

The WetSet



Volume 16 Issue 11

November 1997

President's Letter

Dear Swimmers:

Welcome to the start of another swim season. The first meet in this area is coming up soon at Oak Harbor. I hope to see both new and familiar faces there.

Ten delegates from PNA recently attended the USMS Convention. Look for the Convention Report and a great article from first time attendee Dan Frost elsewhere in this newsletter.

The Sports Medicine Workshop presentations were quite interesting and informative. The first topic was reducing active drag presented by Jane Cappeart, Director of Biomechanics for US Swimming. Studies of swimmers at the US Olympic Trials from 1972 through 1996 revealed that as swim velocity increases, stroke cycle rate decreases and distance per stroke increases. Therefore, top swimmers are swimming faster with a longer distance per stroke. This could be due to an increase in propulsive force against the water or to a decrease in water resistance. Faster swimmers were found to have lower propulsive force or power than slower swimmers. Faster swimmers also had the best body position, with shoulders and hips rolling together. Slower swimmers often had shoulders and hips rotating in opposite directions and had more lateral movement. Elite athletes had lower than predicted active drag at high swimming speeds.

Active drag can be changed by changing body position. This will increase swimming speed. A swimmer can monitor changes in velocity by comparing the time for swimming a particular distance (10-25 yards) with the time for the same distance swum while dragging a weighted bucket, a wind sock, or a funnel. A large difference in the two times indicates a low amount of drag in normal swimming. A small difference indi-

cates high drag in normal swimming. Improved body position and decreased drag will be apparent by increased differences between the two trials.

The second presentation on monitoring training adaptation was presented by Jaci van Heest, US Swimming Director of Exercise Physiology. Training overload produces adaptation and improved performance. Overreaching and overtraining cause maladaptation and lead to the overtraining syndrome with staleness, burnout, etc. Athletes' responses to training are affected by psychological factors, physical factors, and performance factors. Training protocols should be developed for each individual athlete and should include rest time to allow recovery for superadaptation and greater improvements. The key to avoidance of overtraining is regular testing at regular intervals. Subjective data noted by athletes correlates well with laboratory data. She suggested that each athlete keep a daily log noting hours of sleep, quality of sleep (disturbed, insomnia, normal), appetite (normal, increased, decreased), injury status (none, mild, moderate, severe), illness status (none, mild, moderate, severe), and overall feeling (excellent, good, OK, fair, terrible). If possible, iron and ferritin levels (blood tests) can be followed. These levels drop with overtraining. With proper training throughout an entire season, an athlete should not need a long taper to recover for a big meet. There should be no maladaptations to recover from.

I hope you find this information interesting and helpful. I'll try to get some more detail and references for these topics in the next few months. USMS has

several national sponsors. We should all try to support the sponsors so they will continue their support of Masters swimming. National sponsors include MBNA Master Card, Kast-a-Way, Competitor Swim Products, Power Bar, Pfizer, Ultra-swim, Alamo Rental Car, and Quest International. USMS has a phone card program. I have these available if anyone is interested. They are activated by a phone call to purchase time by a charge to a credit card. The phone card is then used. The rate is 30 cents per minute. USMS and your club share a 16.5% rebate on the amount used.

Internet access is also available at a special rate for USMS members through MindSpring, a highly rated service provider. Startup fee is \$10 and includes 30 days of free, unlimited access. This is a savings of \$15. Several plans are available with prices ranging from \$6.95 to \$26.95 per month. I have further information on that as well. Leave me a message at 253-925-0803 (or e-mail to swim-jane@usms.org) with your address if you would like more information, and I will send it to you.

See you at Oak Harbor.

Jane Moore



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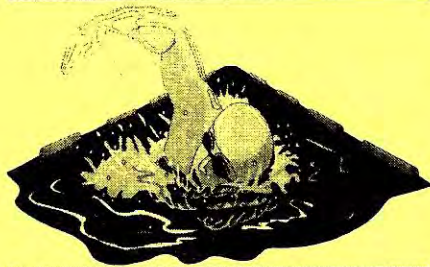
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United States Masters Swimming, Inc. is now, as it always has been, concerned for the safety and health of its members. It will continue to disseminate such information concerning swimming safety and health as comes to its attention. However, United States Masters Swimming cannot and does not accept responsibility for the content of any information or material not authored by United States Masters Swimming, Inc. All opinions stated in any such material are solely those of the author(s) and not necessarily those of United States Masters Swimming, Inc.

1997/1998 MEET SCHEDULE

PNA Meets

<u>Date</u>	<u>Event</u>	<u>Location</u>
Nov 15-16	SCM	NW Zone Championships - Oak Harbor
Dec 14	SCY	Bellingham Aquatic Center - Bellingham
Mar 22	SCY	Helene Madison Pool - Seattle

Oregon

Dec 7	SCM	Oregon City (Tim Waud (503) 655-7131)
Jan 31	SCY	Echo Hollow Pool - Eugene (Lynda Christiansen (541) 687-8379)
Apr 3-5	SCY	Oregon Masters Champs - Corvallis (Pat Allender (541) 753-5681)

Inland Empire

Nov 8-9	SCY	Coeur d'Alene (Diana Leake (208) 263-3976)
Dec 6-7	SCM	Sandpoint (Diana Leake)
Jan 10-11	SCY	Spokane (Diana Leake)
Feb 7-8	SCM	Fairchild AFB, Spokane (Diana Leake)
Mar 21-22	SCY	Inland NW Champs, Spokane (Diana Leake)

Alaska

Dec 13	SCM	Bartlett Pool, Anchorage (Joanne Wainwright (907) 262-5308)
Feb 13-14	SCY	Alaska State Champs, Anchorage (Joanne Wainwright)

British Columbia/Canada

Nov 22	SCM	Nanaimo, BC (Sunny Runnells (250) 390-2164)
Jan 25	SCM	Cowichan, BC (Nancy Hamilton (250) 746-0450)
Feb 22	SCM	Victoria, BC (Leon Plitano (250) 478-3379)
Mar 22	SCM	Delta, BC (Brian Johnston (604) 591-8357)

National/International

Jan 1-31		One Hour Postal Championship (Joann Stewart (703) 354-2130)
Feb 21-22		Senior Games, Palm Springs, California (Ben Green (760) 323-5689)
April 1988		YMCA Masters Championships, Ft. Lauderdale, Florida
May 7-10	SCY	USMS SCY Champs, Indianapolis (Judy Goldstein (317) 253-8289)
May 16-18	LCM	Canadian National Champs, Edmonton, Al. (A. Looye (430)489-3638)
June 19-26	LCM	World Masters Championships, Casablanca, Morocco
Aug 20-23	LCM	USMS LCM Champs, Ft. Lauderdale (Stu Marvin (954) 468-1580)
Aug 10-15	LCM	Nike World Masters Games - Portland, Oregon (Sandi Rousseau)
Sep 1988		USMS Convention, Cincinnati, Ohio

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Visit the PNA Web Site created by Dan Frost at:
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What is a USMS Convention? And what do you need to know about it?

By Dan Frost

Every so often, I look back at some of my articles that have been published in the *WetSet*. Sometimes, I am trying to think of new article ideas. Sometimes, I am trying to remember (and follow) the advice I have given. And sometimes, I am critiquing my work...for I have my favorite articles, those that I think were "just O.K.," and a few that I almost wish that I could have taken back. One of the latter was the article published in September, *Where Have All the Masters Gone?* It was an article intended to encourage excellent service in the organization and operation of Masters swimming as a whole. What I did not take into account was amount of volunteer time and effort that is required to maintain such a level of service. U.S. Masters Swimming (USMS) is operated at every level (national, regional, and local) entirely by unpaid volunteers (except for one paid secretary...someone has to run the office all the time). And while there is always room for improvement, each facet of USMS is limited in its abilities by the amount of volunteer effort placed into it.

Armed with that knowledge, I recently attended the annual USMS convention a wiser person about how USMS operates. The convention is the place where much of the business of Masters swimming takes place. In some ways, the USMS convention is similar to the conventions that the Democrats and Republicans hold every four years: The delegates come from all across the nation and from various backgrounds (swim coaches, pool administrators, regional officers, and common swimmers to name a few). We choose who will lead us (national officers), and we decide on what "direction" the organization should take until the next convention.

The USMS convention is also the busiest time for the national committees. There are over 20 committees in USMS. There is one committee that oversees the running of the national championship meets. Another manages fitness swimming activities. There are also committees dedicated to the efforts of coaches and officials, and so on. Most of the committees have ongoing work that continues throughout the year, but all of them work feverishly for two days during the convention. When you read the convention report in the *WetSet*, be assured that there was tremendous effort going into all the work by each national committee.

After those two days of committee work, all the delegates meet on the third day to conduct business for USMS as a whole. Just as Congress has a House of Representatives with members and committees, USMS likewise has a House of Delegates. The delegates hear the reports from the various committees, and then take action on various issues. This year, legislative changes to the rules (as opposed to technical swimming rules) were considered, though some "emergency" technical rule changes were considered as well. Bids for 1999 national championship events were awarded, and a budget was adopted.

On top of it all, the delegates participated in various workshops and presentations concerning various aspects of Masters swimming, including sports medicine and open water swimming. The convention was also held in conjunction with the conventions of other aquatic sports like youth/Olympic swimming, diving, water polo and synchronized swimming, providing delegates a chance to meet Olympic medalists and other talented athletes and coaches. Finally, what would a gathering of Masters swimmers be without a daily morning workout? Many delegates began their days this way, and the workouts were tough!

So, what do you need to know about what happened at the convention? First, USMS is in good hands. The newly elected president and vice president, Nancy Ridout and Jack Geoghegan, are extremely well qualified to hold their new posts. PNA's own Jeanne Ensign was elected as treasurer, and Hugh Moore was selected to be the chairman of the Zone committee, the highest-ranking standing committee in USMS. As such, Jeanne and Hugh will serve with Nancy and Jack on the governing Executive committee.

The delegates also felt an underlying need to improve as a *member-focused* service organization. A survey of delegates showed that many felt it most important to retain members, support and acknowledge fitness swimmers and "middle-of-the-pack" swimmers, promote Masters swimming more in the media, and attract, motivate, and retain coaches and volunteers. Many recognized the value of coaches as both excellent sources of technical knowledge and as the key to strong local Masters programs. The delegates also seriously considered adding an additional paid employee, an Executive Director, to facilitate increased growth beyond the capabilities of volunteers.

There was also increased emphasis expressed by the delegates in three areas. One was the marketing programs in place with various companies like Alamo Rent-a-Car, MBNA credit cards, and others. Another area of emphasis was in the realm of safety education, where a standing committee was created for that purpose. The expanded use of the Internet was also addressed, and the temporary committee charged with the management of the USMS website was given permanent status.

Although this year's convention is now over, the work of the committees continue for another year. If you have ideas about improving the quality of Masters swimming in your region or nationally, or if you want to contribute your knowledge, time and effort, or if you are interested in attending next year's convention, please talk with your Masters team representative or coach, or come to a PNA board meeting, or write to the USMS national office.

1997 USMS CONVENTION REPORT
Burlingame, California September 24-28

Submitted by PNA attendees Lee Carlson, Kathy Casey, Jeanne Ensign, Dan Frost, Jan Kavadas, Hugh Moore, Jane Moore, Frank Newquist, Steve Peterson, and Walt Reid.

CONVENTION HIGHLIGHTS: Two PNA members are now on the USMS Executive Committee. Jeanne Ensign was elected USMS Treasurer and Hugh Moore was elected USMS Zone Committee Chair. National Championship meets were awarded to: Santa Clara, California, Short Course, May 6-9 or May 13-17, 1999; and Minneapolis, Minnesota, Long Course, August 19-23, 1999. PNA will be "host" to the 1999 5K/10K Postal National Championship. 194 delegates registered for this year's convention.

ELECTION OF NATIONAL OFFICERS: The newly elected Executive Board members and their LMSCs are:

President	Nancy Ridout	Pacific
Vice President	Jack Geoghagan	Connecticut
Secretary	Betsy Durrant	Virginia
Treasurer	Jeanne Ensign	Pacific Northwest
Zone Chairman	Hugh Moore	Pacific Northwest

Other Executive Board members include:

Past President	Mel Goldstein	Indiana
Legal Counsel	Jeanne Crouse	Potomac Valley

NORTHWEST ZONE MEETING: Dave Radcliff from Oregon is our new Zone Representative. The 1997-8 USMS Coaches Mentor Clinic will be held in Boise (Snake River). Zone funding of \$400 will be available to help with costs for coaches from Utah, Montana, and Inland Northwest. Zone Championship meets for 1998 will be Short Course Yards - Oregon and Long Course - PNA. Bids for 1998 Short Course Meters Zone Champs will be solicited in early 1998.

CHAMPIONSHIP COMMITTEE: PNA received high ratings for its National Short Course Championship meet last May. An alternate schedule of events for long course nationals in Ft. Lauderdale, Florida, (August, 1998) allowing competitors to swim both distance events was approved. A change to Rule 104.5.3B will be proposed to accommodate relays "of each distance offered." The committee discussed operational details for the conduct of the 1998 meets, and they will recommend "diving over" starts to LC meet directors to expedite meets. Analyses of meet event orders and national qualifying times may result in rules changes next year.

COACHES COMMITTEE: Coach of the Year was Bonnie Adair from Southern Pacific. A book and video library is available for use by USMS swimmers and coaches. Underwater black and white video equipment can be rented from Paul Windrath (Minnesota). The cost of the USMS Coaches Manual (currently \$20.00) will increase to a price to be determined by the National Office which will take over production and distribution. Applications are being accepted for 1998 Coach & Swimmer Clinics (one per zone) to include \$500.00 seed money per clinic to offset some of the clinic expenses. USMS coaches should receive two mailings during the year regarding all the preceding information and the progress of current committee projects.

FINANCE COMMITTEE: The 1998 budget of \$658,540 (revenues) and \$652,321 (expenditures) was approved. The Financial Operating Guidelines were amended.

FITNESS COMMITTEE: The 1998 Fitness Events will be the Check Off Challenge and the Postal Pentathlon. Entry forms will be printed in *SWIM* magazine. One bid was received for 1999. Because of a lack of detail and possible profit to an individual, that event was not approved. The Fitness Program Award was given to Crawfish Masters February Fitness Challenge. A fitness package (assorted articles) is now in electronic format and will be added to the USMS web page, if possible. A Fitness Guide for LMSCs is being developed. It will contain information on the role of the LMSC Fitness Chair, qualifications for the job, definition of the fitness swimmer, communication, and fitness events.

INSURANCE COMMITTEE: Service and cost were good enough to warrant renewal with Peak Insurance without competitive bidding. General and Excess Liability coverage will be provided by Fireman's Fund and Secondary Accident by Tierney, Seaborg, and Stagg. While there were no claims this year, claims should be submitted to establish safety records for swim venues. Peak presented a list of ten frequently asked questions with answers regarding USMS coverage.

INTERNATIONAL COMMITTEE: The recent Pan Pacific Championships in Maui, which was administered by this com-

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mittee, was discussed. From all indications it was a success. Australia has been asked to host the next one in 1999. Two FINA rule proposals were presented and approved by this committee. Change the butterfly stroke to alternate one arm stroke for each breaststroke kick (make it like our USMS rule) and to recognize the 400 free, 400 medley and 800 free relays. These rules will be presented to FINA and voted on at the FINA Masters Congress in Casablanca next June. The rule proposal to change the age determination method did not pass this committee. It was felt that it would be useless to present this because so many countries like the current FINA rule (age as of last day of the year).

LEGISLATION COMMITTEE: Several legislation proposals were approved. The Zone Chairman will be elected in even years by the House of Delegates. Inland Empire will change its name to Inland Northwest. Safety Education and Computer On-Line Committees will become standing committees rather than an ad hoc committees. Part Four of the rule book (athlete's rights, hearings, and appeals) was rewritten. Multiple changes to the Glossary and several housekeeping changes were approved. Proposals to change the term of national officers, to remove the position of controller, and to add an executive director were defeated.

LONG DISTANCE COMMITTEE: PNA was awarded the 5K/10K Postal National Championship (as we were the only bidder). Two rules change proposals were approved: The Long Distance All-American criteria were clarified so that only USMS registered swimmers may become All-Americans; and the area rotation for awarding Long Distance National Championship events was modified (beginning for the events to be held in 2000) in order to increase exposure. The Long Distance calendar of events will continue to list non-USMS sanctioned events, although known sanctioned events will be clearly marked.

MARKETING COMMITTEE: USMS has the following sponsors: MBNA USMS Master Card, USMS PrePay Phone Card, Competitor Swim Products, Kast-A-Way, Powerbar, Pfizer, Ultra Swim, Alamo Rental Car, and Quest International. There will be a Sponsor Value insert in the January Swim Magazine. The committee conducted a marketing survey to update statistics that can be used to attract sponsorship as well as members.

OFFICIALS COMMITTEE: The committee has been stressing communications with LMSCs. While most meets are well officiated, there are many that have an inadequate number of officials. Some meets still may not meet the minimum requirements. Based on data from Short Course Nationals, PNA Champs, and Pan Pacs, the most common DQs are early take-offs on relays and regular false starts. The Officials Certification Manual has been updated.

PLANNING COMMITTEE: The Planning Committee recommended to the House of Delegates a proposal from the Executive Committee for a salaried Executive Director. This was rejected by the House of Delegates. This issue will continue to be investigated. The results of the survey of delegates were presented. The USMS foundation has officially been put into place and is now able to accept bequests.

RECORDS/TABULATION COMMITTEE: Progress has been made to put more records and tabulations on the USMS web site. Currently the site includes the latest USMS National Records, a list of the USMS Individual All Americans, a list of the USMS Relay All Americans, and the Top 10 Tabulations going back to 1993. This committee continues to publish in paper form the USMS Top 10 which is available by subscription from the national office. Walt Reid announced that he will not seek another term as chairman of this committee.

REGISTRATION COMMITTEE: While a person can have only one USMS registration, there is nothing to prevent a foreign swimmer from holding an additional registration in his/her own country (per FINA rule). Traci Grilli, National Executive Secretary, will assume responsibility for compiling the LMSC Handbook. 1998 Registration cards (50,000) will be printed and mailed before the end of October. Two checkboxes will appear, to indicate desire to donate to the ISHOF (\$1) and/or the USMS Foundation. USMS currently donates 5 cents per swimmer to ISHOF. LMSCs and the National Registrars continue experiencing difficulties with software package incompatibilities (53 LMSCs using some 30 different programs), exacerbated by the slow migration from DOS to Windows 3.x to Windows 95. One-event registration shall remain an LMSC option. LMSCs should report "Masters 30-Day Try Out" waivers to limit a swimmer's use to once per year. Registration via the Internet will happen but not before payment, coordination, and security issues are worked out.

RULE BOOK COMMITTEE: There was really only one cover design submitted this year. We need to encourage more participation in this effort. This year's rule book will be dedicated to the USMS All-Americans from 1973 to the present. There was some discussion of a "mini-rule book" that would contain only the parts necessary to run a swim meet. This would be pocket size and would benefit the meet officials. More planning will be needed and a full report will be made at the next convention.

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RULES COMMITTEE: 101.5.1, page 17, of the Rule Book was changed as follows: "The forward start or the short course yard backstroke start shall be used." That will allow a swimmer to do a backstroke start in a freestyle event (some meet officials were not allowing swimmers to do a backstroke start if they planned to do backstroke during a freestyle event). That change will also appear in the "Differences Between USS and USMS Rules". None of the USS rule changes that affect the USMS Rule Book were rejected. The committee completed a set of instructions and a form to be made available for persons writing proposed rule changes.

SPORTS MEDICINE COMMITTEE: A member of this committee should be an active member of the USMS Foundation Committee (currently part of the Planning Committee). Complete, uncut versions (including references) of the articles that appear in *SWIM* magazine will appear on the USMS web page. A disclaimer will be developed to appear with them. The committee will exchange information related to our areas of expertise with other sports organizations. This will include publication of articles in other magazines.

RECOGNITION/AWARDS COMMITTEE: Kathy Casey will rewrite the instructions for nominating candidates for the Ransom J. Arthur award. A subcommittee will inspect damage to the permanent Ransom J. Arthur award at the International Swimming Hall of Fame and recommend repair or replacement of the award. All past Ransom J. Arthur award winners received newly designed lapel pins. Nine USMS Service Award winners were recognized at the House of Delegates meeting. A subcommittee (including Walt Reid) will design a USMS awards list recognizing all USMS award winners for the USMS web page.

SAFETY EDUCATION COMMITTEE: Conversion from an ad hoc to a standing committee was recommended and subsequently approved by the House of Delegates. A subcommittee will draft workout safety guidelines for the LMSC Handbook (workouts shouldn't have lower standards than do meets, particularly from the insurance coverage viewpoint). The committee will disseminate open water safety statistics and recommendations through *SWIM* magazine. Currently, only 40 LMSC Safety Coordinators are identified from the 53 LMSCs.

COMPUTER ON-LINE COMMITTEE: The committee will become a standing committee. You can visit the home page at <http://www.usms.org>. An average of approximately 200 people view the site daily. The most popular sections are results of national championships, calendar of events, places to swim, and training articles. Thirty LMSCs, including PNA, have web sites.

PLANNING WORKSHOP: (Facilitator Forum) USMS should view itself as a member-intimate service provider. Feeling good about ourselves when we climb out of the water is our product theme. USMS will grow if this message is the right one. The handout "USMS Planning Committee Survey Report" (Tom Lyndon, Betsy Durrant, Betsy Owens) identified the top 10 of 24 statements most agreed with by 135 '96 convention delegates; member retention and rank-and-file swimmer acknowledgment topped the list.

LMSC IDEA FORUM: Suzanne Rague spoke to "Management Techniques for Your LMSC." Elin Zander shared thoughts on "Special Challenges for Small LMSCs" (for example, how to encourage a swimmer whose nearest pool is 100 miles away?). Mike Collins presented energetic "Ideas that Work" through his handout "10 Tips to a More Successful Program" (ideas and philosophy from ten Masters coaches on how they enhance their programs). Scott Rabalais and Bob Kolonkowski conducted a point-counterpoint discussion of teams, LMSC-wide versus local.

ORGANIZING AN OPEN WATER SWIM WORKSHOP: Most important is to put on a quality event at a nice venue with food at the end and a good commemorative gift. An Open Water Swim Manual is available for \$7.00. Updates will be sent periodically.

SPORTS MEDICINE WORKSHOP: Presenters were from United States Swimming International Center for Aquatic Research. Jane Cappaert, Director of Biomechanics, discussed Reduction of Active Drag. Jaci van Heest, Director of Physiology, discussed Monitoring Training Adaptation. Both talks were interesting and entertaining.

HAPPY BIRTHDAY - PNA SWIMMERS

11/17 JASMINE BRYANT	11/29 LIZ MCCORMACK
11/17 CHERILYN GARCIA	11/30 COLIN MAILER
11/18 GEOFF BUTLER	11/30 ERIK YORK
11/18 MARK ELLIS	11/30 FRANCINE HARMESON
11/19 MICHAEL SCHAEFFER	11/30 SHIRLEY KOLM
11/19 KARL JEFFERS	11/30 SACHIN KUKREJA
11/20 CAROL JENDREZAK	12/01 CATHY FRITCHEN
11/20 DAVID TURNER	12/01 MARGARET BAY
11/21 KELLY DENGEL	12/03 TIM ROD
11/21 DANA COX	12/04 PETER STEKEL
11/21 GEORGE PASSINO	12/05 MARK AARSTOL
11/22 CHRIS SCHULZ	12/06 GEOFF WILWERDING
11/22 JILL RAMSEY	12/06 NATALIA ESUABANA
11/22 JEFF VITTON	12/07 PETER JONES
11/23 RONALD JONES	12/07 EVERETT MC COOEY
11/23 NICK LECLERCQ	12/07 ELEANOR SPILLMAN
11/24 MARY ELLEN NOURSE	12/07 DEBORAH WALKER
11/24 DEBBIE GLASSMAN	12/07 AARON BELENKY
11/25 PETER LIEKKIO	12/08 JAMES WALTERS
11/25 CHRIS JONES	12/08 KEVIN LYON
11/25 D. KIKO VANZANDT	12/09 DAN NELLIS
11/25 MARCUS FAIRBANKS	12/09 MEGAN BERGER
11/26 MICHELLE WIENS	12/10 GLENN KNITTER
11/26 PAUL CLEMENTS	12/10 AULIS KAHKONEN
11/26 SHERRY VANSANT	12/11 DAVID HARGER
11/26 SHELLEY HALL	12/12 MARIA DRIANO
11/27 DAVID SCHULZ	12/12 LETTIE GOLTRY
11/27 SAMUEL LAWRENCE	12/13 FRANK NEWQUIST
11/27 LINDA MARIZ	12/13 JOAN HITCHNER
11/28 JOAN ADKISSON	12/14 RICK COLELLA
11/29 MARK ADAMS	12/15 LEEANN MCGHIE

PNA WELCOMES SALLY DILLON

A long-time masters swimmer, Sally Dillon (and her husband, Glen), have moved into the PNA from Pacific Masters in California. Sally swims in the 50-54 age group and has many USMS Top Ten swims to her credit. She is a respected distance and open water swimmer, as well as an open water swim director. She has run many of the Donner Lake open water swims. Sally has also worked tirelessly on the national level. She has been the USMS Long Distance chairman since 1994, and she was the chairman of the USMS Officials Committee 1990-1993. Join us in welcoming Sally and her husband at the Oak Harbor meet. Watch for notices at the meet for a get-together to meet and greet Sally Dillon.



Letter to the Editor -

I am moving to Lebanon Pennsylvania and I wanted to say thank you to PNA Masters as I owe a lot of people in this area thanks! I would like to thank everyone for putting up with this old lady who insists on torturing herself at every meet. I've made more friends here than anywhere I've been. I won't name names in particular, because as stressed as I am with this move I know I'll forget someone and feel terrible, SO YOU KNOW WHO YOU ARE! Well, just one - CONGRATULATIONS Karen! I heard and am so happy for you (Karen Leahy was my inspiration at most of my Master's meets - we encouraged each other and pushed each other to do better all the time). Anyway, to everyone from officials to coaches to swimmers thank you. I will miss this area more than anyone will ever know - the PNA was the first area I ever swam in as an adult, and although I'm from northern Kentucky, this will be my "swimming" home as long as I live. I wish I could have swam with you folks up in Federal Way, but my coach here (Bruce Antonowicz) was doing such a great job making me fast, I just had to stay for the torture. I wish I could stay here forever, but Uncle Sam doesn't work that way so off we go (my husband is in the Army). In the meantime know that PNA Masters will always have a place in my heart. You're a great bunch of people and I hope to see you sometime (with any luck we'll meet up again at a Nationals meet). If you're ever in Pennsylvania, look me up. Goodbye, good luck and know that I will miss everyone!

Jerri Freimuth (formerly of Olympia)

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

PNA MASTERS LOCAL SWIMMING COMMITTEE
Short Course Yards Meet: December 14, 1997
Hosted by Bellingham Masters Swim Club
Sanction # 973606

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.

ENTRY LIMIT: 5 EVENTS plus relays

ENTRY NUMBER	EVENT	EVENT TIME
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

EVENT FEES
SURCHARGE: \$4.00 _____ (Includes LMSC surcharge \$1)
INDIVIDUAL EVENTS: \$1.00 EACH _____ (No charge for relays)
TOTAL _____ (Surcharge + individual events)

Please make checks payable to: **Bellingham Masters Swim Club**

Mail fees and this entry form to: **Barb Gundred**
3880 Gala Loop
Bellingham, Wa, 98226

ENTRIES MUST BE POSTMARKED BY DECEMBER 6, 1997

LIABILITY RELEASE (Must be signed and dated in order for entry to be accepted)

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

Short Course Yards Meet: December 14, 1997

Hosted by Bellingham Masters Swim Club

Sanction # 973606

Entries due: December 6, 1997

ORDER OF EVENTS EVENT#	EVENT	DATE:	December 14, 1997
1A.	400 IM	TIME:	500 Free/400 IM Warmup 8:00-8:45 a.m.
1	500 Free		Event 1A Start: 8:45 a.m.
	Warm up Break		
2.	200 Free Relay		
3.	50 Breast		Warmup after event 1 9:45 a.m.-10:30 a.m.
4.	100 Fly		Meet starts: 10:30 a.m.
5.	200 Free		
6.	50 Back		
7.	100 IM	PLACE:	Bellingham Aquatic Cen. 1114 Potter Street 360-647-7665
	5 Minute Break		
8.	200 Mixed Free Relay		
9.	100 Breast		
10.	50 Fly	FACILITY:	8 lane, 25 yard pool. 6 lanes competition 2 lanes for warmup diving tank for warm- up, hydrotherapy pool water slide.
11.	100 Free		
12.	200 Back		
	5 Minute Break		
13.	200 Medley Relay		
14.	200 Breast		
15.	200 Fly		
16.	50 Free	RULES:	Current USMS rules will govern meet.
17.	100 Back		
	5 Minute Break		
18.	200 IM	ELIGIBILITY:	Open to all USMS 1997 & 1998 registered swimmers, 19 and over
19.	200 Mixed Medley Relay		
		SEEDING:	Slow to fast

NO DIVING DURING WARMUP EXCEPT IN DESIGNATED SPRINT LANES

There will be a "Fun Relay" run during the breaks, utilizing all of the 4 pools. Be prepared to have a team ready. Details will be provided at the meet. Also, check out our Web site which has the entry form, map and other information. Our URL is <http://members.aol.com/Ariston844/bmsc.htm>.

Directions: From I-5 Northbound, take the Lakeway exit. The exit empties onto King St. Go across King St. one block to Lincoln St. There is a stop sign here. Cross Lincoln St. past the school on the right and the pool is the next parking lot on the right side.

From I-5 Southbound, take the Lakeway exit. The exit stops at a light which is Lakeway Dr. Turn left at the light onto Lakeway Dr. and follow Lakeway through to the second light. This is Lincoln St., turn left onto Lincoln and go one block past the school and turn right at Potter St. The pool is just to the right past Carl Cozier School.

Accommodations: Mention this meet to the Val'U Inn for a discount rate. The hotel can be reached at (360) 671-9600 and is located at 805 Lakeway Drive (within walking distance of the pool). Rates at the Val'U Inn are \$41.50 for a queen bed and \$46.50 for 2 queen beds. Also, there is limited HOST (House our Swimmers Tonight) accommodations available. Contact the meet director if you wish to be HOSTED.

UNITED STATES MASTERS SWIMMING, INC.
1998 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: **Date of birth:** **Age:** **M/F:**
Area code Month Day Year

My club is: Pacific NW Aquatics (PNA) **My team is:**
 Sequim (SQM) Team Name
 Pro Sports Club (PRO) Unattached
 Puyallup Aquatic (PAC)
 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 1998 Fee</u>	<u>If after September 1, 1998 for 1998</u>
Under 65	\$30	\$15.00
Senior: 65 & over	\$23	\$11.50

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 _____

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

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