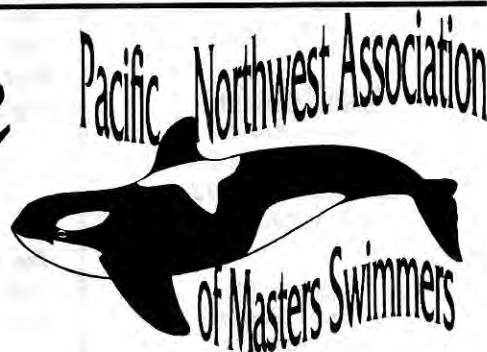


# ❖ The WetSet ❖

Volume 15 Issue 1

January 1996

## President's Letter



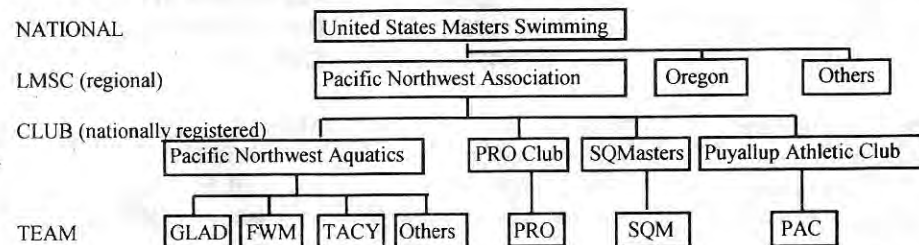
Look elsewhere in this WetSet for important information on the short course meters meet at Anacortes, the January One Hour Swim and Swim Against Cancer, the upcoming Fitness Clinic, and PNA/Zone Championships and social.

Once again it's time to register and think about PNA Champs. Here is an explanation of the difference between clubs and teams. It is extremely important to register correctly. Relay times do not count unless all swimmers are members of the same club. At PNA Champs, team scores are calculated for teams in each of three divisions. PLEASE complete entry forms and registration forms correctly. Only clubs are recognized outside of the PNA. When you enter a zone or national meet, you must list your CLUB, not your local team name. Any swimmer may also swim unattached at either the local or national level or both. Then unattached should be listed as club on entry forms.

A club is a group of swimmers that are registered together with United States Masters Swimming. In order to swim a relay, all swimmers must be registered with the same CLUB. In order to change CLUBS, a swimmer must not represent the previous CLUB for 90 days. The swimmer may swim unattached during that time. The swimmer then must complete a transfer form and pay a fee to change to a different CLUB.

TEAMS are recognized in our LMSC. A TEAM is usually a group of swimmers who work out together. The PNA holds one team championship each year. Swimmers may change TEAMS at any time.

This diagram will help explain the structure of USMS. You can see that there are three teams that are also clubs. If you swim with one of those groups, be sure to register with them for both team and club. All other teams currently are part of Pacific Northwest Aquatics so those swimmers should list their team (i.e. Queen Anne, Orca, etc.) and put Pacific Northwest Aquatics as their club. Be sure to register correctly. If you have questions contact me (925-0803) or the PNA Registrar, Suzanne Dills (547-1654).



Club: A club is registered nationally with USMS. Swimmers must be registered with the same club to swim relays together.

Team: A team is registered at the LMSC level only. It is not recognized by USMS. A team competition is held at PNA Champs for this LMSC only.

Jane Moore

### EDITOR'S NOTE:

The entry form for the Anacortes swim meet was inadvertently left out of December's WetSet, however, there is an entry form in this issue and the meet director has informed me that participants may FAX the entry form and pay on the day of the meet due to the short turnaround time. The FAX number for the Anacortes pool is (360) 299-2953. The meet is scheduled for January 21st. Hope to see you all there.

### Inside This Issue

Dawn Musselman Award and Swim Against Cancer

February Fitness Challenge

"Using The Pace Clock"

PRO Sports Club Triathlon Clinic

### Race Entry Forms

TAC Masters - Anacortes

Orca Swim Club - Seattle

Tridents Swim Team - Bangor



**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**

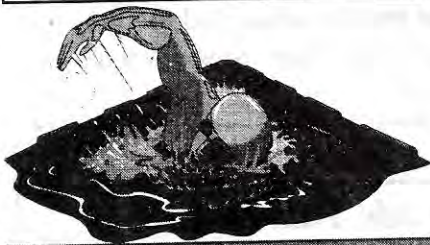
Deborah Bagg  
(206) 621-7896

**Membership**

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

**Newsletter Editor**

Gary Maynard  
13818 SE 7th Street  
Bellevue, WA 98005  
(206) 641-7435



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.

**1995/1996 MEET SCHEDULE****PNA Meets**

<u>Date</u>	<u>Event</u>	<u>Location</u>
Jan. 21	SCM	Fidalgo Pool - Anacortes
Feb. 17	SCY	Helene Madison Pool - Seattle
Mar. 17	SCY	Naval Submarine Base - Bangor
Apr. 12-14	SCY	PNA/NW Zone Championships - Weyerhaeuser King County Aquatic Center - Federal Way

**Inland Empire (Rich Swoboda)**

Jan. 6-7	SCM	Fairchild AFB Pool, Spokane, Wa.
Feb. 3-4	SCY	Shadle Park High School, Spokane, WA.
Feb. 24-25	SCY	Lions Pool, Yakima, WA.
Mar. 16-17	SCY	Inland Empire Championships

**Oregon (Eric Guest)**

Jan. 20	SCY	Echo Hollow Pool, Eugene
Jan. 27	SCY	Tualatin Hills Pentathlon, Beaverton
Mar. 15-17	SCY	Oregon LMSC Championships, Mt. Hood CC, Gresham

**Snake River**

Aug. 3-4	LCM	NW Zone Championships, Boise Idaho
----------	-----	------------------------------------

**National/International**

Apr. 13-17	LCM	International Senior Games - Bermuda
Apr. 18-21	SCY	YMCA Masters Nationals - Orlando Florida
May 9-12	SCY	USMS Nationals - Cupertino California
May 17-20	LCM	Canadian Championships - Winnepeg, Ontario
6/23 - 7/2	LCM	FINA World Championships - Sheffield England
Aug. 21-25	LCM	USMS Nationals - Ann Arbor Michigan

**For Information on Meets Outside of the PNA Area****Inland Empire**

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

**Northwest Zone Rep**

Elin Zander  
S 13927 Traver Lane  
Valleyford, WA 99036

**Alaska**

Ed Cronick  
7851 Alatna Avenue  
Anchorage, AK 99516

**Oregon**

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

**Utah**

Annette Taylor  
1709 E 1700 Street  
Salt Lk. City, UT 84108

**British Columbia**

Mary Lou Monteith  
22363 Seine Road  
Duncan B.C. V913B2

**Snake River**

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

**Montana**

Steve Holloway  
232 S 6th Street E  
Missoula, MT 59801



**PNA MASTERS LOCAL SWIMMING COMMITTEE**  
**MEET ENTRY FORM: January 21, 1996**  
 Hosted by TAC Masters  
 at Fidalgo Pool  
 Sanction # 963604

Entries due: January 11, 1996

**ORDER OF EVENTS**

# Event

1 \* 400 Free/400 IM \*

30 minute warm-up - Event 2 will not start before 11:00 AM

2 Free Relay  
 3 100 Back  
 4 200 Free  
 5 50 Fly  
 6 200 Breast  
 7 100 IM

5 minute break

8 Mixed Free Relay  
 9 200 Back  
 10 50 Free  
 11 100 Fly  
 12 50 Breast

5 minute break

13 Medley Relay  
 14 50 Back  
 15 100 Free  
 16 200 Fly  
 17 100 Breast  
 18 200 IM  
 19 Mixed Medley Relay

**DATE:** January 21, 1996

**TIME:** Warmup: 8:30 a.m.  
 Meet: 9:30 a.m

**PLACE:** Fidalgo Pool  
 1603 22nd  
 Anacortes WA 98221  
 (360)-293-0673

**FOR MEET INFO CALL:** Mike Bemis  
 (360)-293-0673

**FACILITY:** 6-lane, 25 meter pool  
 warm-up area  
 water temp: 85

**RULES:** Current USMS rules will govern the meet

**ELIGIBILITY:** Open to all USMS registered 1996 swimmers 19 and over

**SEEDING:** Slow to Fast

**CONCESSIONS:** Yes - donuts for 25 cents and free coffee

**NO DIVING DURING WARMUP EXCEPT IN DESIGNATED SPRINT LANES**

**Directions:** Take I-5 exit 230. Go west on Highway 20 to its end at Anacortes. Turn RIGHT onto Commercial Avenue and go about 10 blocks to 22nd street. Turn LEFT on 22nd and go up the hill to J Avenue (about 6 blocks).

**PNA MASTERS LOCAL SWIMMING COMMITTEE**  
**MEET ENTRY FORM: January 21, 1996**  
 Hosted by TAC Masters  
 at Fidalgo Pool  
 Sanction # 963604

**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.

Please note that swimmers in event 1 may choose to swim either the 400m Freestyle or the 400m IM. If you enter event 1, please indicate whether you will be swimming freestyle or IM so that your swim can be judged accordingly.

**ENTRY LIMIT:** 5 EVENTS plus relays

**EVENT NUMBER** \_\_\_\_\_ **EVENT** \_\_\_\_\_ **EVENT TIME** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**ENTRY FEES**

**SURCHARGE:** \$4.00 \_\_\_\_\_ \$4.00 (Includes LMSC surcharge \$1)  
 Electronic Timing surcharge \_\_\_\_\_ \$1.00  
 Individual Events @ \$1.00 each \_\_\_\_\_ (No charge for relays)

**TOTAL** \_\_\_\_\_

Checks payable to: TAC Masters

Mail fees and this entry form to: Mike Bemis  
 1603 22nd  
 Anacortes WA 98221

Entries must be postmarked by January 11, 1996.

**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 thereof, 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 individual officiating at the meets or supervising such activities. In addition, I agree to abide by and be governed by the rules of the USMS.

**SIGNATURE** \_\_\_\_\_ **DATE** \_\_\_\_\_

## Using The Pace Clock

*Written by Scott Rabalais  
1995 USMS Coach of the Year*

The pace clock is a valuable training tool, allowing swimmers and coaches the opportunity to create an infinite variety of workouts and sets, each with a specific purpose. It also serves as a measuring device or mirror for training performances.

Here are some of the more popular ways of using the pace clock. Keep in mind that the distances and intervals in the examples provided may not be suitable for everyone. Adjust as necessary.

### Straight Sets

Example: 10 x 50 yards on 1:00

Explanation:

- 10 -number of repetitions
- 50 -distance of each repetition
- 1:00 -interval for each repetition (swim + rest)

The most basic type of interval training is the straight set. During a straight set, the distance per repetition and the interval per repetition remain constant.

In this example, the swimmer completes a 50-yard swim 10 times, leaving on an interval of 1:00. This means that if a 50-yard swim is completed in :45, a 15-second rest period will follow.

In pace clock lingo, each 50-yard swim will begin "on the top" in this set. This slogan is derived from the second hand pointing upwards to the "60" or "0" on the clock.

### Fixed Rest Sets

Example: 4 x 200 yards with :40 rest

In a fixed rest set, the amount of rest following each repetition will be the same, regardless of swimming speed. In the above example, the swimmer completes four repetitions of 200 yards, resting :40 after each. This interval structure may be less demanding as it avoids the "deadline" of a straight set rest interval.

### Descending Intervals

Example: 6 x 100 on a descending interval of :05, starting at 2:00

In this example, the first 100 is swum on a 2:00 interval, the second is on 1:55, the third on 1:50, and so on. Swimming at an even pace through the set will result in decreasing rest by :05 per 100. Here is the breakdown of send-off times:

Rep # = repetition number  
Send-Off = repetition starting time, cumulative time of set  
SHP = second-hand position  
Int = interval, swim + rest duration of repetition

Rep #	Send-Off	SHP	Int
1	0:00	0	2:00
2	2:00	0	1:55
3	3:55	55	1:50
4	5:45	45	1:45
5	7:30	30	1:40
6	9:10	10	1:35

### Ascending Intervals

Example: 8 x 25 on a :05 ascending interval, starting at :30

An ascending interval set is the opposite of a descending interval set. The first 25 is on :30, the second on :35, then :40, etc.

### Pyramid Intervals

Example: 7 x 125 on ascending/descending intervals, varying :10 per repetition, starting at 2:00 and peaking at 2:30.

The interval times resemble a pyramid, that is, rising to the highest interval at the mid-point of the set.

In this example, the interval times for the seven repetitions are 2:00, 2:10, 2:20, 2:30, 2:20, 2:10 and 2:00.

Similarly, the set may be devised with rest periods rather than intervals. Instead, the set may offer rest breaks of :10, :20, :30, :40, :30, :20 and :10.

### Ladders

Example: (Descending Ladder)

200 on 4:00  
150 on 3:00  
100 on 2:00  
50 on 1:00  
25 on :30

Note that each distance is matched with an interval based on :30 per 25 yards. Doubling the distance to 50 yards results in doubling the interval to 1:00. The swimmer will have more rest on the longer swims, assuming an even pace is maintained throughout the set.

There are several variations of ladders. An ascending ladder begins with the shortest distance and smallest interval and increases to the longest distance and interval. The first half of a descending/ascending ladder would begin with longer distances and move to shorter ones, and the second half would progress from shorter to longer distances.

### Broken Swims

Example: Broken 200 as 50-25-50-25-50, resting :15 per break

Broken swims are often race distances divided into smaller increments with rest periods after each segment. In the above example, a 200 is divided into a series of 50s and 25s. With four rest breaks at :15 apiece, the total rest within the swim is 1:00. To obtain actual 200 time, subtract 1:00 from the total swim + rest time.

### Timed Swims

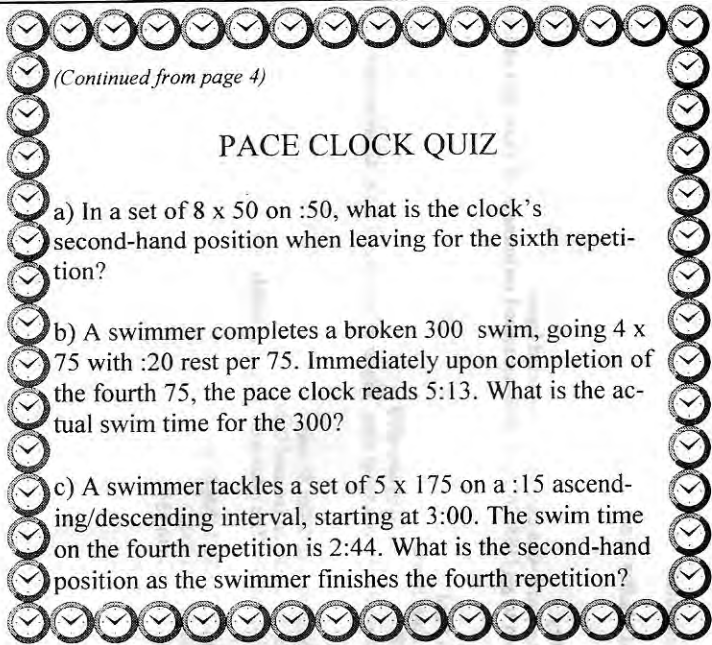
Example: T-20

While most swimmers chart progress through a workout by measuring distance, an alternative way is to measure with time. Choose a specific time period and swim continuously for that duration. A "T-20" would be swimming continuously for 20:00.

Another example is 4 x 5:00 swims with 1:00 rest. In other words, swim for 5:00, four times, resting 1:00 after each. A coach or a visible pace clock can assist in determining when the 5:00 period has ended.

(Continued on page 5)





(Continued from page 4)

PACE CLOCK QUIZ

- a) In a set of 8 x 50 on :50, what is the clock's second-hand position when leaving for the sixth repetition?
- b) A swimmer completes a broken 300 swim, going 4 x 75 with :20 rest per 75. Immediately upon completion of the fourth 75, the pace clock reads 5:13. What is the actual swim time for the 300?
- c) A swimmer tackles a set of 5 x 175 on a :15 ascending/descending interval, starting at 3:00. The swim time on the fourth repetition is 2:44. What is the second-hand position as the swimmer finishes the fourth repetition?

Answers: a) 10, b) 4:13, c) 29

UPCOMING PNA BOARD MEETINGS

- January 23rd - Federal Way Library 7pm
- February 27th - Federal Way Library 7pm
- March 17th - Alki Beach 7pm
- April 23rd - The

(All PNA members are welcome to attend the board meetings)

PACIFIC NORTHWEST ASSOCIATION OF MASTERS SWIMMERS  
LOCAL TEAM REGISTRATION

Please fill out and return the form below to register your team for 1996. Registrations must be post-marked by **MARCH 12, 1996** in order to compete as a team and be eligible for team awards at the 1996 PNA Championships. All team members competing in the meet must be paid members of PNA Masters Swimmers.

TEAM NAME \_\_\_\_\_

TEAM REPRESENTATIVE Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_

TEAM COACH Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_

Application Fees: \$10.00

Make check payable to: PNA Masters Swimmers

Mail This Form and Check To:

Suzanne Dills  
1011 N. Northlake Way  
Seattle, WA 98103  
547-1654



**PNA Masters Local Swimming Committee Meet Entry Form  
Hosted by Orca Swim Club  
February 17, 1996  
Helene Madison Pool — Seattle, WA  
Sanction # 963602**

Name \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ Age \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone (\_\_\_\_) \_\_\_\_\_ Birth Date \_\_\_\_\_ USMS or CASA No. \_\_\_\_\_

(NOTE: Entry is not valid without a current USMS or CASA No. Non-PNA swimmers: please attach a copy of your Masters Registration card with this form.)

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+

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

**Entry Information (See back of sheet for event numbers and schedule.)**

Event number	Event (5 individual events max., plus relays)	Your time
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

**Entry fees Make checks payable to Orca Swim Club.**

Flat Fee: U.S. \$8.00 Can. \$10.00 (includes LMSC surcharge of \$1.00, individual events, relays and heat sheet.) \$ \_\_\_\_\_  
Payment in Canadian dollars should be in Canadian dollar denominated cashier check or personal check.

*Registered swimmers may form relays on the day of the meet.*

Mail fees and this entry form to: **Paul Verner c/o  
Orca Swim Club  
P.O. Box 20173  
Seattle, WA 98102  
(206) 322-7769 [Team Seattle], voice mailbox 130  
Entries must be postmarked by February 7, 1996.**

**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 \_\_\_\_\_

**PNA Masters Local Swimming Committee Meet Entry Form  
Hosted by Orca Swim Club  
February 17, 1996  
Helene Madison Pool — Seattle, WA  
Sanction # 963602**

**ENTRIES DUE FEBRUARY 7, 1996**

**Schedule**

Warm-up 9:00 a.m.  
Meet 10:00 a.m.

**Order of events (Seeding is slow to fast)**

1. 200 Free Relay
2. 200 Fly
3. 200 Back
4. 50 Breast
5. 100 Free  
**Break (5 minutes)**
6. 200 Mixed Free Relay
7. 200 IM
8. 50 Fly
9. 100 Back
10. 200 Breast
11. 50 Free  
**Break: Pink Flamingo Relay (30 minutes)**
12. 200 Medley Relay
13. 100 Fly
14. 50 Back
15. 100 Breast
16. 200 Free  
**Break (5 minutes)**
17. 100 IM
18. 200 Mixed Medley Relay
19. 500 Free

**Rules & Eligibility**

No diving during warm-ups except in designated lanes.  
This meet is open to **all** USMS/CASA 1996-registered swimmers, 19 years and older.

**Facility**

Helene Madison Pool  
13401 Meridian Ave. North  
Seattle, WA 98125 Tel. (206) 684-4979  
Six-lane, 25-yard pool with warm-up area. Water temperature, 84 F. Coin lockers.

**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.



# **PNA CHAMPIONSHIP & NW ZONE CHAMPIONSHIP**

**Friday, April 12 - Sunday April 14**

## **WEYERHAEUSER KING COUNTY AQUATIC CENTER**

This will be the largest meet in the Northwest this year.  
More than 400 swimmers are expected.

No Host Social at the Old Country Buffet in Federal Way on Saturday Evening.

## **USMS Coaches Committee Mentor Program Swimming Stroke and Fitness Clinic**

**Speaker - Michael Collins**

**Davis Aquatic Masters (DAM) Coach**

**1990 USMS Coach of the Year**

**National Record Holder**

**Author "A DAM Good Year"**

Don't miss out on the swim clinic of the year. Come learn methods for stroke development and basic workout design. The USMS will put on the clinic at the Samena Club on March 9th. This clinic will be open to coaches and swimmers. Look for additional details in next month's WetSet or contact Phyllis Gill at the Samena Club (746-1160).

9TH ANNUAL

~ DAWN MUSSELMAN ~

# Swim Against Cancer

The Dawn Musselman **Swim Against Cancer** is a one-hour individual swim event to benefit the American Cancer Society. When Dawn Musselman, a nationally ranked Masters swimmer from the Puget Sound area died of cancer, **Swim Against Cancer** was organized as an annual fundraising event.

**WHAT:**

*Swim Against Cancer* is a contest to determine the distance an individual can swim in one hour to raise funds for the American Cancer Society. Each participant collects pledges for the distance he/she will swim. Participants swim in their local pools and must have a timer/counter to verify the numbers of lengths swum by stopwatch/splits.

**WHERE:**

The *Swim Against Cancer* can take place in any 25-yard pool. Check the "Wet Set" for locations of organized swims near you. Or ask your local pool to donate time for a group effort.

**WHEN:**

The *Swim Against Cancer* is held anytime between January 1 and January 31. Entry forms with pledges and contributions must be received by February 16, 1996 to be eligible for prizes and team credit.

**WHO:**

Any registered USMS athlete is eligible to participate. A minimum \$15 contribution is required for each entry.

**PRIZES:**

\$25 level:

*Swim Against Cancer* swim cap

Awards:

**Team:** Most money raised per person: plaque and traveling trophy  
Donated by Wilson Trophy  
(Must be PNA registered team of 4 or more participants)

**Individual :** Most money raised: \$40 gift certificate  
Donated by Sylvia's Swim Wear

Raffle:

All swimmers entered in drawing (Feb. 19) for gift certificates & prizes.

**TO ENTER**

Send completed pledge sheet and collected contributions by February 16 to:  
Karen Jost • 5618 23rd Street East # 37 • Fife, WA 98424-2008

**QUESTIONS?**

Call Karen at (206) 845-5785 (days) or (206) 926-8427 (home)









**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*

*NEW Registration*

My current USMS number is \_\_\_\_\_

**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:**

Name

Unattached

**If you coach a Masters swim team check here:**

PLEASE MAKE CHECKS PAYABLE TO: **PNA MASTERS SWIMMERS**

**Total 1996 Fee**

Under 65

\$30

Senior: 65 & over

\$23

Your LMSC fee includes a subscription to the WetSet

Your USMS fee includes a subscription to SWIM Magazine

**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 and regulations of the USMS.

Signature \_\_\_\_\_

Date \_\_\_\_\_



# February Fitness Challenge '96



**Purpose:** To promote fitness through swimming by encouraging participants to swim regularly and to track results over a monthly period

**Host:** Crawfish Masters Swim Team, Baton Rouge, La.

**Sponsors:** Speedo Authentic Fitness  
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, 1996, 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, 60-64, 65-69, 70-74, 75-79... (in five year increments)

**Age:** Determined by your age on February 29, 1996

**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 Crawfish Masters Swim Team

**T-shirts:** \$12.00, short sleeve, 100% cotton, five-color screen. Theme: "Fitness Frog: Leap Year Laps!"

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

**Entry Deadline:** Entries must be RECEIVED by March 18, 1996. Late entries will be returned!

**Entry Procedure:** Send form below and fees to:  
FEBRUARY FITNESS CHALLENGE  
c/o Scott Rabalais  
3537 Christina Ave.  
Baton Rouge, LA 70820 USA  
Phone: (504)766-5937

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

**Workout Guide:** For a free brochure entitled "Using the Pace Clock," send a self-addressed stamped envelope to the above address.

## February Fitness Challenge '96

(please print)

NAME: \_\_\_\_\_ AGE (as of 2/29/96): \_\_\_\_\_ SEX: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_

ZIP: \_\_\_\_\_ COUNTRY: \_\_\_\_\_ PHONE: (\_\_\_\_) \_\_\_\_\_ USMS MEMBER? Y N

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

LEAP YEAR BONUS: THU FEB 29 \_\_\_\_\_

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	_____ x 12.00 _____ (optional)
Circle T-shirt size(s): S M L XL XXL	
Swim Cap	_____ x 3.00 _____ (optional)
Int'l Fee	3.00 _____ (outside U.S.)
TOTAL	_____ (U.S. funds only)
(fee payable to Crawfish Masters Swim Team)	







**HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS**

01/16 Leslie Helm	01/27 Gary Mather
01/16 David Kayarian	01/28 Rachael Pasteris
01/16 Sheila Shannon	01/29 David Kienlen
01/17 Heather Hoskins	01/30 Jennie Goldberg
01/17 Roy Ingham	01/30 Lawrence Nordell
01/17 Nancy Lawrence	01/30 James Weyand
01/17 Nancy Price	01/31 Robert Welcher
01/17 John Prigger	02/02 Masahito Sanae
01/18 Paul Pike	02/03 Janelle Stout
01/19 Marc Beck	02/04 John Thomas
01/19 Gay Hunter	02/05 Karl Barton
01/19 Mary Sipple	02/05 Gregory Harrison
01/20 Coral Bernier	02/07 David Addleman
01/21 Gary Brock	02/07 Bill Bush
01/21 Michael Burgasser	02/07 Stephen Crawford
01/21 Jill Enright	02/07 Allen Kitto
01/21 Mark Nagen	02/08 Betsy Hale
01/23 Lisa Deck	02/09 Lisa Crawford
01/23 Jim Lasersohn	02/09 Vincent Trujillo
01/24 Kate Higgins	02/10 Joseph Keenan
01/25 James Allen	02/10 Margaret Winnie
01/25 William Etnyre	02/11 Michele Paradis
01/25 Cynthia Rosik	02/13 Patricia Dotson
01/25 Eric Tweit	02/13 Jeanne Johnston
01/27 Linda Bingler	02/14 Donna Keyser
01/27 Maxine Carlson	02/14 Leslie Van Romer
	02/15 Rain Wurdemann

**WELCOME TO THE PNA**

**The Following Swimmers Have Joined PNA In The Last Month**  
 Douglas Bovard, Jean Crecelius, Tammy Cruz, Laurie Cyr, Craig Elsner, Robert Hamilton, Judy Harrison, Alison Heidergott, Glenn Hill, Jackie Kimpton, Derek Meyer, David Nunn, Ivan Oakes, Mark Pembroke, Nancy Price, Mark Rowe, Barbara Samuels, Scott Seelye, Eric Smith, Kris Stapp, Janelle Stout, and Terry VanZanten.

**NON -PNA MEMBERS SUBSCRIPTION FORM FOR THE WETSET**

NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_

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

**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**

# **Dawn Musselman**

## **Inspirational Swimmer Award**

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

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), and Tammi Keeler (1995).

Nominations for the annual Dawn Musselman Inspirational Swimmer Award are open to all members of the PNA. The award is given to the swimmer who is...

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 award will be presented at the Banquet following the PNA Championship Meet in April. Nominations should be submitted by phone to either Steve Peterson at (360) 692-1669 in Port Orchard or Frank Newquist at (206) 474-1267 in Tacoma.

**All entries must be received by March 10, 1995**



## Registration:

Name \_\_\_\_\_

Address \_\_\_\_\_

Home Phone \_\_\_\_\_

Evening Phone \_\_\_\_\_

Please make checks payable to:

PRO SPORTS CLUB

To register send \$25 (before Jan. 21)

or \$35 (Jan. 21-27) to:

PRO Sports Club Triathlon Clinic

Activity #427/1007

\*First 50 entrants will receive Polo Shirts.

Shirt Size    M    L    XL

For questions call:

Mark Van Achte at 881-6767.

or MARKNWS @aol.com

*I agree that I will assume full responsibility for any and all injuries, losses or damages which might occur to me (and/or to my family) while on the premises of the PRO Sports Club, and to the maximum extent allowed by law I agree to release, indemnify and hold harmless the PRO Sports Club from any liability whatsoever for injuries, losses, or damages; I agree that I will indemnify and hold the PRO Sports Club harmless, to the maximum extent allowed by law, from costs (including legal fees), injuries, damages, losses, or liability to third parties for claims asserted against the PRO Sports Club arising from my conduct (and/or of my family) while on the premises of the PRO Sports Club.*

Signature \_\_\_\_\_

Date \_\_\_\_\_

**PRO**  
*Sports Club*  
BELLEVUE

**NWTS**  
Northwest TRI-Sport

**1996 TRIATHLON  
CLINIC  
SATURDAY  
JANUARY 27TH**

9:00 am to 2:30 pm

Guest Speakers.....

Donna Peters

Jyri Manninen

Matt Seeley

Sara Graham

Conrad Steffens

Wendy Boglioli

Camille Thompson

## Program:

- 8:00 - 8:50 am Registration
- 9:00 - 9:45 am Jyri Manninen - Running
- 9:45 - 10:30 am Donna Peters - Cycling
- 10:30 - 10:40 am Break
- 10:45 - 11:20 am Matt Seeley and Sara Graham  
Transitions and success secrets
- 11:20 - 11:50 am Conrad Steffens - IM Hawaii
- 11:50 - 12:30 pm Wendy and Camille - Swimming
- 12:30 - 1:30 pm Lunch in Bistro (not provided)
- 1:30 - 2:30 pm Swim workout (optional) with  
Wendy and Camille

\* Door prizes throughout clinic.



### Guest Speakers:

Donna Peters is a professional triathlete and premiere woman cyclist in the sport of triathlon. She is currently ranked 2nd in the USA and 5th in the world. Donna will focus on the Olympic triathlon distance of 1.5km swim, 40km bike, 10km run. She will also speak on bike training for the working individual.

Jyri Manninen is a Physical Therapist/Triathlon Coach from Finland. His lecture will cover triathlon running.

Matt Seeley is NWTS's #1 ranked male triathlete of 1995 and one of the founding members of Missoula Stampede Triathlon Team.

Sara Graham is NWTS's #1 ranked female triathlete of 1995 and mother of two young children.

Conrad Steffens was the 1st amateur and 25th overall finisher at the 1995 Hawaii Ironman Triathlon with a time of 9:03.

Wendy Boglioli is a speciality swim coach at the PRO Club and a 1976 Olympic Gold and Bronze medalist.

Camille Thompson is the PRO Club Masters swim coach and Silver medalist in the 1976 Olympics.

## Thank You to our Sponsors:

PRO Sports Club

Puget Sound Marketing

Sylvia's Swim Shop

Athletic Supply

Cucina Cucina

Sammamish Valley Cycle

Super jock n' jill

Wolfe Chiropractic

InSport

Brooks

Power Bar

Proceeds of the clinic go  
towards the PRO Club/NWTS  
Youth Scholarship program.

PRO  
NWTS

Registration:

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

ON WITHIN ON  
PIC  
FRIDAY  
JANUARY 21TH  
9:00 am to 5:30 pm

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

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

Thank You to  
Program

ANACORTES SWIM MEET  
HOSTED BY TAC MASTERS  
JANUARY 21st  
SEE YOU THERE!

Proceeds of the event go  
to the PRO Club  
Youth Development Program