

February PRESIDENT'S LETTER

by Jane Moore

February, 1995

Dear PNA Swimmers:

It's time to start making plans for PNA Champs again. The Pacific Northwest Association Championship meet is the high point of the short course meet season, and the only meet where team points are kept. First through third place awards are presented to teams in large, medium, and small categories. This is the largest meet of the year. This year it will be hosted by Federal Way Masters, April 7th through 9th, at the Weyerhaeuser King County Aquatic Center. In order to participate in the team competition, your team must be registered by the meet entry deadline.

A team registration form can be found elsewhere in the WetSet. The registration fee is used to purchase the team trophies. It's lots of fun to set up relays and compete as a team. Don't miss out, get your team registered now.

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, Phyllis Gill, and Robin

(Continued on page 3)

Upcoming Board Meetings

February 28th, Gateway Athletic Club, Seattle 7:00 pm

For more information: Call Jane Moore 925-0803

Next Meeting: March 28

WELCOME

New to PNA

*Margaret Bay, Lisa Crawford,
Stephen Crawford, Karen
Gibson, David Harrison,
Marianne Hunter, Oscar Lillo,
Abbie Morris, Mark Nagen,
Erika Parker, William
Philbrick, Jennifer Santillano,
Nick Templeman, Ann Thistle,
Barbara Van Defen, and
Joanie Williams*

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PNA Officers

PRESIDENT

Jane Moore

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

VICE PRESIDENT

Jeanne Ensign

600 Malden Ave E #102
Seattle, WA 98112
(206)324-6768

TREASURER

Tammi Keeler

(206)528-5351

SECRETARY

Frank Newquist

(206)474-1267

EDITOR

Phyllis Gill

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

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

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

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)

O'Leary are the planning committee for an awards banquet to be held in conjunction with PNA Champs. They plan to have a featured speaker and a great meal. It will most likely be held close to the Aquatic Center and finish early so everyone can get plenty of rest for the next day of swimming. The banquet last year was enjoyed by those who attended, so plan now to come this year. Watch for details later.

Also, the banquet is an Awards Banquet, so if your team has any individual awards to present or swimmers to recognize, let me know. We will allow time for these presentations at the banquet. This is an election year for officers of the PNA. The new officers will be announced at the banquet. The recipient of the Dawn Musselman Inspirational Swimmer Award will also be announced. The PNA Board of Directors meets monthly, usually on the fourth Tuesday. Locations are printed in the WetSet. All PNA swimmers are welcome to attend any board meeting. It takes a lot of work to keep the meets going and get the newsletter out each month. New faces with fresh ideas are always welcome. Why not try a board meeting and get a little more involved. Give me call if you would like more information on a board meeting.

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 _____

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 STEILACOOM	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 POTTE	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 _____

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.

Team Awards will be presented to the top three scoring teams in each team size category. Teams must register with 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 _____

PRO CLUB WINTER TRIATHLON

Bellevue, WA

January, 22 1995

500 yd swim 4 mile bike 2.65 mile run

Females under 19

	Bike	Swim	Run	Final
Megan Ackerman	13:46	06:42	21:55	42:23

Females 20 - 29

	Bike	Swim	Run	Final
Karen Kaleta	11:50	07:56	18:55	38:41
Heather O'Neal	12:00	08:17	19:50	40:07
Kim Chen	12:18	06:34	21:15	40:07
Kristen Acker	11:45	07:48	26:05	45:38
Katherine Burdick	12:12	10:51	24:05	47:08

Females 30 - 39

	Bike	Swim	Run	Final
Margot Navarre	11:25	07:45	20:45	39:55
Kristi Collins	12:26	08:42	22:05	43:13
Laurie Barnard	12:50	08:40	22:30	44:00
Heidi Horst	13:41	07:43	23:00	44:24
Martha Ginthner	13:12	07:59	24:19	45:30
Dawn Paxton	13:20	08:28	24:04	45:52

Females 40 - 49

	Bike	Swim	Run	Final
Judy Maleng	13:34	13:00	28:46	55:20

Males under 20

	Bike	Swim	Run	Final
Ben Hengen	12:12	07:27	17:56	37:35
Kyle Wyncoop	12:06	07:57	17:58	38:01
Eric Rezabek	11:34	06:23	21:07	39:04
Robert McKinstry	11:47	06:34	21:14	39:35
Maxwell Rainey	12:28	07:19	25:52	45:39

Males 20 - 29

	Bike	Swim	Run	Final
Joe Umphenour	10:26	05:29	14:43	30:38
Ted Zderic	10:20	07:25	14:57	32:42
Phil Spencer	10:10	06:36	16:48	33:34
Eric Lee	11:07	07:13	16:29	34:49
Dave Acker	11:16	07:40	17:24	36:20
Brett Bruyere	11:57	08:50	17:27	38:14
Michael Ho	11:47	10:46	18:30	41:03
Nolan Foss	11:35	09:55	21:33	43:03

Males 30 - 39

	Bike	Swim	Run	Final
Wade Grow	10:48	06:34	16:17	33:39
Ed Clarke	10:15	06:41	17:33	34:29
Jeff Freshley	10:27	06:15	18:12	34:54
Roger Senn	10:46	06:39	17:31	34:56
Erin Eronemo	10:47	06:24	18:00	35:11
John Smith	10:56	10:27	17:00	38:23
Peter Thien	10:39	10:58	16:56	38:33
Jim Allen	11:57	07:54	20:03	39:54
Kirk Hoffman	11:54	09:07	19:05	40:06

Scott Greeley	11:28	07:46	21:11	40:25
T. J. Ginthner	11:37	08:23	21:08	41:08
Ed Dreyer	11:29	08:20	22:58	42:47
Jack Kelly	11:40	11:20	19:59	42:59
Charles Smith	11:21	09:58	22:37	43:56
Rod Braunugel	12:14	12:18	21:03	45:35
Larry Faulk	11:26	13:28	25:11	50:05
Ron Collins	11:26	14:52	24:09	50:27

Males 40 - 49

	Bike	Swim	Run	Final
Bruce Drayer	09:35	07:18	17:33	34:26
Rick Lilleberg	10:44	09:18	17:04	37:06
Wallace Wood	11:23	09:04	17:16	37:43
Tom Henningsgard	10:29	07:51	19:55	38:15
Steve Hedberg	10:00	06:57	21:10	38:07
Lee Ford	11:10	07:51	18:48	38:40

Males 50 - 59

	Bike	Swim	Run	Final
Bob Davis	11:59	08:19	20:10	40:28

Males 60 - 69

	Bike	Swim	Run	Final
David West	13:19	10:29	26:00	49:48

HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS

02/16	Andrew Bernard	03/04	Lisa Farin
02/16	Michael Kawata	03/04	Muriel Flynn
02/17	Marilyn Gottlieb	03/04	Karl Kraber
02/18	Sarah Welch	03/05	Ken Telloian
02/19	Gary Hafer	03/07	Jo Moore
02/20	Larry Morrison	03/08	Yvonne Dymerski
02/20	Melissa Noble	03/08	Ellen Forney
02/20	Edward Jr Phillips	03/09	Helen Eldred
02/21	Dale Watanabe	03/09	Paul Jensen
02/22	Barbara Aberle	03/09	Bob Littlejohn
02/22	Patricia(Suzie) Ness	03/09	Malcolm Neely
02/25	John Rensel	03/10	Cash O'donnell
02/26	Marian Byse	03/14	Eric Brown
02/26	Gary Maynard	03/14	John Crowley
02/28	Jeff Gross	03/14	Kelly Hawk
03/01	Mark Van Achte	03/14	John Kirkman
03/02	Marion Mueller	03/15	Tom Leonard

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)			

COACHES COLUMN

The Master coaches in our area will publish workouts and stroke information in the Wetset. This is the second 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.

These are some popular sets submitted by coach Pinky Walker of the Thunderbird Aquatic Club Masters in Mount Vernon. TACM usually swims meters.

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

Warm up with all four strokes to work all the muscle groups.

1. 20 X 25 kick with fins on :30 (works on leg strength)

2. Broken 1650:
11 lengths-10-9-8-7-6-5-4-3-2-1
10 seconds rest between each distance. Increase your speed as the distance gets shorter.
Good endurance set.

3. 10 X 100 free
Go on the shortest interval possible. Good for endurance and for pacing in the 1,000 and the mile.

4. 12 X 50 I.M. Rotation (fly/back, back/breast, breast/free, free/fly, by 25's)
Works on turns for the Individual Medley.

5. 10 X 50 Pull
Breath every 3rd stroke down and every 5th stroke back. This works on breath control and may help improve unequal lateral movement.

STROKE TIPS

Note: When you practice your I.M. turns, think "legal" and efficient.

Fly/Back: touch with two hands then turn "on your hip"

Back/breast: open turns: again turn "on your hip"

To turn "on your hip": after the legal touch, drive the knees forward and one hip up, placing your feet at a 45 degree angle on the wall (toes pointing more up than down). The pushoff should occur on your side.

For initiating the backstroke you must be more on your back than on your stomach.

For initiating the breaststroke, the shoulders must be at or past the vertical toward the breast when the feet leave the wall. By the time the underwater pull is initiated the shoulders must be in line with the water surface.

Practice every turn legal and efficient, especially when you are tired.

The coach of Gateway Athletic Club, Chaya Amiad, offers these coaching tips.

STREAMLINE!!!! Keep hips and shoulders lined up.

Breaststroke Kick: 1) Think of your feet as hands scooping.

2) *Push* back as hard as you can.

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)

THE PNA NEEDS YOU!

Once again it is time to elect or re-elect officers for the Pacific Northwest Association of Masters Swimmers. The board of Directors is made up of a President, Vice President, Secretary and Treasurer who serve a two year term. If you or anyone you may know would like to run for any of these offices please send your nomination to any of the people listed below:

Phyllis Gill - 14037 SE Allen Rd, Bellevue WA 98006

Frank Newquist - 2210 6th Ave #2B, Milton WA 98354

Walt Reid - 11114 111th St SW, Tacoma WA98498

SWIM SEATTLE MASTERS are fortunate to have on their team a swimmer named Deborah Bagg. Deborah is a librarian currently working for the King County Public Library System and Deborah writes great book reviews! Whenever SWIM SEATTLE MASTER's newsletter comes out, it always features a review on a book (or two) about swimming. I think they are a great resource and thought I would share them with the other PNA swimmers.

Jennie Goldberg.
Swim Seattle Masters

BOOK REVIEW by Deborah Bagg

Haunts of the Black Masseur: The Swimmer as Hero by Charles Sprawson.
Pantheon, \$23.00.

This book is quite a find for anyone who loves swimming. Sprawson is an English art dealer who grew up, and learned to swim, in India. His book is a fascinating cultural and literary history of swimming and the social significance of water from ancient times to the present. In his introduction he writes, "Though very young, I began to form a vague conception of the swimmer as someone rather remote and divorced from everyday life, devoted to a mode of exercise where most of the body remains submerged and self-absorbed. It seemed to me that it appealed to the introverted and eccentric, individualists involved in a mental world of their own." Chapters include an examination of swimming in Victorian England (where people learned to breaststroke by observing frogs kept in tubs by the sides of pools); "The Byronic Tradition," "German Romanticism" (swimming as a quest for knowledge) and discussions of the values associated with swimming by American (refuge and withdrawal) and Japanese cultures. The Black Masseur of the title is barely mentioned--the author encounters him at the New Orleans Athletic Club, during his quest to swim everywhere that Tennessee Williams swam. The examination of the art and science of shaving (as in shaving down before a meet) is fascinating, as are the photographs of swimming legends like Johnny Weissmuller and Esther Williams. If you're looking for something swimming-related to keep you inspired on those days when you don't show up for early morning workout, this is it.

King County Library System owns five copies of this book.

Dawn Musselman
Inspirational Swimmer 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.

Subsequent winners of this award are: Marlene Holmes-1987, Maxine Carlson-1988, Jim Penfield-1989, Tom Foley-1990, Karen Jost-1991, Jan Kavadas-1992, Robin O'leary-1993, Marion Mueller-1994

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

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

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• Once again it is time to elect or re-elect PNA officers.
• See inside for more information!
• **The PNA needs you!**
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