we hope for a good turnout. Other upcoming PNA meets are the Fred Wiggin meet and the Orca meet in February, Bangor in March, and PNA Champs in April. Northwest Zone Champs are also in April and will be in Oregon. USMS Short Course Nationals are in Fort Lauderdale in May. At the same time, Canadian Nationals will be held in Victoria in their new pool built for the 1994 Commonwealth Games. USMS Long Course Nationals will be in August at Mt. Hood pool in Gresham, OR. We usually have a large PNA contingent when Nationals are nearby.

Another postal event occurs during the summer months. It is the 10K swim. This is a national championship event. For the first time this year there is also a 5K national championship. Again, you swim on your own and mail in results. PNA is hosting this event this year. It would be great if lots of PNA swimmers entered to support

our efforts. Several Federal Way swimmers have been doing the 10K annually for several years. It's quite a challenge and very different from usual races. The 5K offers a less intimidating distance. If you start planning your workouts now, you can be ready to swim either one by summer. Dates for the competition are June 15 through September 30. It must be done in a long course pool. Federal Way Masters has been reserving lanes and swimming together at the Weyerhaeuser King County Aquatic Center the past few years and will probably do so again this year.

Two long time PNA swimmers passed away last summer and fall. The PNA Board of Directors agreed to make donations in their memory. A gift was sent to the Jewish Community Center in memory of Dr. Allan Sachs and to the Seattle Asian Art Museum in memory of John Robinson. We will miss seeing both of them at meets.

See you soon.

Jane Moore

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# _____

PNA MASTERS LOCAL SWIMMING COMMITTEE
MEET INFORMATION: January 15, 1995
Hosted by North Whidbey Aquatic Club
DEADLINE: Entries due: January 4, 1995

PNA MASTERS LOCAL SWIMMING COMMITTEE
MEET ENTRY FORM: January 15, 1995
North Whidbey Aquatic Club at
John Vanderzicht Pool in Oak Harbor
Sanction # 953601
SHORT COURSE METERS

ORDER OF EVENTS
EVENT # EVENT

DATE: January 15, 1995
TIME: Warmup 8:30 A.M.
Meet 9:30 A.M.

1 400 M FREE

30 Minute Warm-up Event 2 will not start before 11:00 A.M.

2 400 M FREE RELAY
3 100 M BACK
4 200 M FREE
5 50 M FLY
6 200 M BREAST
7 100 M I.M.

PLACE: John Vanderzicht Pool
2299 20th NW
Oak Harbor
(206) 675-7665

MEET DIRECTOR: Andy King
675-7665

5 MINUTE BREAK

8 200 M MIXED FREE RELAY
9 200 M BACK
10 50 M FREE
11 100 M FLY
12 50 M BREAST

FACILITY: 6-lane, 25 Meter pool
Warm-up area
Water Temp: 84 °

RULES: Current USMS rules will govern the meet

5 MINUTE BREAK

13 200 M MEDLEY RELAY

ELIGIBILITY: Open to all USMS registered
1995 swimmers 19 and over as
of the last day of the meet

14 50 M BACK
15 100 M FREE
16 200 M FLY
17 100 M BREAST
18 200 M I.M.

SEEDING: Slow to Fast

5 MINUTE BREAK

CONCESSIONS: Yes:

19 200 MIXED MEDLEY RELAY

NO DIVING DURING WARMUP EXCEPT IN DESIGNATED SPRINT LANES

Directions: Take I-5 exit 230. Go west on Highway 20 to Oak Harbor turn-off. Turn LEFT continuing on Highway 20 South. About 20 miles there is a traffic light at 700 St. Turn LEFT for 2 blocks to 20th. Turn right and pool is on the left.

Taking the ferry at Mukilteo, follow Highway 20 NORTH. Turn RIGHT at 700 and right at 20th.

NAME _____ M F AGE _____

ADDRESS _____

PHONE _____ DATE OF BIRTH _____ USMS NUMBER _____

TEAM _____ or UNATTACHED _____ ASSOCIATION _____

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

Age is determined by your age on the last day of the meet.

ENTRY LIMIT: 5 EVENTS plus relays

EVENT NUMBER EVENT EVENT TIME

ENTRY FEES

SURCHARGE: \$3.00 \$3.00 (Includes LMSC surcharge \$1)
Electronic Timing Surcharge \$1.00
Individual Events @ \$1.00 _____ (No charge for relays)

TOTAL _____

Checks payable to NWAC

Mail fees and this entry form to:

Andy King
2299 20th NW
Oak Harbor, WA 98277

ENTRIES DUE: January 4, 1995

STATEMENT OF RELEASE

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 _____

**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)

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Signature _____

Date _____

North Kitsap PNA Meet

NORTH KITSAP 10TH ANNIVERSARY TRIVIA QUIZ

A fun time was had by all at the Tenth Annual North Kitsap Meet on November 19 and 20. We saw the return of swimmers who'd been absent from the PNA scene, including Dave Addleman and Wayne Methner. We met "first timers" like Ingela Thomsen (*next year we'll find and fete all the rookies!*). We enjoyed the expert conduct of the meet by starter Stan Kulsa and Marilyn Grindrod and her staff. And we were treated to the following trivia quiz by Gordon Gray (with prizes donated by Marilyn):

1. Three swimmers have swum in all 10 meets. Name the three, whose initials are BD, SP, and TF.
2. What other Pacific Northwest swimming event also had its tenth anniversary last August?
3. What prompt swimmer sent the first entry received on both the 1st and 10th years? Hint -- she will also be the first to swim her five events by the end of Event 6.
4. There have been other PNA meets in Kitsap County. In fact, in 1984, the year before the first North Kitsap meet, three meets were held within a six month period. Name two of the pools.
5. Name the swimmer totaling the most yards, exactly 20,000, for the North Kitsap meets.
6. Name the demographic fact that has occurred only at this year's meet.
7. The North Kitsap meet has been held the 3rd weekend of November except one year. Which?
8. Weather came close to disrupting the North Kitsap meet on two occasions. Name the year and weather condition for one of them.
9. In previous years, prizes for each event have been given for doing what?
10. How have the heat sheets for all ten meets distinguished between men and women?

TRIVIA QUIZ ANSWERS

1. Bob Dorse, Steve Peterson (*his 10th Masters anniversary meet, too*), and Tom Foley
2. The Emerald City Open Water mile swim held at Seward Park (Mary Waters offered the Multnomah Athletic Club's Decathlon, but we don't know about that one . . .)
3. Marion Chadwick (Robin O'Leary *also* swam the 400IM, 1650 and 500 Frees, 100 Back, and 200 Free this year, but Marion's quicker at stamp licking!)
4. South Kitsap H.S. -- 24 June 1984; Olympic H.S. -- 15 Sept 1984; Bangor -- 18 Nov 1984
5. Gordon Gray (who's done the 1650 every year but one, waiting for broken fingers to mend; he also declined the 800 relay to preserve the completion of *exactly* 20,000 yards, or so he says . . .)
6. More women (43) than men (41) are listed in the Heat Sheets
7. 1993: The meet was held the weekend of December 4 and 5
8. 1985: blowing snow and subfreezing temperatures, 3 days after the meet through Thanksgiving;
1991: wind-caused power outage, restored just before the Sunday meet (but pool water level fell during the meet because of malfunctioning pump, creating increasing surf in all lanes . . .)
9. Finishing closest to your estimated time, based on percentage
10. Womens' names are in italics (one trademark feature of Gordon Gray's meet management software!)

PACIFIC NORTHWEST ASSOCIATION OF MASTERS SWIMMERS
1994 TEAM ROSTER AS OF APRIL 25, 1994

| TEAM NAME | TEAM | TEAM REP | ADDRESS | CITY | ZIP | PHONE |
|-----------------------------------|-----------------|------------------------|-----------------------------|---------------------|------------------|---------------------|
| AUBURN YMCA | AUBY | PAM BAKER | 1005 12TH ST SE | AUBURN | 98002 | 946-3378 |
| BELLEVUE ATHLETIC CLUB | BAC | ANDY LOVAN | 637 141ST COURT SE APT F107 | BELLEVUE | 98007 | 865-9677 |
| BELLEVUE EASTSIDE SWIM TEAM | BEST | SYLVIA POWELL | 1655 180TH AVE NE | BELLEVUE | 98008 | 747-1181 |
| BELLINGHAM AREA Y SWIMMERS | BAYS | BARB GUNDRED | 3880 GALA LOOP | BELLINGHAM | 98226 | 734-8364 |
| FEDERAL WAY MASTERS | FWM | STEVE FREEBORN | 29925 2ND AVE SW | FEDERAL WAY | 98023 | 941-6808 |
| FORT STEILLACOOM | FTS | KATHRINE CASEY | 11114 111TH ST SW | TACOMA | 98498 | 588-4879 |
| GATEWAY ATHLETIC CLUB | GATE | CHAYA AMIAD | 1700 17TH AVE #210 | SEATTLE | 98122 | 329-3497 |
| GREENLAKE AQUA DUCK | GLAD | TAMMI KEELER | 911-1/2 N 86TH ST | SEATTLE | 98103 | 524-7579 |
| ISSAQUAH SWIM TEAM | ISST | JOHN POTTLE | 24401 SE 14TH CT | ISSAQUAH | 98027 | 392-5914 |
| JEFFERSON COUNTY SWIM ASSOCIATION | JCSA | LYNN WILLE | P.O. BOX 164 | PORT HADLOCK | 98339 | 732-4224 |
| MERCER ISLAND SWIM COALITION | MISC | DAVID DEMOREST | 4272 WHITMAN NORTH | SEATTLE | 98103 | 632-4821 |
| NORTH WHIDBEY AQUATIC MASTERS | NWAM | SALLY MEUER | 2299 20TH ST NW | OAK HARBOR | 98277 | 675-7665 |
| OLD OLYMPIC PENINSULA SWIMMERS | OOPS | STEVE PETERSON | 11165 CENTRAL VALLEY RD NW | POULSBO | 98370 | 692-1669 |
| ORCA | ORCA | PAUL SHERMAN | 1617 SUMMIT AVE #25 | SEATTLE | 98122 | 322-0871 |
| PRO SPORTS CLUB * | PRO* | TIM BRENNAN | 4455 148TH AVE NE | BELLEVUE | 98007 | 885-4591 |
| PUYALLUP AQUATIC CLUB * | PAC* | CONNIE BURNGASSER | 10817 150TH ST CT E | PUYALLUP | 98374 | 841-0975 |
| QUEEN ANNE SWIM CLUB | QASC | EDWARD ARTIS | 2547 1ST W | SEATTLE | 98119 | 285-1268 |
| SQMASTERS SWIM CLUB * | SQM* | YVONNE YOKOTA | 2747 TOWNE RD | SEQUIM | 98382 | 683-6480 |
| SWIM SEATTLE | SSEA | DEBORAH BAGG | 170 11TH AVE #306 | SEATTLE | 98122 | 621-7896 |
| TACOMA YMCA | TACY | CYNTHIA ROSIK | 6133 CROMWELL DRIVE NW | GIG HARBOR | 98335 | 265-2495 |
| THE VALLEY MASTERS | TVM | ERIK STROM | 4833 TUMWATER VALLEY DR | TUMWATER | 98052 | 943-1040 |
| THUNDERBIRD AQUATIC CLUB MASTERS | TACM | PINKY WALKER | 2802 CHEROKEE LANE | MT VERNON | 98273 | 424-8755 |
| TIGERS | TIG | TOM FOLEY | 10011 40TH SW | SEATTLE | 98146 | 937-5585 |

REQUEST FORM
RELAY ALL-AMERICAN PATCH AND CERTIFICATE

Relay event: circle one MEN WOMEN MIXED FREE MEDLEY

Relay distance: 200 400 800

Course: circle one scy scm lcm Year of swim _____

Relay member(s) requesting All-American patch and certificate: (\$5.00 each member)

1. _____
2. _____
3. _____
4. _____

Mail Payment to:
U.S.M.S.
2 Peter Ave.
Rutland, MA 02543

Make checks payable to:
United States Masters Swimming

Send patch and certificate to:

Name _____

Address _____

COACHES COLUMN

The Masters coaches in our area hope to publish workouts and stroke information on a regular basis in the Wetset. This is the first 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 first workout is from GreenLake AquaDucks. This is from the first week of the second cycle of training. The first cycle focused on drills, kicking, sculling, and building an endurance base. The second cycle emphasizes distance and begins to build intensity. This cycle runs about seven weeks, until mid-January.

WARM-UP: 100 swim, 100 kick, 100 drill

- I. 4 X 25 fast + 50 EZ drill
200 fast + 100 EZ drill
Repeat 3 X

Swim the fast swims at 95% effort. To figure your send-off: the rest, including the EZ swims, should equal the time it took to swim the fast swims. During the fast swims we are stressing anaerobic energy systems (AN1). The EZ swims are endurance swims (EN1) with the emphases on drill technique.

- II. 4 X 350 free pull descend 1-3
#4-200 maintain previous speed
+ 150 EZ

The send-off should give you about :30 rest. This set is swum at 90% effort and emphasizes endurance (EN2). Use the 150 EZ as a cool down.

TOTAL YARDS: 3,050

This second workout was submitted by an anonymous coach. It is a workout to concentrate on strokes and build your endurance base (EN1 & EN2).

WARM-UP: 200 Swim, 200 Kick, 200 choice

3 X 100 I.M. :15 rest work the fly
200 free no rest
200 stroke :20 rest

3 X 100 I.M. :15 rest work the fly and back
150 free no rest
150 stroke :20 rest

3 X 100 I.M. :15 rest work the fly, back, breast
100 free no rest
100 stroke :20 rest

3 X 100 I.M. :15 rest work the fly, back, breast, and free
50 free no rest
50 stroke

TOTAL YARDS = 2,800

The use of symbols: **A1, A2, EN1, EN2, AN1, AN2, AN3** is from a table of energy system development produced by United States Swimming. **A** stands for Aerobic, **EN** stands for endurance, and **AN** stands for Anaerobic. As the number gets higher so does the intensity within that training paradigm.

JUST SOME RANDOM THOUGHTS ON SWIMMING

Have you ever watched videos of swimming and afterwards felt excited to get in the water and to "feel just like that", or read swimming articles, or watched a great swimmer in the water and then wanted to swim just like they do? We all get inspired to swim better in different ways and we all learn in different ways. By using many sources of learning you improve and enjoy your swimming more.

One way to get recharged is to go to clinics. This past September the local American Swim Coaches Association clinic was held in Tacoma. The guest speakers were Nort Thorton, a former Olympic coach and Richard Thorton, a former Olympian and a top USS (United States Swimming) coach. Masters swimmers were fortunate to have several of our coaches and athletes at the clinic.

While these clinics are given to coaches of all levels, I've always felt that Masters Swimmers should have their own clinic, at the same level as this clinic. In this way the swimmers could see and hear the information first hand and the information presented would be directed at Masters Swimmers as opposed to Age Group swimming.

The information presented at USS clinics is geared toward programs that can devote more time to training (both in and out of the water) and that have a smaller variation in ability in one workout (about 20 second for USS vs. about 60 second for USMS). Given these differences it is difficult to distill the training approach used for a high intensity program to a more "real-life" program of Masters swimming. Consequently what Masters need to hear from these experts is how to adapt their programs to fit our needs within our time constraints.

Another thought that strikes me when I attend these clinics is that swimmers should receive this information first hand. Generally the information presented about stroke technique is easily adapted to adult swimmers. The problems and solutions are the same for Masters as they are for kids (allowing for flexibility and injury). When a swimmer can learn from the original source they are able to choose what information they want most. Swimmers want to focus on a particular aspect of their swimming and will therefore pick that out of the presentation. It may be open water training, a particular stroke remedy, or pacing. They will learn more by hearing this information first hand and by using a variety of sources, such as articles, video tapes or clinics, that engage the visual, auditory, and tactile senses.

When I started swimming competitively at age 11, I enhanced my in-water training by looking at swimming books. I would lay in bed and study the pictures in Doc Councilman's book Science of Swimming. (I may even have read some) I must have checked that book out of the library fifteen times. While I looked at the pictures I noticed the bubbles or lack of bubbles, the incline of the body, the bend of the arm and wrist, the relationship of the body parts to the trunk. I loved swimming. It was beautiful. It

was calming, a great way to go to sleep. I learned a lot from this book and the water instruction I received was enhanced by independent visual learning. Some of us learn better by doing, some by seeing, some by hearing. Find the way you learn best and use these sources to improve your swimming.

Masters swimmers would benefit from attending a clinic or presentation given by an expert if the clinics were geared "down" to our level of training.

Three recommendations I have for good learning are:

Swimming Faster
Swimming Even Faster
by Ernest Maglischo
very technical explanation and description
of all aspects of competitive swimming
Kast-A-Way, (800) 543-2763

Swimming Technique Magazine
Very technical, coaching-oriented magazine
Sports Publications
155 S. El Molino, Pasadena, CA 91101
(800) 538-9787
1 year sub.(4 issues) \$13.00

American Red Cross Swimming Videos
call Red Cross

Robin O'Leary (G.L.A.D. coach)

PNA MASTERS LOCAL SWIMMING COMMITTEE
MEET INFORMATION: February 4, 1995
Hosted by GreenLake AquaDucks
DEADLINE: Entries due: January 24, 1995

FRED WIGGIN MEMORIAL MEET
Distance Only Meet

FIRST 50 ENTRIES RECEIVED WILL RECEIVE A SWIM CAP
THERE WILL BE CONCESSIONS AT THE MEET

| ORDER OF EVENTS EVENT # | EVENT | DATE: TIME: | February 4, 1995 Warmup: 11:00 A.M. Meet: 12:00 A.M. |
|----------------------------|----------------|----------------|---|
| 1 | 1000 Free | | |
| 2 | 400 I.M. | PLACE: | Helene Madison Pool 13401 Meridian Ave N Seattle, Wa 98125 684-4979 |
| 3 | 200 Fly | | |
| 4 | 800 Free Relay | | |

MEET DIRECTOR: Robin O'Leary PHONE: 525-7725 (before 9 p.m.)

FACILITY: 6 Lane, 25 yard pool, warm-up area, water temp:84

RULES: Current USMS rules will govern the meet

ELIGIBILITY: Open to all USMS registered 1995 swimmers 19 and over at the last day of the meet.

SEEDING: Fast to Slow

NO DIVING DURING WARMUP EXCEPT IN DESIGNATED SPRINT LANES

Directions: From I-5 NB, take 130th street exit, go WEST on 130th to Meridian (2nd light); turn RIGHT on Meridian. The pool is located on the left at 134th. From I-5 SB, take 145th street exit, go RIGHT on 145th to Meridian, turn LEFT on Meridian, go to 134th.

This is the 4th annual Wiggin Memorial Meet. A portion of the proceeds will go to the Memorial Fund. The memorial fund is used to support a USMS or a USS swimmer in training or in competition. You are encouraged to make a donation even if you will not be swimming.

400 I.M. Traveling Award: A troph and a plaque will be presented to the swimmer closest to a PNA record for the individual's age group.

PLEASE NOTE: Swimmers under the age of 25 are advised that they might jeopardize their amateur status under FINA Rule GR-1 if they participate in Masters competition.

PNA MASTERS LOCAL SWIMMING COMMITTEE
MEET ENTRY FORM: February 4, 1995
GREENLAKE AQUADUCKS
at Helene Madison Pool
Sanction #943610

4TH ANNUAL WIGGIN MEMORIAL MEET

NAME: _____ M F AGE _____

ADDRESS _____

PHONE: _____ DATE OF BIRTH _____ USMS # _____

TEAM _____ or UNNATTACHED _____ 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 85-90

Age is determined by your age on the last day of the meet.

| EVENT NUMBER | EVENT | TIME |
|--------------|-------|-------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |

enter relay at the meet

ENTRY FEES

First 50 entries receive a complimentary swim cap

Single entry fee: \$7.00

Additional donation: _____

TOTAL: _____

Mail fees (payable to) and entry form to: Robin O'Leary
6323 19 Ave NE
Seattle, Wa. 98115-6903

ENTRIES DUE: January 24, 1995

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, MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules and regulations of USMS.

SIGNATURE _____ DATE _____

PNA MASTERS LOCAL SWIMMING COMMITTEE
MEET ENTRY FORM: February 18, 1995
 Hosted by ORCA Swim Club
 at Helene Madison Pool
 Sanction # 953602

PNA MASTERS LOCAL SWIMMING COMMITTEE
MEET ENTRY FORM: February 18, 1995
 Hosted by ORCA Swim Club
 at Helene Madison Pool
 Sanction # 953602

Entries due: February 11, 1995

- | ORDER OF EVENTS | EVENT # | EVENT |
|-----------------|---------|------------------------|
| 1. | | 500 Free |
| | 30 | Minute Break |
| 2 | | 400 free relay |
| 3 | | 50 Breast |
| 4 | | 100 Fly |
| 5 | | 200 Free |
| 6 | | 50 Back |
| 7. | | 100 IM |
| | 5 | Minute Break |
| 8. | | 200 mixed free |
| 9 | | 100 Breast |
| 10. | | 50 Fly |
| 11. | | 100 Free |
| 12. | | 200 Back |
| | 5 | Minute Break |
| 13. | | 200 medley relay |
| 14 | | 200 Breast |
| 15. | | 200 Fly |
| 16. | | 50 Free |
| 17. | | 100 Back |
| | 5 | Minute Break |
| 18 | | 200 IM |
| 19. | | 200 mixed medley relay |

DATE: February 18, 1995
TIME: Warmup: 9:00 a.m.
 Meet: 10:00 a.m.
PLACE: Helene Madison Pool
 13401 Meridian Ave., N
 Seattle WA 98125
 684-4979

FOR MEET INFO, CALL: Rick Shoop
PHONE: (206) - 323-6374
 (Before 9:00 PM)

FACILITY: 6-lane, 25 yard pool, warm-up area, water temp: 84

RULES: Current USMS rules will govern the meet

ELIGIBILITY: Open to all USMS registered 1995 swimmers 19 and over

SEEDING: Slow to Fast

NO DIVING DURING WARMUP EXCEPT IN DESIGNATED SPRINT LANES

Directions: From I-5 Northbound, take 130th St exit. Go WEST on 130th to Meridian (second light). Turn RIGHT on Meridian. The pool is on the left at 134th.

From I-5 Southbound, take 145th St exit. Go WEST on 145th to Meridian. Turn LEFT on Meridian. Go to 134th.

NAME _____ M F AGE _____

ADDRESS _____

PHONE _____ DATE OF BIRTH _____ USMS NUMBER _____

TEAM _____ or UNATTACHED _____ ASSOCIATION _____

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+

Your age group is determined by your age on the last day of the meet.

ENTRY LIMIT: 5 EVENTS plus relays

EVENT NUMBER _____ EVENT _____ EVENT TIME _____

ENTRY FEES

SURCHARGE: \$3.00 _____ \$3.00 (Includes LMSC surcharge \$1)
 Individual Events @ \$1.00 each _____ (No charge for relays)

TOTAL _____

Checks payable to: ORCA Swim Club

Mail fees and this entry form to: Kris Larsen
 P.O. Box 3
 Mountlake Terrace WA 98043

Entries must be postmarked by February 11, 1995.

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 _____

100 YD. BRST
 RUSSELL KNUDSEN 72 PNA 2:34.80
 100 YD. I.M.
 HAL YOUNG 73 PNA 1:55.44
 RUSSELL KNUDSEN 72 PNA 2:26.00

RELAYS-WOMEN 200 YD. FREE

25 +
 SUSAN HIGINBOTHAM 38 PNA 2:10.08
 BETH CRISPIN 30
 KATE HIGGINS 42
 TERRI CLARK 30

RELAYS-M E N 200 YD. FREE

25 +
 GORDON STUBBE 51 PNA 2:00.43
 BARRY REISS 34
 ERIC BROWN 34
 RICK LILLEBERG 47

RELAYS-MIXED 200 YD. FREE

35 +
 WAYNE METHNER 41 PNA 2:10.06
 JEANNE ENSIGN 48
 DONNA KEYSER 36
 BRYAN SPARROWHAWK 38

RELAYS-MIXED 200 YD. MEDLEY

19 +
 JAMES BROPHY 37 PNA 2:38.76
 JEANETTE HARRIS 39
 LYNN GLEASON 21
 DAVID MOORE 33

25 +
 INGELA THOMSEN 27 PNA 2:22.31
 MIKE SAUNDERS 42
 STEVE PETERSON 48
 KATIE BUCKNER 37

RELAYS-MIXED 400 YD. MEDLEY

35 +
 ROBIN O'LEARY 37 PNA 4:51.31 P
 BRYAN SPARROWHAWK 38
 WAYNE METHNER 41
 DONNA KEYSER 36



B.C. MASTERS

*Come Enjoy
 a West Coast Spring!*

Canadian Masters Swimming Championship

1995

Championnat Canadien Des Maîtres-Nageurs

Saanich Commonwealth Games Pool
 Victoria, British Columbia
 May/Mai 19-22, 1995



1995 CANADIAN MASTERS SWIMMING CHAMPIONSHIP 1995 CHAMPIONNAT CANADIEN DES MAÎTRES-NAGEURS

Registration Package/Envelope D'Enregistrement:

Name/Nom: _____

Address: _____

City/Ville: _____

Province: _____ P.C.: _____

Age/Âge: _____ M: _____ F: _____

Organizing Chairman: A. Rhodes
 (604) 477-9325

Mail To/Envoyer à:
 J. Woodward
 1691 Garnet Road
 Victoria, B.C.
 V8P 3C9

FAX: (604) 383-4383

Country/Pays: _____

Club Name: _____

For Office Use Only

FAX: (604) 383-4383

PRO Club Winter Triathlon



2.5 mile outdoor run
 8 mile indoor bike
 500 yard swim
 Sunday January, 22
 9:00 am
 PRO Sports Club



Send entries to:
 PRO Club Winter Triathlon
 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 RUN TIME _____

(please include your run 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 _____

February Fitness Challenge '95



Purpose: To promote fitness through swimming and to encourage participants to swim regularly and to track their results over a monthly period

Sponsors: United States Masters Swimming, Southern LMSC of USMS, Crawfish Masters Swim Team, Speedo America, and Maxwell Marketing Associates, Inc.

Eligibility: Must be at least 19 years of age

Rules: Use of training aids such as kickboards, fins, paddles, and buoys IS permitted.

Recording Distance: Beginning February 1, 1995, record on form below the number of YARDS completed each day. PLEASE BE AS ACCURATE AS POSSIBLE! To convert meters to yards, add 10% to meter distance to obtain yard total. (For example, 3000 meters + (10%) 300 = 3300 yards.)

Monthly Totals: At month's end, add daily yardage totals to obtain monthly total. To calculate number of miles divide monthly yardage total by 1760.

Caution: Use caution when attempting to improve fitness level. Increases in yardage should be gradual over an extended period.

Age Groups: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59... (in five year increments)

Age: Determined by your age on February 28, 1995

Awards & Results: All participants receive final results and an achievement certificate. The three males and females in each age group with the highest monthly total receive medals. Please allow 30 days after deadline for mailing of results and awards.

Entry Fee: \$6.00, all fees (check or money order) payable to Southern Masters Swimming

T-shirts: \$12.00, navy blue with five-color screen, short sleeve, 100% cotton. Theme: "Fitness Frog: Reachin' for the Stars!"

Caps: Custom swim caps with large, colorful FFC logo (see above) available for \$3.00

Entry Deadline: Entries must be RECEIVED by March 20, 1995. Late entries will be returned!

Entry Procedure: Send form below and fees to:
FEBRUARY FITNESS CHALLENGE

c/o Scott Rabalais
950 South Foster Dr. #29
Baton Rouge, LA 70806 USA
Phone: (504)928-5596

International Entries: Subject to a \$3.00 postage fee; mail early to ensure arrival by entry deadline.

Workout Guide: For a free brochure entitled "A Weekly Workout Plan," send a self-addressed stamped envelope to above address.

February Fitness Challenge '95

(please print)

NAME: _____ AGE (as of 2/28/95): _____ SEX: _____
 ADDRESS: _____ CITY: _____ STATE: _____
 ZIP: _____ COUNTRY: _____ PHONE: () _____ USMS MEMBER? Y N

| | | | |
|---------------------|------------------|------------------|------------------|
| WED FEB 1 _____ yds | WED FEB 8 _____ | WED FEB 15 _____ | WED FEB 22 _____ |
| THU FEB 2 _____ | THU FEB 9 _____ | THU FEB 16 _____ | THU FEB 23 _____ |
| FRI FEB 3 _____ | FRI FEB 10 _____ | FRI FEB 17 _____ | FRI FEB 24 _____ |
| SAT FEB 4 _____ | SAT FEB 11 _____ | SAT FEB 18 _____ | SAT FEB 25 _____ |
| SUN FEB 5 _____ | SUN FEB 12 _____ | SUN FEB 19 _____ | SUN FEB 26 _____ |
| MON FEB 6 _____ | MON FEB 13 _____ | MON FEB 20 _____ | MON FEB 27 _____ |
| TUE FEB 7 _____ | TUE FEB 14 _____ | TUE FEB 21 _____ | TUE FEB 28 _____ |

TOTAL MONTHLY YARDAGE = _____ YARDS

TOTAL MONTHLY MILEAGE = _____ MILES

(To calculate mileage, divide monthly yardage by 1760.)

I attest that the above results are accurate and true.

Signature: _____ Date: _____

| FEES | | | |
|---|----------------------|-------------------|------------|
| Entry Fee | \$ 6.00 _____ | (required) | |
| T-Shirt | 12.00 _____ | (optional) | |
| | Circle T-shirt Size: | S | M L XL XXL |
| Swim Cap | 3.00 _____ | (optional) | |
| Int'l Fee | 3.00 _____ | (outside U.S.) | |
| TOTAL | _____ | (U.S. funds only) | |
| (fees payable to Southern Masters Swimming) | | | |

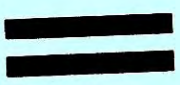
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Pacific NW Assoc. of Masters Swimmers
1867 - 58th St. NE Tacoma, WA 98422



Don't forget the Orca Swim Meet at Helene Madison Pool,
Saturday, February 18, 1995 (Presidents' Day weekend).