

The WetSet



Volume 15 Issue 7

July 1996

President's Letter

Dear PNA Swimmers:

Each LMSC is required by USMS to hold an annual meeting open to all members. The PNA usually has an annual meeting along with the banquet at PNA Champs. Since Champs was combined with Zone Champs this year, there was no banquet, so there was no annual meeting. Therefore, an annual meeting of the PNA will be held in conjunction with the July PNA Board of Directors meeting on Tuesday, July 23, at the home of swimmers Suzie and Colin Ness. Their address is 3613 Wallingford Avenue North. I would encourage anyone with an interest in the functioning of the PNA to attend. It would be nice if each team had a representative present.

Hugh and I swam a 5000 Meter swim June 15, along with Steve Thrasher who did a 10000 Meter swim. This is for a National Postal Championship. It can be swum in any 50 meter pool until September 30. We have

the King County Aquatic Center reserved again on September 7 for anyone who is interested in swimming either event. Give me a call if you would like to swim.

While there are no meets here in the PNA this summer, a number of PNA swimmers are attending World Championships in early July in Sheffield, England. There will be others going to Long Course Nationals in Michigan in August. Best of luck to each of these swimmers.

See you soon.

Jane Moore

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I REMEMBER

by Vicki Moorman

I remember the nervousness, the sick feeling, the fear
I remember the dread, the hugs, and the luck being wished
I remember stepping on the block, waiting for the gun
I remember bending down, with my arms between my legs
I remember the loud sound, and immediately diving in
I remember stretching tight, kicking with all my might
I remember taking my first stroke without taking a breath
I remember doing my turn with both hands touching the wall
I remember getting tired, aching for the end
I remember the refreshing touch, and deftly climbing out
I remember looking at the score board, trying to find lane five
I remember seeing my time, and deeply exhaling
I remember walking to my towel, relieved to be done
I remember the congratulation, and the other hugs
I remember getting feed-back from my coach, heart up high
I remember the P.N.S. Champs, doing the fifty butterfly

Vicki Moorman is a 12-year old swimmer (and synchronized swimmer) with the Cascade Swim Club

WHO NEEDS WATER?

Improving swimming through dry-land fitness

By Dan Frost

I started exploring the subject of dry-land exercises for swimmers a few months ago, mostly driven by pure necessity. You see, I am a U.S. Navy flight officer spending six months aboard an aircraft carrier about 6000 miles from home, and far enough away from any swimming pool. My goal is to come back from my deployment able to swim as well as I did before leaving. My problem is trying to do that without much opportunity to actually swim.

The value of other exercises and physical activities in improving swimming performance seemed to me to be a source of great debate. I have heard people say things like "The only way to being a better swimmer is to swim (faster)," but I know that all of the college swim teams do various exercises away from the pool. Nonetheless, many experts agree that there are certain dry-land exercises which can improve your swimming.

Terry Laughlin, famous for his Total Immersion swim camps, has what he calls his "Rule of 70." His principle being that 70 percent of swimming performance comes from fitness. The remainder (I assume) is swimming technique and skill; the ability to efficiently propel through water. It is important to recognize that there are two distinct facets of swimming performance: Fitness and skill.

I think of the skills of swimming as *perishable*, in that they tend to fade away without practice. In many ways, it is like learning to ride a bicycle or landing a plane on an aircraft carrier...Once you learn how to do it, you do not forget, but you do not perform either task well if you have not practiced for a while. We can only practice swimming skills in the water. However, remember that skill is only a part of swimming well. Improving fitness can be done both in and out of the water.

According to coach Ernest Maglischo in his book *Swimming Even Faster* (pg. 69-71), he states that "The major adaptations [in swim training]...take place in the muscular system. Adaptations in the respiratory and circulatory systems, while probably contributing to improvements in performance, are not as important as those that are produced in the muscles." Here he explains that there are *Central* training effects which improve the cardiovascular system through various forms of exercise, and *Peripheral* training effects improving only the specific muscle fibers exercised.

Exercises away from the pool can help our swimming, particularly if they provide the peripheral training effects. That is, they must work, or specifically train, the same muscles used in swimming. Other exercises that do not provide peripheral training effects (e.g. running) provide central effects that help to improve general conditioning. College swimming teams routinely advocate general conditioning workouts in the pre-season and early season in order to get the body in shape before the long swimming workouts begin in earnest.

There are four different types of dry-land activities that can help your swimming: *Stretching*, *Abdominal Exercises*, *Weight Training*, and *General Exercises*.

Stretching is an activity that can be done practically anytime. Your ability to convert your mechanical energy into propulsion in the water depends in part on your flexibility, and thus your ability to move water faster and in the proper direction. Proper stretching also helps to keep your muscles warm and limber, reducing the chances for injury. Many books on swimming have chapters on proper stretching techniques (it can be dangerous if overdone). This is one task that I have found easy to do while on the carrier.

I particularly note *Abdominal Exercises* apart from resistance/weight training in general for two reasons. One reason is that the "abs" are a key aspect of swimming, being the source of power for proper body rotation, propulsion through the legs, and turning. The other is that no special apparatus or machine is required to do these exercises. I recommend performing exercises that are "spine-safe" in that they do not place undue stress on the spine and lower back. Instead of full sit-ups, use crunching movements instead. A company called Health for Life publishes a small manual called *Legendary Abs II* that I recommend because I have seen college programs like Stanford University pick up on the same exercises. I too have no problem doing these exercises aboard ship.

Many advocates of *Weight Training* advocate "circuit training" among various exercise stations. They also recommend specifically targeting the muscles like shoulders, back and arms for the peripheral training effects. Jane Moore, in her April president's letter to the *WetSet*, also advocated resistance training to combat the effects of aging. Again, many swimming books have sections on weight training, although not all agree on the specific exercises that should be employed. Maglischo, for example (p. 644), recommends against push-ups, military presses and dips because of the strain these exercises exert within the shoulder. If you can find a good fitness club or gym with a weight training room, there is usually a certified trainer there who can advise you on starting a beneficial program. Also, it is a good idea to lift after swimming if you choose to do both on the same day. I am fortunate enough to have two small weight rooms aboard my carrier, but rarely use them because I must share the facilities with 5000 other sailors. When I do get into the gyms, I use the machines for triceps presses, lat pulldowns, chest presses and leg curls.

There are a number of other exercises that I do aboard ship which should help my swimming to some degree. I have a pair of stretch cords that I use for resistance training either with swimming stroke movements or with pressing/pulling movements. Jogging on the flight deck or riding stationary bikes help with cardiovascular fitness and leg strength.

Other fitness exercises often mentioned for improving swimming include the use of swim benches and medicine balls. Also mentioned are plyometric exercises utilizing powerful jumping movements.

Hopefully, these ideas will help you become a better swimmer as well as a more rounded athlete. Personally, I can't wait to get home and find out for myself if they work (My coach already wrote me to say that she'll be having 3000 meter workouts with 3x400IM descending at 5:00 A.M. when I return).

PNA OFFICERS

President

Jane Moore
1867 58th Street NE
Tacoma, WA 98422
(206) 925-0803

Vice President

Jeanne Ensign
600 Malden Avenue E #102
Seattle, WA 98112
(206) 324-6768

Treasurer

Tammi Keeler
(206) 397-7781

Secretary

Deborah Bagg
(206) 621-7896

Membership

Suzanne Dills (Registrar)
1101 N Northlake Way
Seattle, WA 98103
(206) 547-1654

WetSet Editor

Gary Maynard
13818 SE 7th Street
Bellevue, WA 98005
(206) 641-7435
e-mail: maynard@parametrix.com



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.

1996/1997 MEET SCHEDULE

PNA Meets

<u>Date</u>	<u>Event</u>	<u>Location</u>
July 6	SCY	Summer Sports Festival - Helene Madison Pool - Seattle
May 1997	SCY	USMS Short Course National Championships - Federal Way

Other Local Meets

9/1 - 11/30	SCY	3,000 Yd Postal National Championship
July 27	OW	Arc Seafair Swim - Lake Washington
Sep 7	LC	10K Postal Championship - Federal Way

Oregon (Eric Guest)

July 21	OW	Southern Oregon Lake Swim, Squaw Lake
July 27	LCM	Senior Masters Sports Fest, Eugene
Aug 10	OW	Washington to Portland Relay (503) 524-7444

Inland Empire (Rich Swoboda)

July 14	OW	Steve Omi Swim, Coeur d'Alene
Aug 3	OW	Long Bridge 2 mile, Sandpoint (208) 265-5412

Snake River (Jeff Erwin)

July 20	OW	Snake River Swim 8.5 mile, Boise
Aug 3-4	LCM	NW Zone Championships, Boise

British Columbia

July 7	OW	Bay Challenge 10 km, Vancouver (604) 683-7454
July 20	OW	SeaFest Challenge 2.5 km, Vancouver (604) 683-7454
July 27	OW	Kitsilano Challenge 2.5 km, Vancouver (604) 683-7454
July 28	OW	Thetis Lake 1.5K & 3K, Victoria (604) 380-9277
Aug 3	OW	Skaha Lake 11.8K, Penticton (604) 497-7122

National/International

5/15-10/15		Postal 10K 2-Person Relay
5/15 - 9/30		5K and 10K Postal National Championships
6/23 - 7/2	LCM	FINA World Championships - Sheffield England
Aug. 21-25	LCM	USMS Nationals - Ann Arbor Michigan
Sept. 11-15		USMS Convention, Orlando Florida
August 1997	LCM	USMS Long Course National Championships - Orlando Florida

For Information on Meets Outside of the PNA Area

Inland Empire

Rich Swoboda
9366 N Kayla Ct
Hayden Lake, ID 83835
(208) 772-9450

Oregon

Eric Guest
44861 SE Highway 26
Sandy, OR 97055
(503) 668-4465

Snake River

Jeff Erwin
422 Sherman St #101
Boise, ID 83703
(208) 344-6733

Northwest Zone Rep

Elin Zander
S 13927 Traver Lane
Valleyford, WA 99036
(509) 448-5250

Utah

Annette Taylor
1709 E 1700 Street
Salt Lk. City, UT 84108
(801) 467-8713

Montana

Steve Holloway
232 S 6th Street E
Missoula, MT 59801
(406) 542-0535

Alaska

Ed Cronick
7851 Alatna Avenue
Anchorage, AK 99516
(907) 345-4228

British Columbia

Mary Lou Monteith
2363 Seine Road
Duncan B.C. V9L3B2
(604) 748-0527/FAX (604) 748-0517

1996 Registered Pacific Northwest Association Masters Swim Teams

<p>Bellevue Club 11200 SE 6th Street, Bellevue Coach: Al Capron (206) 455-1616 Team Rep: Suzanne Dills M-F noon; T, Th, F 6am; Sat 10am</p>	<p>Bellingham Masters Swim Club Bellingham Aquatic Center Pool Coach: Barb Gundred (360) 734-8364 Team Rep: Barb Gundred</p>	<p>Federal Way Masters Federal Way Aquatic Center Pool Coaches: Malcolm & Wendy Neely (206) 838-8408 Team Rep: Frank Newquist M-F 6am</p>
<p>Ft. Steilacoom Masters 11114 111th Street SW, Tacoma Coach: Kathy Casey (206) 588-4879 Team Rep: Kathy Casey</p>	<p>Gateway Athletic Club Key Bank Tower, Seattle Coach: Jon Paoule (206) 343-4692 Team Rep: Lee Stubbe (206) 624-8315 M-F 6:30am</p>	<p>Greenlake Aqua Ducks Evans Pool Coach: Robin O'Leary Team Rep: Tammi Keeler M-F 5am; Sat 7:30am</p>
<p>Issaquah Swim Team Issaquah District Pool Coach: Dave Kienlen (206) 557-8206</p>	<p>Maranha Swim Team Sumner Pool Coach: Craig Brown Team Rep: Nancy Poffenberger M, W, F 5:30am; M-F 3-6:45pm</p>	<p>Mercer Island Swim Coalition Mercer Island District Pool Team Rep: Kristy Glaze (206) 236-2347</p>
<p>Mt. Rainier Masters Mt. Rainier Pool, Des Moines Coach: Connie Wright (206) 824-3351 Team Rep: Coral Bernier (206) 878-2695 M, W 8:30pm</p>	<p>Newport Hills Masters 5464 119th Avenue SE, Bellevue Coach: Deanna Nutter (206) 746-9510 Team Rep: Eric Bartelson M, W, F 6pm; T-Th 6:30am</p>	<p>North Whidbey Masters John Vanderzicht Memorial Pool Coach: Whitney Thompson (360) 679-9603 Team Rep: Sally MacLaren-Meuer T-Th 5:30am</p>
<p>Old Olympic Peninsula Swimmers Naval Submarine Base Pool, Bangor Coach: Frank Warner (360) 692-1040 Team Rep: Steve Peterson M-F 4:30am</p>	<p>PRO Club 4455 148th Avenue NE, Bellevue Coach: Andy Lovan (206) 885-6925 Team Rep: Andy Lovan M, W, F 6am; T-Th 6:30pm; Sat 9:30am</p>	<p>Queen Anne Swim Club Queen Anne/Ballard Pools Coaches: Ed Artis (206) 285-1268 Stephanie Boden (206) 789-0655 Team Rep: Ed Artis M, W 8pm; Sun 9:30am</p>
<p>Samena Club Masters 15231 Lake Hills Blvd. NE, Bellevue Coach: (206) 746-1160 Team Rep: Gary Maynard M, W, F 6am; T, Th 6pm</p>	<p>Swim Seattle Seattle University Pool Coach: Mike McCloskey (206) 485-2813 Team Rep: Deborah Bagg (206) 621-7896</p>	<p>Tacoma YMCA 1002 S Pearl Street, Tacoma Coach: Dan Balderson (206) 564-9622 Team Rep: Cynthia Rosik M-F 9am; M, W, F 7pm</p>
<p>Thunderbird Aquatic Club Masters Fidalgo Pool, Anacortes Coach: Pinky Walker (360) 424-8755 Team Rep: Pinky Walker M, W, F 11am</p>	<p>Tigers Various Pools Team Rep: Tom Foley (206) 937-5585</p>	<p>Tumwater Valley Masters Tumwater Valley Athletic Club Pool Coach: Erik Strom (206) 352-3400 Team Rep: Erik Strom M, W, F 5:45am; M, W, F noon</p>

Minutes of the PNA Board Meeting May 21, 1996

The meeting was called to order by President Jane Moore at 7:10 PM in the Tacoma YMCA's board room. Present were Kathy Casey, Suzanne Dills, Jeanne Ensign, Tom Foley, Muriel Flynn, Jan Kavadas, Jane Moore, Hugh Moore, Frank Newquist, Steve Peterson, and Walt Reid. Teams represented were Fort Steilacoom, Bellevue Club, GLAD, Tigers, Tacoma Y, Federal Way, and OOPS.

MINUTES:

The April minutes were MSA'd as amended.

TREASURER'S REPORT:

Tammi Keeler's financial report indicated a PNA balance of \$15,942.38 (including the Wiggin fund balance of \$2,427.32). Her report was MSA'd as submitted. A financial report summarizing February's Coaches' Clinic requires final figures to determine actual expenses incurred. (PNA was the first LMSC to take advantage of the USMS Coaches Committee \$500 clinic seed money.) A motion to fund the purchase of preprinted envelopes by Jane Moore was MSA'd.

COMMITTEE REPORTS:

A. Meets: The lack of an available pool weekend in March has stalled the notion of holding the Champs meet earlier at Federal Way. (One interloper is *Stanford*, hosting the Pac-10 Women's Championships Feb. 28 - Mar. 2.) February 14 - 16 is available for a possible "Nationals Warmup Meet." Bids for Champs will still be considered with other meet bids.

B. Membership: Sue Dills noted that current membership is 663. At the rate registrations continue to trickle in, we may break 700 this year!

-- As to one-event registration for Champs, this concept is flawed because registrants would be unattached (by definition) and therefore ineligible to swim on relays.

-- A motion to change club registration was MSA'd: The PNA will charge \$20 for national club registration (\$10 will go to USMS for club registration and \$10 to PNA for team registration).

-- Sue is researching a "better, cheaper way" to send re-registration materials to the membership next fall. First class is expensive (32¢), but offers changed-address notification; bulk mail is cheaper (5¢), but is not forwarded. Ideas are welcome!

C. Records/Top Ten: Walt Reid says the next WetSet should have the SCM Top Ten, and possibly the LCM Top Ten. The USMS Internet Committee has published USMS records on a home page ("URL" to be determined). Walt has extracted the Cupertino Short Course Nationals results from disk. He's also preparing a "PNA All-Time Top Fifteen" -- look for this in conjunction with PNA's 25th Anniversary celebration in August 1997!

D. Publicity: Chairperson Chaya Amiad has taken ill, so it was MSA'd to accept Annamarie Terhaar's gracious offer to accept the chair, with Chaya to assist (thus disbanding Annamarie's ad hoc Participation and Growth Committee). Annamarie has placed an ad in the Bellevue American that gets 10 - 15 inquiries per month. She has also talked with KING 5 TV's Evening Magazine and other publicity outlets as well.

E. Newsletter: Typos corrupted the British Columbia rep's address, which should be 2363 V9L3B2. Suggestions were made that she get complimentary WetSet copies and that we publish BC meet entries. (BC's governing board meets bimonthly, with travel paid to guarantee attendance from their large geographic area.) It was further suggested that we include a Change of Address form, team contacts, and Places to Swim in each issue, and to send 5 additional copies to Annamarie Terhaar. Should we readjust the submittal deadline date from the current 15th to after the 20th, and move the mailing date up to the 1st? This way, late-breaking information could be published a month sooner. Kathy Casey said she'd search her archives for an ancient newsletter checklist. Jeanne Ensign, meanwhile, said she's delighted she's not in charge of mailing any longer, and that our printer-folder-stapler-mailer in Northlake (ABS Company) is doing an excellent job.

F. Awards: Some 206 medals were sold at the PNA Champs/Zones meet (with \$412 collected); another 25 were given away to seniors. The idea to feature Steve Engel's likeness on future Champs Team plaques is still being researched.

G. Social: Steve Peterson said he'd suggested a Mariners game group event for consideration to committee chair Linda Sullivan. A celebration of PNA's 25th Anniversary in August of 1997 was discussed briefly and tabled for future planning.

H. Officiating: No report.

I. Fitness: No report.

J. Computer Applications: Steve Peterson expressed thanks to e-mail correspondents Dan Frost, Michael O'Leary, and Francis Langlois. Michael composed a sample home page and PNA meet entry form. Like Dan and Francis, he noted willingness but limited time to support an electronic PNA.

Further research (and help from "out there") is required to determine where and how to build and maintain a PNA home page.

K. Constitution and By-Laws: no report.

OLD BUSINESS:

A. Ad Hoc Committees: Safety Guidelines: Jan Kavadas suggested starting with guidelines from the recent *Swim* issue. Revise the "Announcer" section, and modify all "shall" to "will" to limit liability. One Safety Marshal, who may be a lifeguard, should be enough. Who's responsible for providing the Marshal? Is the paper too specific regarding sprint lanes? Kathy Casey will consolidate Board comments to produce a revised final edition for approval at a subsequent board meeting.

-- Coaches: no discussion.

-- Open Water: Dates for the next Vancouver (BC) Open Water Swim will be posted in the WetSet.

B. 1997 Short Course Nationals

Hugh and Jane Moore will courageously serve as Co-Meet Directors. They have planned an organizing meeting for June 22 at their home (Noon - 3pm). All PNAers are encouraged to attend.

NEW BUSINESS:

A. USMS Convention: Delegates: None have been submitted formally for the event in Orlando FL, Sept. 11-15. Two delegate positions are available, with travel reimbursement to be distributed equally among eligible attendees. Nominations were left open to the next board meeting.

-- Change Proposals: (Rules) Should we *not* recall the field after a false start (i.e., just DQ the perpetrator after the race instead)? And is there a discrepancy in Rule 103.7.4(b)4 regarding 1-button/1-watch official time? Kathy Casey will research this issue. (Long Distance) Should the Postal and Open Water rules be expressed separately? New sample entry form(s) will be drafted for review next month.

B. Other:

-- The PNA has not yet held its designated "annual general membership meeting." A notice of such a meeting in conjunction with the June or July Board meeting will be posted in the WetSet (time permitting).

-- The King County Aquatic Center "Beach Bash" was hugely successful for the World Class Aquatic Center Foundation organization. It was proposed that our members consider a Masters demonstration swim and participation for next year's fundraising event.

(Continued on page 6)

HAPPY BIRTHDAY - PNA SWIMMERS

07/16 Robin Garst	07/17 Mark Pembroke
07/17 Sharon Beltran del Rio	07/17 Bruce Lomax
07/18 Joanie Williams	07/18 Arnold Kas
07/19 Thomas Marshall	07/19 Mark Terrell
07/20 Mark Amberson	07/21 Stephen Freeborn
07/21 Allison Beadle	07/21 Rosaline (Ros) Bird
07/21 David Sands	07/22 Nancy Poffenberger
07/22 Brad Collins	07/22 Charles Vanzandt
07/23 Dale Patterson	07/23 Mardene Bartholomew
07/23 Arne Skog	07/24 Eileen Collopy
07/24 Steve Sussex	07/24 Janice Miller
07/25 Kareena King	07/25 Dave Reeck
07/25 Paul Verner	07/25 Robert Farrell
07/26 Phil Spencer	07/26 Oscar Lillo
07/26 Lee Carlson	07/27 Derek Meyer
07/27 Holly Corner	07/29 Lynn Martindell
07/29 Debra Pate	07/29 Ken Koster
07/30 Beverly Bell	07/30 Douglas Frazer
07/31 Sherry Grindeland	07/31 Philip Kezele
08/01 Joseph Combs	08/01 Thomas Harrylock
08/02 Wendy Hoffman	08/02 John Sweeney
08/03 Andrew McKim	08/04 Hugh Moore
08/04 Clark Pace	08/04 Mel Lebsack
08/05 Eric Valley	08/06 Richard Peterson
08/06 Annamarie Terhaar	08/07 Leslie McCullough
08/09 Paul Webber	08/09 David Johnson
08/10 Conrad Steffans	08/10 Walter Reid
08/11 Anne Wicknick	08/11 Rose Roberts
08/13 Stanley Whittemore	08/14 David Hill
08/15 Steve Harrell	08/15 Livia Walker

(Continued from page 5)

ANNOUNCEMENTS:

Saturdays June 15 and September 7 are reserved at Federal Way for 5K or 10K swims (swimmers must pay for lane use). Information will be posted in the WetSet.

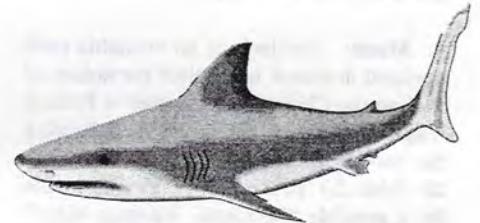
UPCOMING BOARD MEETINGS:

Tuesday, June 25, at Jan Kavadas' home in Edmonds.
 Tuesday, July 23, at Suzie Ness' home in Seattle.
 Tuesday, August 20 (a week early), at the Federal Way library.
 Tuesday, September 24, at TBD.

President Jane Moore adjourned the meeting at 9:42 PM.

Respectfully submitted,

Steve Peterson (for Deborah Bagg)



IMPORTANT!! Bulk Mail is NOT Forwarded!!

Change of Address

NAME _____ USMS # _____

OLD ADDRESS _____

NEW ADDRESS _____

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

PLACES TO SWIM

ABERDEEN <i>Aberdeen YMCA</i>	533-3881	MERCER ISLAND <i>Mercer Island District Pool</i>	8815 SE 40th St, 296-4370
ANACORTES <i>Fidalgo Pool</i>	1603 22nd, 293-0673	MOUNTLAKE TERRACE <i>Mountlake Terrace Pavillion</i>	5303 228th Ave SW, 776-3197
AUBURN <i>Auburn Pool</i>	516 4th Ave NE, 939-8825	MOUNT VERNON <i>Mount Vernon YMCA</i>	215 E. Fulton, 336-9622
<i>Auburn Valley YMCA</i>	1005 12th Ave SE, 833-2770	<i>Riverside Health Club</i>	424-4200
BELLEVUE <i>Bellevue Pool</i>	601 143rd Ave NE, 296-4262	NORTH BEND <i>Si View Pool</i>	41600 SE 122nd St, 888-1447
<i>Eastside YMCA</i>	14230 Bel-Red Rd., 746-9900	OAK HARBOR <i>John Vanderzicht Memorial Pool</i>	2299 29th NW, 765-7665
<i>Newport Hills</i>	5474 119th Ave SE, 746-9510	OLYMPIA <i>Evergreen State College</i>	866-6000
<i>PRO Raquet & HealthClub</i>	4455 148th Ave NE, 885-5566	<i>North Thurston High School Pool</i>	493-2900
<i>Samena Club</i>	15231 Lake Hills Blvd, 746-1160	<i>Olympia Area YMCA</i>	357-6609
<i>The Bellevue Club</i>	112000 SE 6th St, 455-1616	PORT ANGELES <i>William Shore Pool</i>	457-0241
BELLINGHAM <i>Bellingham Aquatic Center</i>	647-7665	POULSBO <i>North Kitsap Pool</i>	1881 NE Hostmark St, 779-3790
<i>Whatcom Family YMCA</i>	733-8630	REDMOND <i>Redmond Pool</i>	17535 NE 104th St, 296-2961
BOTHELL <i>Northshore Pool</i>	9815 NE 188th St, 296-4333	RENTON <i>Hazen High School Pool</i>	1011 Hoquiam Ave SE, 235-2227
<i>Northshore YMCA</i>	485-9797	<i>Lindberg Pool</i>	16740 128th Ave SE, 296-4335
BREMERTON <i>Bremerton Municipal Pool</i>	50 Magnuson Way, 478-5376	SEATTLE <i>Aquatic Development Clinic</i>	11009 1st Ave S, 232-3474
<i>Olympic Aquatic Center</i>	7070 Stampede Blvd, 692-3192	<i>Ballard Pool</i>	1471 NW 67th St, 684-4094
BURIEN <i>Burien Swim Club</i>	626 SW 154th St, 433-7900	<i>Downtown YMCA</i>	909 4th Ave, 382-5010
<i>Evergreen</i>	606 SW 116th St, 296-4410	<i>Downtown YWCA</i>	1118 5th Ave, 447-4868
DES MOINES <i>Mount Rainier Pool</i>	22722 19th Ave S, 296-4278	<i>East Madison YMCA</i>	1700 23rd Ave, 322-6969
DUPONT <i>Keeler Pool</i>	967-2604	<i>Evans Pool</i>	7201 E. Green Lake Dr N, 684-4961
<i>Kimbro Pool</i>	967-2604	<i>Helene Madison Pool</i>	13401 Meridian Ave N, 684-4979
EDMONDS <i>Harbor Square Athletic Club</i>	160 W Drayton, 778-3546	<i>Gateway Athletic Club</i>	70 5th Ave, Suite 14, 343-4692
<i>Yost Pool</i>	9535 Bowdoin Way, 775-2645	<i>Meadowbrook Pool</i>	10515 35th Ave NE, 684-4989
ENUMCLAW <i>Enumclaw Pool</i>	420 Semanski S, 825-1188	<i>Medgar Evars Pool</i>	500 23rd Ave, 684-4763
EVERETT <i>Everett Community College</i>	801 Wetmore Ave, 259-7151	<i>Queen Anne Pool</i>	1920 1st Ave W, 386-4282
<i>Forest Park Swim Center</i>	259-0300	<i>Rainier Beach Pool</i>	8825 Rainier Ave S, 386-1944
<i>McCullum Park Pool</i>	337-4408	<i>Salvation Army Pool</i>	9050 16th Ave SW, 767-3150
<i>YMCA of Snohomish County</i>	2720 Rockefeller, 258-9211	<i>Sandpoint Naval Station</i>	(Military personnel only), 526-3531
FEDERAL WAY <i>Federal Way Pool</i>	30421 16th Ave S, 839-1000	<i>Seattle Athletic Club</i>	14th & Cherry, 296-6404
<i>King County Aquatic Center</i>	650 SW Campus Drive, 296-4444	<i>Seattle University</i>	19030 1st Ave NE, 296-4345
FIFE <i>Fife Community Pool</i>	5410 20th St E, 922-7665	<i>Shoreline Pool</i>	4400 S 144th St, 296-4487
GIG HARBOR <i>Peninsula High School Pool</i>	857-3533	<i>South Central Pool</i>	2801 SW Thistle St, 684-7440
ISSAQUAH <i>Julius Boehm Pool</i>	50 SE Clark St, 557-3298	<i>Southwest Pool</i>	5815 NE 77th St, 524-3500
KENMORE <i>St. Edward Pool</i>	14445 Juanita Drive NE, 296-2970	<i>View Ridge Club Pool</i>	7727 28th Ave NE, 523-8211
KENT <i>Kent Pool</i>	25316 101st Ave SE, 296-4275	<i>Wedgewood Pool</i>	4515 36th Ave SW, 935-6000
<i>Tahoma</i>	18230 SE 240th St, 296-4276	SEQUIM <i>Sequim Aquatic Center</i>	N 610 5th St, 683-6699
KIRKLAND <i>Juanita High School Pool</i>	10601 NE 132nd St, 823-7627	SNOHOMISH <i>Hal Moe Memorial Pool</i>	405 3rd, 568-6881
LAKE STEVENS <i>Lake Stevens High School Pool</i>	2908 113th Ave NE, 335-1515	SUMNER <i>Sumner High School Pool</i>	1707 Main St, 863-8110
LYNNWOOD <i>Lynnwood Pool</i>	18900 44th Ave W, 771-4030	TACOMA <i>Eastside Community Pool</i>	35th and L, 591-2042
MARYSVILLE <i>Marysville-Pilchuck High</i>	5611 108th Ave NE, 653-0609	<i>Lakes High School Pool</i>	10320 Farwest Dr SW, 756-8401
		<i>Lincoln High School Pool</i>	596-2053
		<i>Pierce College Pool</i>	9401 Farwest Dr SW, 964-6678
		<i>People's Center Pool</i>	591-5323
		<i>Tacoma-Pierce Co. YMCA</i>	1102 S Pearl St, 564-9622
		<i>The Center at Norpoint</i>	591-5504
		<i>Wilson High School</i>	

NON -PNA MEMBERS SUBSCRIPTION FORM FOR THE WETSET

NAME _____
 ADDRESS _____

Send form and check for \$12.00, payable to PNA Masters Swimmers, to: Suzanne Dills, 1101 N Northlake Way, Seattle WA 98105

UNITED STATES MASTERS SWIMMING, INC.
1996 REGISTRATION APPLICATION
 Pacific Northwest Association of Masters Swimmers

REGISTER WITH THE SAME NAME YOU WILL USE FOR COMPETITION
 Please Print Clearly

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

Name:

 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: _____
 Team 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
 Your USMS fee includes a subscription to SWIM Magazine

	<u>Total 1996 Fee</u>	<u>If after September 1 (1996 registration only)</u>
Under 65	\$30	\$22.50
Senior: 65 & over	\$23	\$19.00

Mail to: Suzanne Dills, Registrar
 1101 N. Northlake Way
 Seattle, WA 98103
 (206) 547-1654 (work)

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 of USMS.

Signature _____ Date _____

NORTHWEST ZONE LONG COURSE CHAMPIONSHIPS

August 3 - 4, 1996

Sanction #596-002, Hosted and Sanctioned by Snake River Masters.

NAME _____ M F AGE as of 8/4/96 _____

ADDRESS _____

PHONE _____ DATE OF BIRTH _____ USMS NUMBER _____

CLUB _____ Or UNATTACHED _____ LMSC _____

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+

Entries must be postmarked by July 20, 1996.

Mail entries to: **Jill Wright**
1626 Williams St.
Boise, ID 83706 Ph: (208) 338-5287

Event #	EVENT	ESTIMATED TIME
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Entry Fee: \$10.00 per person. Make check payable to: Snake River Masters

Entry Fee \$10.00
T-Shirts: size(s) ()M ()L ()XL @ \$10.00 each \$ _____ TOTAL

Extra T-shirts will NOT be available at the meet.
VERIFY THAT YOU HAVE ENTERED THE CORRECT CLUB NAME AS IT APPEARS ON YOUR REGISTRATION FORM.
ENTRIES MUST BE POSTMARKED BY JULY 20, 1996. ALL SWIMMERS MUST BE REGISTERED WITH USMS PRIOR TO MEET ENTRY OR SUBMIT AN APPLICATION POSTMARKED BY JULY 20TH, ACCOMPANYING THE MEET ENTRY.
SWIMMERS FROM OTHER LMSCs MUST INCLUDE A COPY OF THEIR USMS REGISTRATION CARD WITH MEET ENTRY.
LIABILITY RELEASE MUST BE SIGNED!

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 ACTIVITIES 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 _____

NORTHWEST ZONE LONG COURSE CHAMPIONSHIP

MEET INFORMATION

Location Boise Family YMCA and Boise City Aquatic Center, 5959 N. Discovery Pl., Boise, ID 83713
Off I84 take Eagle Rd. North to Chinden. Turn east (right) on Chinden and south (right) on Discovery Pl.

Facility The City of Boise and the Boise Family YMCA opened their new Aquatic Center in January, 1996. The facility houses a 50 meter by 25 yard pool that is kept at 80-82 degrees and was designed so the filter and gutter systems create a waveless surface. There is also a 25 yd. instructional pool, a kiddie's pool, and a hydrotherapy pool/spa. These four pools are in the same facility as the YMCA. The facility offers locker rooms, showers, and an officials' room. There are on-deck bleachers and a community room available. Electronic timing, with Daktronics timing devices, will be utilized. Use of the rest of the YMCA will require an \$8.00 day pass or YMCA membership.

Misc. A no-host social will be held Saturday night. Information will be in your packet.

Motel information will be provided on request.
OR to stay with a local swimmer contact Paula Howard 323-1471

All swimmer must be USMS registered prior to entry. Swimmers from other LMSCs must include a copy of their USMS registration card with meet entry.

Entry deadline is July 20, 1996
Mail entries to: **Jill Wright**
1626 Williams St.
Boise, Id 83706 Ph. (208) 338-5287

Awards Ribbons will be awarded for first through sixth place.

Times Saturday, August 3rd: Warm-ups: Distance 11:00 am, Begin distance events 12:00 pm
Balance of meet warm-ups: 1:00 pm (or following 800/1500 m)
Meet starts at 2:00 pm
Sunday, August 4th: Warm-ups: 8:00 am
Meet starts at 9:00 am

<u>Saturday</u>		<u>Sunday</u>	
#1	800m Free OR	#12	400m IM BREAK
#2	1500m Free Break/2nd WU period	#13	50m Fly
#3	100m Back	#14	200m Back
#4	50m Breast	#15	100m Free
#5	200m Free Break	#16	200m Mixed Medley Relay Break
#6	200m Medley Relay	#17	100m Fly
#7	100m Breast	#18	200m Breast
#8	200m Fly	#19	50m Back
#9	50m Free Break	#20	200m Free Relay Break
#10	200m Mixed Free Relay	#21	400m Free
#11	200m IM		

TRAINING FOR LONG COURSE IN SHORT COURSE POOLS

By Dan Frost

It's that time of year. The short course "season" is over, and the meet schedule for the next few months is filled with events in 50 meter pools. Training for those long course meets can seem futile if you don't have access to a long course pool, especially when you first walk onto the pool deck and see that the pool appears to stretch forever. Then, you start warming up, only to get about two-thirds of the way across when you experience the mixed feelings of fatigue (It's been a while since I pushed off), confusion (Where's the wall?), and disappointment (It's still 15 meters away).

There is clearly a difference in the skills required for swimming long course than for short course. First, it is easy to see that most long course events are 10 percent longer, due to the yards-meters conversion, that their short course counterparts. Also, long course events require a larger amount of actual swimming because there are fewer walls, thus fewer opportunities to push and glide off those walls.

However, many Masters swimmers can and do perform well in long course meets after training exclusively in short course pools. While a short course pool may not be a perfect substitute for long course training, you can still develop the skills needed to go the extra distance.

Here are some tips to consider when preparing for long course meets in short course pools:

1. *Train harder.* Long course competition is more arduous than short course competition. Thus, consider adding some extra time and yardage to your workouts. Swimming tougher sets than usual, that is, increasing the intensity of your workouts, can help if done judiciously.
2. *Use short distance intervals for pacing.* Why use short intervals if you are getting ready for long course swims? One benefit is that you can train for sprint (50m and 100m) events with faster speeds than you could in a long course pool. Also, by improving your speed over the shorter distances, you will be more apt to swim long course lengths at a uniform speed instead of slowing down as you approach the wall. By keeping your speed up all the way to the turns, you can...
3. *Attack the walls.* Why worry about practicing turns when there are fewer of them in long course swimming? The answer: "Exactly." Train to get the most out of your turns. Flip fast and try to extend your glide to give your upper body the brief rest it needs. By attacking the walls in practice, you are training harder (tip #1) and building strength. Backstrokers should also be aware that the flags are set farther out and at a different height at long course pools.
4. *Pull and kick more.* Again, this goes back to building the strength required to maintain speed over the entire length of a 50m course. For many, their legs will begin to die before their arms. In butterfly, the opposite is often true.
5. Finally, *Drive to Federal Way and use their 50 meter pool.* Get a feel for what long course swimming is really like before your meet.



North Whidbey's Dan Frost visits the International Swimming Hall of Fame pool for a workout during a port visit with the U.S. Navy in 1993. He is currently on a six-month deployment aboard the USS *George Washington*, and is trying to prove the adage that there is "a pool in every port."

1996 United States Masters Swimming 5 Kilometer and 10 Kilometer Postal Championships

HOST: Crawfish Masters Swim Team, Baton Rouge, La.

SANCTION: Sanctioned by Southern Masters Swimming for USMS, Inc. Sanction # 246-001

EVENT DIRECTOR: Scott Rabalais, 3537 Christina Ave., Baton Rouge, LA 70820 (504)766-5937

EVENT: The 5 Kilometer and 10 Kilometer swims are separate National Championship events.

LOCATION: Any 50 meter pool.

DATES: The swim must be completed between May 15 and September 30, 1996. Entries must be received by the event director by October 15, 1996.

ELIGIBILITY: Open to all USMS members with valid 1996 registration. Entrants are required to submit a photocopy of 1996 USMS registration card.

FOREIGN ENTRIES: Foreign swimmers 19 years of age and older are invited to participate; proof of Masters membership is required. Please mail foreign entries as early as possible to meet deadline! Foreign swimmers are not eligible for USMS records or All-American status.

AGE GROUPS: Age group is determined by actual age on date of swim. Swimmers who change age groups during the event period may swim twice and enter in each age group. Age groups for both male and female are 19-24, 25-29, 30-34, 35-39, etc. (in five-year increments) to 100+.

AWARDS: USMS Long Distance National Championship medals will be awarded to the top three finishers in each age group for the 5K and 10K Championships. Championship patches will be awarded to each age-group winner.

SCORING: Unofficial club scoring will be tabulated based on the top ten finishers in each age group (11-9-8-7-6-5-4-3-2-1). Scores will be kept for men, women and combined in the 5K and 10K.

RULES: The 1996 USMS Rules for Long Distance Swimming govern this event. These include:

- 1) No drafting: two or more swimmers in one lane must maintain at least 10 meters of separation except when passing;
- 2) One or more adults must be present for the entire swim in the capacity of starter/head timer/referee;
- 3) A lap counter/timer/witness must record cumulative splits every 100 meters on the entry form split sheet. It is suggested that two watches with fresh batteries be used to ensure that an official swim time can be recorded to the nearest hundredth of a second;
- 4) You may enter both the 5K and the 10K. However, you may NOT use a split time from the 10K for the 5K. The 5K swim is 100 lengths of a 50-meter pool. The 10K swim is 200 lengths of a 50 meter pool.

FEES: The entry fee for each event is \$8.00, payable to Crawfish Masters Swim Team. Please do not send cash. Foreign entrants: Please submit fees in USA funds via international money order or bank check drawn on a bank with a USA affiliate.

RESULTS: Results will be mailed to each participant. Please allow approximately one month after entry deadline for delivery of results, T-shirts and awards.

T-SHIRTS: Commemorative T-shirts may be purchased for the 5K and/or 10K. Please indicate preference on entry form. Cost per shirt is \$12. For non-US delivery, include additional \$3 per shirt for foreign postage.

CRAWFISH MASTERS 10-K SWIM: The Crawfish Masters Swim Team is hosting a 10-K Pool Swim at the L.S.U. Natatorium on Saturday, June 22, 1996. The event includes free airport-hotel-pool-social transportation, a Friday evening "Pasta at the Pool," a Saturday evening "Celebration Dinner" and automatic entry in the 1996 USMS 10K Postal Championships. Counter/timer provided by Crawfish Masters. For more information, contact event director Scott Rabalais at (504)766-5937 or send a SASE to above address. Entries limited to the first 48 and accepted on a first-come, first-serve basis. USMS membership required.

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

Non-Profit Org.
US Postage
PAID
Seattle, WA
Permit No. 2334

Pacific Northwest Association of Masters Swimmers
1867 58th St. NE Tacoma, WA 98422

Short Course Nationals will be hosted by PNA in 1997.

We are looking for volunteers to help make this a successful event for all the swimmers that will travel to Seattle, as well as for us locals. If you would like to get involved this is the time as this is the premier event.

There are a variety of ways you can help. Please contact any of the PNA board members listed in the WetSet. Have a happy fourth of July.