

The WetSet



Volume 15 Issue 11

November 1996

President's Letter

Dear PNA Swimmers:

This short course season has some significant differences from normal. Because the PNA is sponsoring USMS Short Course Nationals in May, the dates for PNA Champs have been advanced. Champs are usually in early to mid April. However, April 10 is the deadline for receipt of Nationals entries, so many of the people who are doing the work of putting on Nationals and Champs will be very busy. To spread out the work, we decided to move Champs up to February 14, 15, & 16, which were the only available dates at the Aquatic Center.

The early date of Champs means everyone needs to get their registrations renewed promptly. You should receive a renewal notice in the mail in November. Your registration renewal must be received by the deadline for Champs (January 31st) in order for you to swim in Champs. Your team must be registered by the deadline as well, in order to score team points. Team registration forms will be printed in the WetSet as well as mailed to the current team reps. Be sure your team rep registers your team promptly.

Finally, 1997 is an election year for PNA. In accordance with the PNA by-laws, the timetable for elections is tied to Champs. A nominating committee was appointed at the October PNA Board meeting. They will nominate candidates for president, vice-president, secretary, treasurer, and three at-large representatives to represent the small teams and unattached swimmers. If you are interested in any of these positions,

let me know. I'll give your name to someone on the nominating committee. I'm writing this letter before the October Board meeting, so I can't tell who they are as they haven't been chosen yet. [Editors note: The committee members are Tom Foley, Deborah Bagg and Walt Reid.] Ballots will be mailed to the PNA members in early to mid January and will need to be returned by February 7. Because many of the current officers are involved in putting on Nationals, the PNA Board felt that a smoother transfer could occur if the new officers do not actually take office until after Nationals. This will allow more time to transfer and explain duties to maintain smoother functioning for the PNA.

Nominations can also be submitted by petition from the membership of PNA. This requires endorsement by at least 10% of the current membership of the PNA. A petition should be submitted by December 1, along with the nominees' consent to run and the members' endorsements. There are currently over 700 registered swimmers in the PNA, so 10% would be approximately 70 swimmers.

See you soon.
Jane Moore



From the Editor:

First, I would like to thank all of the Convention delegates for representing PNA in Orlando. Convention involves a big time commitment and we are fortunate in having a fairly large representation because of people working on national committees. See the convention report from our delegates in this issue.

We have topped 700 swimmers in membership for the year and will likely finish with around 725 swimmers. I would like to remind everyone that it is time to renew your memberships. If you do not send in the membership form from the WetSet, be on the lookout for the renewal forms which will be mailed out this month.

The recent meet at the North Kitsap Pool in Poulsbo had 70 swimmers who competed and several PNA records were set. The next meet is at Oak Harbor and will be the SCM Zones Championships.

Also in this issue please note all the events going on outside our borders: Coaches and Swimmers Clinic in Beaverton Oregon and 2 Swim Meets in British Columbia.

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USMS Convention Report & PNA Board Meeting Minutes

Masters Clinic for Coaches and Swimmers - Beaverton, Oregon

Race Entry Forms

Oak Harbor SCM
Bellingham SCY
Oregon City SCM

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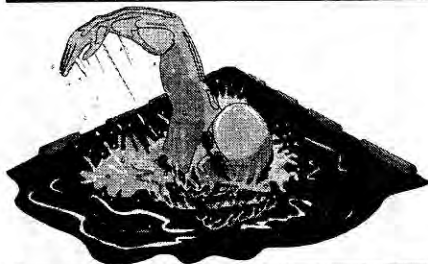
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1996/1997 MEET SCHEDULE

PNA Meets

<u>Date</u>	<u>Event</u>	<u>Location</u>
Nov 16-17	SCM	John Vandersicht Pool - Oak Harbor (SCM Zones Champs)
Dec 15	SCY	Bellingham Aquatic Center - Bellingham
Jan 19	SCM	Fidalgo Pool - Anacortes
Feb 14-16	SCY	PNA Championships - Federal Way
Mar 15	SCY	Helene Madison Pool - Seattle
Apr 12-13	SCY	Naval Submarine Base Pool - Bangor

Oregon (Eric Guest)

Nov 23	—	Coaches and Swimmers Clinic - Beaverton
Dec 15	SCM	Oregon City Pool - Oregon City
Jan 4	SCY	Echo Hollow Pool - Eugene
Jan 18	SCY	Barracudas Pentathlon - Beaverton
Apr 4-6	SCY	Oregon Association Championships - Ashland

Inland Empire (Rich Swoboda)

Dec 7-8	SCM	Sandpoint Masters - Sandpoint
Feb 8-9	SCM	Fairchild AFB Masters - Fairchild
Mar 29-30	SCY	Inland Empire Championships

Alaska

Feb 14-15	SCY	Alaska State Champs - Ginny Wright (907) 344-5321
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British Columbia/Canada

Nov 3		Winskill Otters Masters Meet (604) 943-6561
Nov 23		Naniamo Ebttides Masters Meet (604) 390-2164
Jan 26		Cowichan Aquannis Masters Meet (604) 746-0450
Feb 22		Salmon Arm Masters Meet (604) 832-4185
Mar 9	LCM	Victoria Mastes (604) 478-3379
May 3-4		Provincial Champs (604) 426-8951
Jun 27-30	SCM	Canadian Masters Championships - Montreal

National/International

1/1 - 1/31		USMS One-Hour Postal - Nancy Ridout (415) 892-0771
May 15-18	SCY	USMS Short Course National Championships - Federal Way
Jun 24-29	LCM	Pan Pacific Masters Championships - Maui Hawaii
August 1997	LCM	USMS Long Course National Championships - Orlando Florida

For Information on Meets Outside of the PNA Area

<u>Inland Empire</u>	<u>Oregon</u>	<u>Snake River</u>
Rich Swoboda 9366 N Kayla Ct Hayden Lake, ID 83835 (208) 772-9450	Eric Guest 44861 SE Highway 26 Sandy, OR 97055 (503) 668-4465	Jeff Erwin 422 Sherman St #101 Boise, ID 83703 (208) 344-6733
<u>Northwest Zone Rep</u>	<u>Utah</u>	<u>Montana</u>
Elin Zander S 13927 Traver Lane Valleyford, WA 99036 (509) 448-5250	Annette Taylor 1709 E 1700 Street Salt Lk. City, UT 84108 (801) 467-8713	Steve Holloway 232 S 6th Street E Missoula, MT 59801 (406) 542-0535
<u>Alaska</u>	<u>British Columbia</u>	
Ed Cronick 7851 Alatna Avenue Anchorage, AK 99516 (907) 345-4228	Mary Lou Monteith 2363 Seine Road Duncan B.C. V9L3B2 (604) 748-0527/FAX (604) 748-0517	

1996 USMS Convention Report Orlando, Florida, September 11-15

Compiled by the PNA delegation: Phyllis Gill (PNA Delegate, member Rule Book & Fitness Committees), Steve Peterson (PNA Delegate), Jeanne Ensign (Chairman Finance Committee), Jan Kavadas (member Rules & Officials Committees) Hugh Moore (Chairman Officials Committee), Frank Newquist (At-large Delegate, member Finance Committee), and Walt Reid (Chairman Records & Tabulation Committee).

Significant Items: Upcoming Nationals: 1997 SC Federal Way May 15-18; 1997 LC Orlando, FL August 14-18; 1998 SC Indianapolis, IN May; 1998 LC FT. Lauderdale, FL August 20-23. Orlando will use a five day format with 800 Free on Thursday & 1500 on Monday. You may swim both the 800 & 1500. 1997 SC Zone meet will be in Boise. FINA will not accept World Records swum at USS meets. A USMS web site is located at www.usms.org. After many years of service to USMS, Dot Donnelly is retiring at the end of this year. Tracy Grilli was selected as our new National Executive Secretary.

Championships: The proposed awards for Federal Way were accepted. Plaques will be given to all participants. Bars signifying 1st through 10th place will be given for each event. Banners will be presented for team awards. National qualifying times will be in effect. New relay check-in procedures will be used. Warm-Up lanes will be controlled so that they are "graded" by speed.

Coaches: Coach of the Year for 1996 is Mo Chambers from Los Altos. Six Coaches Mentor Clinics were held during the past year, with the first and largest at the Samena Club in Bellevue. The USMS Video Library has 29 tapes available. If interested contact Maxine Nellen at 3090 N Wading River RD, Wading River, NY 11792. A book library is also being established. For more information on the libraries, visit the USMS web site.

Convention: 171 delegates attended. Future Conventions: 1997 Burlingame, CA; 1998 Cincinnati, OH; 1999 San Diego, CA.

Fitness: Three fitness events will be held in 1997: Fitness Check-off Challenge (T-shirt supplied that you can check off each event you swim), Postal Pentathlon, and Club Fitness Event (club sets cumulative distance goal and tracks it on map).

Insurance: Peak Insurance Group was selected by the unanimous vote of the Insurance committee to continue to serve as the insurance broker for USMS. Our premium has been reduced

by 5%. Insurance coverage applies during workouts as long as the workout is supervised by a coach and all swimmers are registered.

International: The 1997 Pan Pacific Championships will be in Maui, HI, June 23rd-29th. Meet information will be available in October. The meet will be limited to the first 10,000 splashes entered. 1998 Nike World Masters games will be held in Portland, Oregon in August. 1998 World Masters Championships are scheduled for Casablanca, Morocco.

Long Distance: The following championships were awarded: One Hour Postal -DC Masters; 5 & 10 K -Inland Empire; 3000 yd postal swim-Adirondack; One Mile open water -Greenwich Swim Committee (July); 1 to 3 mile open water -Sierra Nevada (August 8), 2 mile cable swim Dunwoody Aquatic Masters (June 13); 3 to 6 mile Dunwoody Aquatic Club (Sept. 12); > 6 mile open water -Santa Cruz Masters (August 1).

Marketing: USMS receives \$10 for each person who signs up for the USMS MBNA credit card program. All members should be strongly urged to apply, since there is potential \$300,000 income if all members subscribed. The Finals provides awards for the USMS all-star Team. Kast-a-Way (swim shop), Competitor, and Powerbar are currently National Sponsors and deserve our support. Anyone using the USMS logo should receive permission from the National Office.

Officials: The Officials Certification Manual has been distributed to those LMSCs who have expressed interest in certifying officials. The committee established a goal of requiring all officials to be certified or in training in four years. The committee will continue to distribute a quarterly newsletter. The committee will continue to submit articles to SWIM magazine.

Planning: An ad hoc committee will be formed to work on details for a potential National Executive Director (business manager). A USMS Home page has been established. For those who want to surf it is located at: www.usms.org. Registration retention is up to 67%.

Records and Tabulation: The committee approved putting all USMS records, top ten, and All-Americans on the web. The subscriptions for the top ten will still be available.

Registration: A revised registration computer program that will enable use into the next century is being created. Diane and Bill Black will continue as National Registrars.

Rule Book: Ten designs for the 1997 Rule Book cover were submitted. A design by Graphics Services of Tampa that depicts a swimmer going off the blocks was selected. Gateway Printing (Gene Donner) was selected to print the new book. The rule book will be dedicated to Jack Geoghegan who is retiring as USMS Legal Counsel after many years of service.

Sports Medicine: David Costill resigned as chairman of the committee. The committee will continue to provide articles for SWIM magazine. A number of potential subjects were discussed. A Sports Medicine lecture will be arranged for the 1997 convention. The committee will investigate setting up swim camps.

Zone: The procedures to be used for next years nomination and election of officers have been determined. Nominations for officers are due February 28th. The Zone committee will select two candidates for each office by August 1st. For Zone Committee Chair, each zone can nominate one candidate prior to August 1st.

Executive Committee: A swimmer who falsified his birthdate by one year has been suspended for two years. The swimmer has established numerous records, which will be removed. The suspension will be one year currently and the second year when the swimmer next ages-up. USMS President, Mel Goldstein, will write letters of apology to all swimmers who should have received the records and All-American recognition.

Rules: Changes to USMS Rules: The Referee must be certified (at least as Stroke and Turn Judge). A meet bidder may bid for a five day meet for National Championships.

Awards and Recognition: LMSCs are encouraged to nominate volunteers for the Presidential Service Awards. Ian Thompson was recognized last year.

Finance: The 1997 budget of \$627,476 (revenues) and \$621,471 (expenditures) was approved. Club fees will increase to \$20 annually.

How Rolling Can Increase Swimming Speed (Ernest Maglischo) -

- 1) By placing the arms in better position to deliver propulsive force
- 2) By allowing diagonal kicking, which helps stabilize the trunk during alternating arm movements
- 3) By minimizing lateral movements of the trunk and excessive lateral movements of the legs

MASTERS CLINIC FOR COACHES AND SWIMMERS

November 23, 1996

Tualatin Hills Recreation Center - S.W. 158th & Walker Road - Beaverton, Oregon

FEATURING :

MIKE COLLINS, RON MARCIKIC ("SICKIE"), AND ROCH FREY

- Mike is the head coach of Davis Aquatic Masters, the largest masters program in the US and is currently the President of MACA (Masters Aquatics Coaches Association) and the Chair of the USMS Coaches Committee.
- "Sickie" is the head coach of UCSD masters, a 300 person club who coaches Mark Allen, Scott Tinley, and several other internationally renowned athletes. His program has been featured in swim magazine and fitness swimmer.
- Roch is a former professional triathlete who is the head coach of the UCSD Masters Triathlon program, one of the nations finest. They will be speaking at the mentor coaches clinic as well as working with swimmers and coaches during the swimmers clinics.

Cost ** : \$20/session, 2 sessions for \$35

Session I - "Mentor Coaches Clinic" 8:30am-12:00 noon cost: \$20
(includes ASCA's "MASTER'S SCHOOL" textbook)

Building a program · Seasonal planning

Making your workouts fun, keeping them fun and useful

Starting with a plan, or how to make your workouts count

Triathletes, where they fit in your program, and their special needs

Responsibilities of coaches throughout clinic

Roundtable discussion with all speakers on issues related to Masters swimming

(Coaches will be requested to help out during the Swimmers clinics-

if you're not helping, then you're taking the clinic! Lunch for coaches will be provided)

Session II - "Freestyle/Backstroke Clinic" 1:00pm-5:00pm cost: \$20

Session will include the following:

2 video sessions (before and after drill work)

Classroom lecture on principles of freestyle propulsion, common faults and corrections.

Pool time: Freestyle drill progressions working with all coaches

We expect a coach to swimmer ratio not to exceed 1:10

"Triathlon Training"- Classroom lectures :

Balancing your training,

Seasonal planning: how much/when?

Equipment discussion: Bikes, wetsuits, etc.

Return this lower portion

Name _____ Age _____

Address _____ phone _____

Number of sessions attending: (1) (2) Clinic sessions (please circle) I II

Are you a swim coach? (Y) (N) Will you be helping out in the swimmers clinic (Y) (N)

1996 USMS Registration # _____ Total enclosed _____

Please send your completed form to: (checks payable to Tualatin Hills Barracudas)

Chris Perret- Tualatin Hills Barracudas 17072 SW Ivy Glenn St. Aloha OR. 97007

** must be a member of USMS (United States Masters Swimming)...a 1 day USMS membership will be available for \$15.00 at the clinic.

There Is Such A Thing As A Free(style) Lunch

How to get a good workout during your lunch break

By Dan Frost

All of us have our favorite time of the day to go to the pool and enjoy a good swim. It is certainly nice to go whenever we like. However, many of us have other little things in life like jobs, families, and Monday Night Football that take precedence over swimming. That means most of us can only dive into our favorite pool either before the rooster crows or after the evening rush hour.

This is perhaps why swimming during the lunch hour is becoming more popular. Squeezing a swim into your workday frees up those early mornings and late evenings for other endeavors. Plus, a midday swim can help refresh your mind and body for the remainder of the afternoon. If you have the time, as well as a convenient pool or health club nearby, a swim at noon can be a great break.

Before diving into these midday workouts, be very sure that the time you spend at the pool will not have a negative effect on your job. Don't put your career in jeopardy by taking extra-long breaks or by returning to work so exhausted that you can't function. You should be safe if you follow these three simple guidelines:

1. Get your supervisor's permission.
2. If it takes more than a 10 minute journey to the pool from your workplace, it's not worth the effort.
3. Don't take your beeper into the water with you.

Now for the workout. What should you do in order to get a meaningful workout with the limited time available? Again, there are a couple of guidelines which, when you think about it, are true for any length of workout. These guidelines take on some added significance when your time in the pool is short.

First, no matter what else you do, get a *sufficient warmdown* at the end of your workout. Allot yourself the opportunity to give your heart, lungs, and muscles a chance to recover. Let your body relax before heading back to the stressful grind of the office.

The second guideline is about as important as the first. No matter what else you *now* do, get a *sufficient warmup* when you start. This is a good chance to loosen up and prepare for some quality swimming. Relax, put the worries of the office in the back of your mind, and think about stroking with a gentle cadence and good form.

What about the main set? For a midday workout, a main set is going to be fairly individualized. What you can do is probably limited by a number of factors: Time, traffic in your lane, and your strengths are just a few factors. It also depends (I'm talking now to the borderline masochists) on whether you swam with your masters team at 5:00 A.M. that morning or plan on swimming again in the evening. The rest is up to you. Here are some suggestions...

- Perhaps you don't even have the time to do a main set between the time to warm up and warm down. That is perfectly O.K. You still got out of the office, got your blood flowing, and did something good.
- You may have been introduced to a new technique or drill during you last masters workout. Or, you may have attempted a new workout set. How about working on it here?
- Long freestyle may be the best bet for most. Especially if you plan to swim in the evening, or still have a busy half-day of work waiting, you can get your heart working and still save some energy for the home and office. Of course, if you can handle mixing in some 200 flies and 50 sprints, go for it!

A well planned midday workout can refresh you and energize you for the rest of the day. Once you've hit the showers and chowed down at your favorite fast-food place (How can you feel guilty after just working out?), go forth and seize the day!

Oregon Masters Swimming Short Course Meters Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, INC. Sanction #376-12

ELIGIBILITY: Currently registered USMS swimmers, 19 years and older.

Unregistered swimmers must submit a 1996 registration form and fee with this form.

Oregon City Short Course Meters Meet DATE: DEC 15, 1996

Place: Oregon City Municipal Pool
1211 Jackson Street
5 lanes competition - electronic timing
1 lane continous warm up/down

WARM-UPS: 7:00 a.m.
MEET STARTS: 8:00 a.m.

Host: Oregon City Swim Team Meet Director: Tim Waud phone: 503-656-2661 w 503-655-7131 h
Directions to Oregon City pool: Take I-205 North or South to Park Place exit. Go West on Hwy 213. Take right at Washington St. and continue approx one (1) mile to 12th Street. Go left at 12th Street up to Jackson St.

ENTRY DEADLINE : POSTMARKED NO LATER THAN Dec. 7th, 1996

All entrants MUST submit a PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD OR FORM WITH THIS ENTRY.

FILL IN COMPLETELY-----<-----RETURN THIS LOWER PORTION-----<-----FILL IN COMPLETELY

NAME _____ 1996 USMS # _____
ADDRESS _____ CITY _____ STATE _____ ZIP _____
PHONE _____ BIRTHDATE _____ AGE _____ SEX _____
CLUB (OMS, PNA, IEM, Snake, etc.) _____ Age Groups: 19-24, 25-29, 30-34 etc up to 95+. Relay age

groups: 67-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359. **You may enter a maximum of 5 individual events plus 4 relays.** Enter relays at the meet. The 400 I.M., 400 and 1500 Freestyles will be deckseeded and all events will be seeded SLOW TO FAST.

SATURDAY DEC 9

400 I.M. (1) _____ : _____ . _____
1500 FREE (2) _____ : _____ . _____
BREAK BREAK BREAK
FREE RELAY (3 / 4) XXXXXXXXXXXXXXX
50 FREE (5) _____ : _____ . _____
100 BREAST (6) _____ : _____ . _____
200 BACK (7) _____ : _____ . _____
50 FLY (8) _____ : _____ . _____
200 I.M. (9) _____ : _____ . _____
MIXED FR RLY (10) XXXXXXXXXXXXXXX
BREAK BREAK BREAK
100 FREE (11) _____ : _____ . _____

200 BREAST (12) _____ : _____ . _____
50 BACK (13) _____ : _____ . _____
100 FLY (14) _____ : _____ . _____
MEDLEY RLY (15/16) XXXXXXXXXXXXXXX
BREAK BREAK BREAK
200 FREE (17) _____ : _____ . _____
50 BREAST (18) _____ : _____ . _____
100 BACK (19) _____ : _____ . _____
200 FLY (20) _____ : _____ . _____
100 I.M. (21) _____ : _____ . _____
MXD MED RLY (22) XXXXXXXXXXXXXXX
BREAK BREAK BREAK
400 FREE (23) _____ : _____ . _____

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 of 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 _____

ENTRY FEE: \$9.00 Make checks payable to: OREGON MASTERS SWIMMING
Mail form(s) and fee(s) to: Suzanne Rague 935 N.W. 170 Place Beaverton, OR 97006

MAKE A COPY OF YOUR COMPLETED ENTRY FORM FOR YOUR RECORDS

Post meet Social @ Tim Waud's House...get directions and details at meet.

Minutes of the PNA Board Meeting
September 24, 1996

The Meeting was called to order at 7:10 P.M. by President Jane Moore at the 320th Library in Federal Way. Present were Deborah Bagg, Jane Moore, Hugh Moore, Jeanne Ensign, Jan Kavadas, Frank Newquist, Steve Peterson, Linda Sullivan, Suzanne Dills, Tammi Keeler, Tom Foley, and Suzie Ness. Teams represented were SSEA, FWM, GLAD, OOPS, BAC, Tigers, and Orca.

MINUTES: The August minutes were MSA'd as submitted.

TREASURER'S REPORT/FINANCE COMMITTEE: Tammi Keeler's report was MSA'd as submitted. The PNA balance is \$5676.73, and the Wiggin Fund balance is \$2289.34. It was MSA'd to waive the meet fee that the Orca team owes PNA.

COMMITTEE REPORTS:

A. Meets -- Suzie Ness.

- The date for the Orca meet has been changed from March 22 to March 15, 1997.

- The November Queen Anne meet has been cancelled.

- The dates for the PNA Champs meet have been confirmed as February 14-16.

- PNA is sponsoring next year's 3,000 Postal Championship meet, which takes place between September 1 and November 30, 1997. Jane and Hugh are looking for volunteers to direct and coordinate this meet.

B. Membership -- Suzanne Dills.

- Kal has prepared a membership renewal application form. These will be mailed out after Election Day, November 5, 1996. They should be returned before January 1, 1997, to insure uninterrupted delivery of Swim Magazine.

- PNA membership is 696.

- Suzanne will send a team listing to team representatives for updating.

- It was noted that teams will need to register earlier than usual, in order to compete at PNA Champs. The PNA team registration fee is \$10.

C. Records/Top Ten -- No report.

D. Publicity -- No report.

E. Newsletter -- No report.

F. Awards -- No report.

G. Social -- Linda Sullivan.

- Linda has been looking into sites for a PNA 25th anniversary banquet in the summer of 1997. After a discussion of locations and prices, Tom Foley suggested a potluck at the King County Aquatic Center, on a Friday evening or a Sunday afternoon. Linda will explore this option.

H. Officiating -- Jan Kavadas.

- There were no rules changes at Convention that affect strokes. The adapted swimming rules adopted by USMS last year were adopted at Convention.

- Certification clinics will be held in October and November.

I. Fitness -- No report.

J. Computer Applications -- Steve Peterson.

- Steve is still looking into options for a low-cost or no-cost Internet service provider for a PNA home page on the World Wide Web.

- The USMS home page can be found at <http://www.usms.org>.

- The Swimmer's Guide On-Line can be found at lornet.com/~SGOL.

K. Constitution and By-Laws -- Hugh Moore.

- Hugh has gone over the meet director's packet, to make sure the information included is consistent with PNA policies. He will give all of this information to Suzie Ness.

- It was decided to strike the \$1 additional surcharge for a multi-day meet.

OLD BUSINESS:

A. 1997 Short Course National

Championships -- Jane passed around a copy of the Nationals meet logo. There will be a meeting of the Nationals Planning Committee on Saturday, September 28.

The committee is still in need of a volunteer coordinator.

B. 1996 USMS Convention Report -- Hugh distributed copies of the report he wrote about Convention. The other attendees will provide amendments and corrections, and the full report will be in the Wet-Set. There were no significant rules changes at Convention.

NEW BUSINESS:

- The Board needs to select 3 members before November 1st to serve as a nominating committee for next year's Board Officers election.

NEXT MEETINGS:

Tuesday, October 22, Green Lake Community Center.

Tuesday, December 10, Tacoma YMCA

Tuesday, January 28

The meeting was adjourned at 8:40 P.M.

Respectfully submitted,

Deborah L. Bagg, Secretary



HAPPY BIRTHDAY - PNA SWIMMERS

- | | |
|-------------------------|----------------------------|
| 11/17 Michael Kenny | 11/30 Shirley Kolm |
| 11/17 Scott Furrer | 11/30 Francine Harmeson |
| 11/18 Mark Ellis | 11/30 Sachin Kukreja |
| 11/19 Karl Jeffers | 12/01 Cathy Fritchen |
| 11/21 Dana Cox | 12/01 Margaret Bay |
| 11/22 Matthew Palmer | 12/01 Malia Chong |
| 11/22 Jeff Vittone | 12/02 Carolyn Ackerley |
| 11/23 Nick LeClercq | 12/04 Peter Stekel |
| 11/24 Mary Ellen Nourse | 12/05 Mark Aarstol |
| 11/24 Debbie Glassman | 12/06 Geoff Wilwerding |
| 11/25 D. Kiko VanZandt | 12/07 Everett Mc Cooy |
| 11/25 Peter Liekkio | 12/07 Peter Jones |
| 11/25 Marcus Fairbanks | 12/08 James Walters |
| 11/26 Thomas Quann | 12/08 John Bryant |
| 11/26 Sherry VanSant | 12/08 Kevin Lyon |
| 11/26 Shelley Hall | 12/09 Dan Nellis |
| 11/26 Paul Clements | 12/09 Cliff Bunch |
| 11/26 Michelle Wiens | 12/09 Megan Berger |
| 11/27 Linda Mariz | 12/11 Alan Harrison |
| 11/27 David Schulz | 12/12 Maria Driano |
| 11/28 Joan Adkisson | 12/13 Frank Newquist |
| 11/29 Mark Adams | 12/14 David Geisheker |
| 11/29 Cameron Dinkel | 12/14 Sally MacLaren-Meuer |
| 11/29 Liz McCormack | 12/15 Paul Stoermer |
| 11/29 Sally Culverwell | 12/15 Leeann McGhie |
| 11/30 Andrea Powers | 12/15 Lysle Wilherni |
| 11/30 Colin Mailer | 12/15 Anthony Jones |



WELCOME TO THE PNA

*The Following Swimmers Have
Joined PNA In The Last Month*

*Mark Adams, David Arnold, Julia Bent,
John Berry, Dave Brandland, Laura Cirves,
John Crowley, Andrew Epperson, Marilyn
Fillee, C. Glass, George Gonzalez, Barbara
Harrington, Charles Henshall, Daniel
Kolton, Karen Kowalchuk, Jennifer Leong,
Marcke Lhyle, Renee Mauche, Brenda
Nixdorf, and James Stretch.*

(Continued from page 1)

The Coaches and Swimmers Clinic in Oregon is another of the USMS Mentor's clinics. If you haven't attended one of these, I would strongly urge you to go because these are excellent clinics. The clinic held by the PNA got rave reviews. Look for information in this issue.

For information on the November 3rd, Winskill Otters Meet, contact Julie Jones at:
4948 11A Avenue
Delta, B.C. V4M 1Z4
(604-943-6561)

This meet will be held on Nov. 3rd at 11:00 am at the Winskill Aquatic Centre, 5575 9th Avenue, Tsawwassen, B.C. (604-943-1151)

For information on the Nanaimo Ebbtides Swim Meet contact Sunny Runnells at:
7532 Lantzville Road
Lantzville, B.C. VOR 2H0
(604-390-2164)

This meet will be held on Nov. 23rd at noon at Beban Pool, 2300 Bowen Road, Nanaimo B.C. (604-756-5200).

Hope to see you all at the Oak Harbor meet and at the new venue in Bellingham in December.

IMPORTANT!! Bulk Mail is NOT Forwarded!! Change of Address

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

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 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.

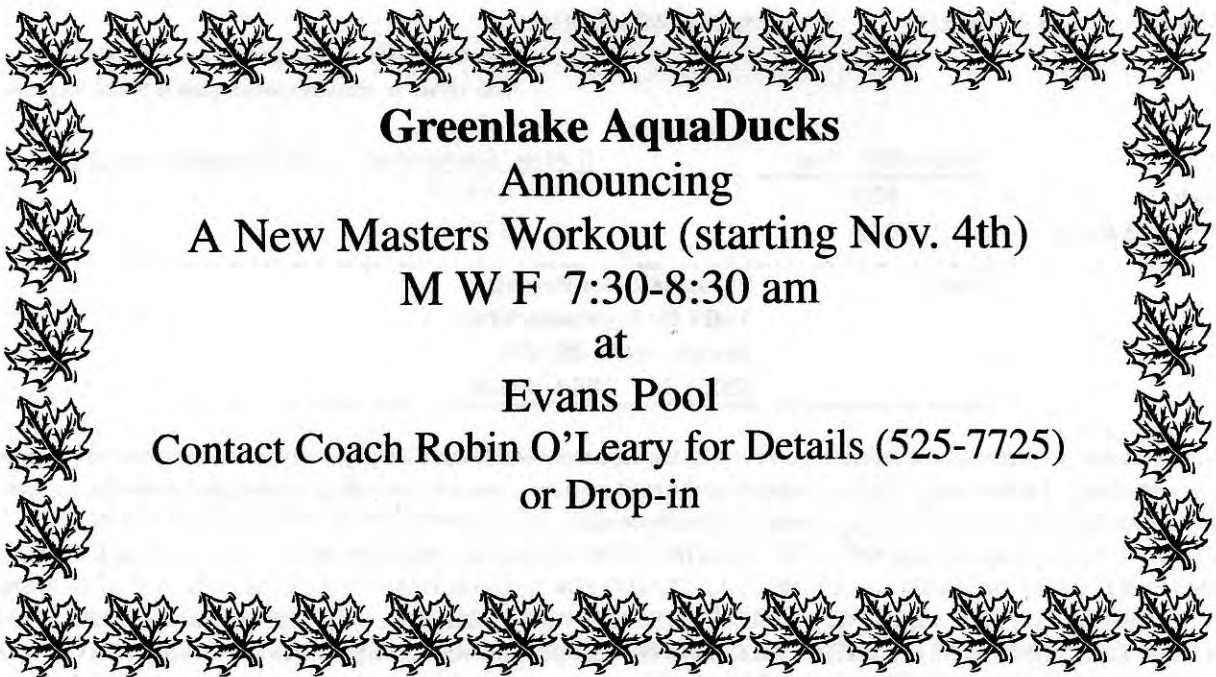
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Contact Coach Robin O'Leary for Details (525-7725)
or Drop-in