

April President's Letter

by Jane Moore

Dear PNA Swimmers:

Another short course season is coming to an end, at least locally. There are still the Short Course Northwest Zone Championships in Tualatin Hills April 28-30, Canadian National Championships in Victoria May 19-23, and USMS Short Course National Championships in Ft. Lauderdale May 18-22. But, after those (or before those, if you're not going) there are still good reasons to keep training through the summer this year. USMS Long Course Nationals will be hosted by Oregon at Mt. Hood Community College August 24-27. A warm-up for that meet will be the Northwest Zone Long Course Championship meet to be hosted by PNA

at the King county Aquatic Center in Federal Way July 15-16. The dates previously published for this meet have been changed as they conflicted with the Oregon State Games.

If you prefer to vary your training and won't be swimming this summer, you can still get involved in the Zone Championship meet. PNA LMSC is the host for the meet. It takes lots of help to put on a meet. There are jobs anyone can do without previous experience. Give me a call if you would be willing to help for any part of the meet. You don't have to commit to be there the whole time. Swimmers can help too between events. It will give you a much better

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Upcoming Board Meetings

April 25th - Federal Way Library 7:00pm

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

June 27th - Home of Jan Kavadas, Edmonds 7:00pm

For more information call Jane Moore 925-0803

Welcome New to PNA

David Acker, Kristin Acker, Joan Adkisson, Dwight Anderson, Bob Baucke, David Baugh, Mark Bentley, Stephanie Boden, Bruce Boytler, Jody Braden, Julie Bruno, Mary Carr, Jane Duke, David Feltwell, Peter Gillis, Debbie Glassman, Miles Hart, Mark Hayes, Frand Holman, Gregory Hallender, Eric Hutchinson, Tom Murphy, Lisa O'Brien, Scott Palmer, Elisa Panelli, David Parsons, Dawn Paxton, Tom Runge, Marilyn Santiago, Justin Siegal, Rick Stafford, Matthew Stauffer, Erik Strom, Mark Sutton, Tim Tynan, Paul Webber, Timothy Welch, and Ted Zderic.

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Bangor
Swimming Science

The Wet Set

PNA Officers

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1101 N. Northlake Way
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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.

Meet Schedules

PNA

April 7-9	SCY	PNA Champs Federal Way
July 15-16	LCM	NW Zone Champs Federal Way

Oregon

April 7-8-9	SCY	Oregon Champs Bend
April 28-29-30	SCY	NW Zone Tualatin Hills

Inland Empire

Utah

June 22-24	SCY	Summer Games Cedar City
July 15	LCM	Steiner Aquatic Ct.
September 9	SCY	Park City Raquet Club

National & International

May 19-22	SCM	Canadian Nationals Victoria BC
May 18-21	SCY	Short Course Nationals Ft. Lauderdale, FL
August 24-27	LCM	Long Course Nationals 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

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84124
(801) 277-6942

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Anchorage, AK 99523
(907) 345-7088

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(503) 282-0472

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MONTANA

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

President's Letter cont.

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idea and understanding of what goes in to letting you swim your races. Since this is an election year, a new Board of Directors and Officers will be in place after PNA Champs. More about that next month. If you have an interest in helping run the PNA or if you think changes need to be made, let me know. There's always room for more help on the Board, and new faces are always welcome.

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# _____

MINUTES OF THE PNA MEETING

The meeting was called to order at 7:09 p.m. at the Pearl Street YMCA in Tacoma. Present at the meeting were Suzie Ness, Chaya Amiad, Jeanne Ensign, Tammi Keeler, Jane Moore, Steve Peterson, Karen Jost, Tom Foley, and Frank Newquist. Clubs represented were ORCA, Gateway, GLAD, Federal Way, OOPS, and Tigers.

MINUTES. Minutes of the previous meeting were approved as corrected.

TREASURER'S REPORT. Tammi Keeler said we had a total account balance of \$4,589.26. Of that, \$2,542.30 belongs to the Wiggin Fund and the balance of \$2,046.96 belongs to the PNA. Next, Tammi presented the 1995 budget. After some discussion, there were a couple of modifications leaving us with the following: Total anticipated revenue for 1995 - \$25,055.00 and total expenses of \$24,605.00 leaving a net income of \$450.00. The budget was MSA.

COMMITTEE REPORTS.

A - Membership. We have a total of 420 members in 1995!

B - Meets. Suzie Ness needs to get a sanction form for the upcoming 10K championships, which the PNA is hosting for the entire nation. (For the first time in USMS history, this will be both a 5K and a 10K championship. Contact Jane Moore or Suzie Ness for entry information.) It was unanimous that the Oak Harbor swim meet was really well done. Suzie asked that the board discuss the PNA fee structure before the next set of meet bid packets are sent out in March, 1995.

C - Records and Top Ten. No report.

D - Publicity. No report.

E - Newsletter. Editor Phyllis Gill, by proxy, requested that all information submitted to her, as of March, 1995, be submitted on a disk format. During the short discussion, it was agreed that we would need to maintain some flexibility in terms of being able to present some hard-copy material for publication. All the board members agreed that the new format for our newsletter looks great!

F - Awards. Frank Newquist and Steve Peterson announced that they were working on the 1995 award for the Dawn Musselman Inspirational Award. As was done in 1994, previous winners of the award will be contacted for any recommendations for nominees. (All registered PNA swimmers may make their own individual recommendations directly to either Steve Peterson or Frank Newquist.)

G - Social. We still need a chairperson. The banquet committee is working on that project.

H - Officiating. No report.

I - Fitness. Karen Jost mentioned that there is a Century Club for anybody swimming 100 consecutive days. Please contact Karen for details. The results of the 2000-meter fitness swim will be published in the newsletter. Karen also mentioned that there will be a 500-yard fitness swim for beginners.

J - Computers. No report.

K - Constitution and Bylaws. No report.

L - Ad Hoc Committees. No report.

OLD BUSINESS. The nomination committee for the upcoming PNA elections is still operating and expects to have the ballots mailed in the first week of March.

NEW BUSINESS. There was no new business.

NEXT MEETING. The next meeting will be held February 28, 1995 at the Gateway Athletic Club in Seattle. We are hoping to have the March 28 board meeting at the Bellevue Athletic Club, but that has not been confirmed.

Meeting was closed at 8:41 p.m. by President Jane Moore.

Respectfully submitted,


Frank Newquist

Recording Secretary

Swimming Science
Jane A. Moore, M.D.

I will continue 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 Thirteen titled "Principles of Training".

The purpose of training is to produce changes or adaptations that allow better performance. There are at least three steps in adaptation. These steps are creating the need for more aerobic energy, providing proper nutrients to build and repair tissue, and allowing enough rest for tissue to build and repair. To create the need for ore aerobic energy, training must be of sufficient duration and intensity. This is referred to as overload. Plateaus will occur so duration and intensity of exercise will need to be increased regularly to allow continued adaptation. This is referred to as progression.

The overload principle is that adaptations will not occur unless training demands are greater than usual demands. However, those demands can not be too great or training effect will be lost through injury or overtraining.

The progression principle refers to the stepwise process of increasing overload. A particular training load is overload only until the body adapts to it so must be regularly increased to allow continuing improvement. Overload can be increased by increasing training speed, volume or mileage, or density, the amount of work accomplished in a certain time. Density is increased by decreasing the rest intervals between repeats. Progression of overload can occur through changes in one or more of thses variables.

The final principle of training is specificity. This states that the processes most improved by training are those that are stressed most. For a particular type of training, only the energy system used most will be stressed enough to produce a maximum training effect. Race pace training will stress the anaerobic system most without improving the aerobic system. However, race pace training will not overload the anaerobic system. Training should include training specific to race pace, training specific to muscle fibers, and training specific to energy systems.

Sprint training produces best increases in the ATP-phosphocreatine energy system used in brief all out exercise. Endurance training produces the best reduction in lactic acid levels after training. Tolerance of higher lactic acid levels is improved most by sprint training. These are central effects that improve performance of the body as a whole.

Peripheral training effects are seen only in the muscles exercised in training. Thus, arm strength is not improved by training involving only the legs and vice versa. Muscle fibers used in training increase their cellular mechanisms that allow increased exercise capability. This means that swimmers can not depend on other types of training such as cycling or running to improve swimming performance, and also that swimmers can not expect to improve performance in one stroke such as breaststroke by training only freestyle. For best results, swimmers must do both endurance and sprint repeats in the stroke or strokes they plan to use in competition.

**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 _____

JOHN CARROLL 29 PNA 3:46.05 P
 PAUL VERNER 40
 STAN WHITTEMORE 45
 ERIK NIELSON 27

LARRY MORRISON 43 PNA 3:52.38
 RICK TUPPER 37
 GARY MAYNARD 40
 MARK GETZENDANE 32

BLAIR MURRAY 32 PNA 3:55.02
 IAN THOMPSON 45
 JIM WILLIAMS 38
 MARC FAIRBANKS 43

DAVID KAYARIAN 35 PNA 3:59.00
 MATTHEW WARNER 29
 CURTIS WADE 44
 JIM MCCLEERY 49

TYLER COLE 34 ORE 3:59.26
 TOM CHUN 38
 MARK WILLIAMS 38
 ERIC TOOLEY 27

 RELAYS-MIXED 200 YD. FREE

25 +
 MARK GETZENDANE 32 PNA 1:51.00
 PHYLLIS GILL 37
 CATHY WALTERS 33
 GARY MAYNARD 40

BLAIR MURRAY 32 PNA 1:51.01
 ANNE BERNHARD 29
 BARB THRASHER 29
 MARC FAIRBANKS 43

STAN WHITTEMORE 45 PNA 1:55.06
 SUZIE NESS 32
 ELLEN FORNEY 26
 JOHN CARROLL 29

MATTHEW WARNER 29 PNA 2:02.33
 AMY POPP 30
 LINDA MARIZ 46
 DAVID KAYARIAN 35

WALT HICKEY 41 PNA 2:06.24
 ANNAMARIE TERHAAR 33
 JANE MOORE 44
 LARRY MORRISON 43

 RELAYS-MIXED 200 YD. MEDLEY

25 +
 PHYLLIS GILL 37 PNA 2:03.19
 CATHY WALTERS 33
 MARK GETZENDANE 32
 GARY MAYNARD 40

SUZIE NESS 32 PNA 2:08.83
 KARL BARTON 26
 ELLEN FORNEY 26
 JIM LASSERSOHN 30

BLAIR MURRAY 32 PNA 2:10.71
 IAN THOMPSON 45
 BARB THRASHER 29
 ANNE BERNHARD 29

JAY WALTERS 40 PNA 2:21.84
 ANNAMARIE TERHAAR 33
 JANE MOORE 44
 LARRY MORRISON 43

ROY INGHAM 70 PNA 2:34.15
 AMY POPP 30

JIM MCCLEERY 49
 LINDA MARIZ 46

 RELAYS-MIXED 400 YD. FREE

55 +
 EVERETT CASSELL 81 PNA 7:27.98 P
 MARION CHADWICK 73
 JANET KAVADAS 63
 GENE CROSSETT 81

We have a new
 Scoical Chairperson
 Her name is
Linda Sullivan
 if you
 have an idea for
 a social event
 call her @
941-8028
 ie.. Bar-B-Qs
 Wild Waves
 Softball???