The WetSet

Pacific Northwest Association of Masters Swimmers

Volume 17 Issue 9

November 1998

USMS DELEGATES FOCUS ON YEAR 2000 AND BEYOND

LEADING OFF by Jane Moore

Hello swimmers!

Ten of us from the PNA attended the annual USMS Convention in Cincinnati in early October. A summary convention report can be found in this *WetSet*. As usual, convention was a lot of work, but also a lot of fun. The most significant accomplishment was that United States Masters Swimming (USMS) became a full-fledged, voting member of United States Aquatic Sports (USAS). That gives USMS equal standing in USAS with USA Swimming, US Diving, US Water Polo, and US Synchronized Swimming. USAS is the United States representative to FINA, the international governing body for these aquatic sports.

Another big deal: Determining your age has changed. We have always determined a swimmer's age by their actual age on the last day of the meet. FINA and all other countries in the swimming world calculate your age as of December 31st of the current year. That means that regardless of when your birthday is, your age changes on January 1st! Starting January 1, 1999, USMS will use the FINA method to calculate your age for short course meters and long course meters meets. Short course yards meets will continue to use your actual age. So, if the January meet is meters, you might age up for that meet then go back to your previous age for a yards meet in February.

The USMS web page continues to grow and improve. If you haven't visited it, it's worth checking out. You can find it at http://www.usms.org. In 1999, you will be able to enter short course or long course nationals on-line. Results and splits will be published there as well. There will also soon be an on-line bookstore through Amazon.com. A percentage of all purchases will be given to USMS. Don't forget the PNA web page either (address on page 15). Watch for changes there over the next few months.

Here are a few miscellaneous tidbits from convention:

- Make life easier for our registrar and top ten recorder: Use the same name when you register that you use to enter meets. If you use a nickname for meets, use it when you register for the year or use your real name to enter meets.
- The 2000 Short Course Yards Zone Championship meet may be held in Alaska for the first time ever. That could be a fun trip.
- Because there were no bids for 1999 Long Course Zone Champs, Hugh and I volunteered. So, Long Course Zone Champs will be here in the PNA again next summer.
- USMS Fitness Events for the coming year include the Postal Pentathlon and the Check Off Challenge.
- US Swimming has officially changed its name to USA Swimming.
- For those of you who travel or frequently make long distance calls from phones away from home, I have USMS Phone Cards available. Cost is 25 cents per minute. Five cents of each minute goes back to USMS.
- PNA was awarded the 2000 5K/10K Postal Long Distance Championship meet. We will also be doing the 1999 event.

In the coming months, I will try to summarize some of the other interesting things I learned at convention.

Welcome to the following swimmers who have recently the PNA

NEIL BECK, JAY BENNER, JAMES BICKFORD, HOLLY BORK, CHAREE BOULTON, BRIAN CARLTON, TOM DAVIS, JEAN DILLON, JESSICA HARPER, KATY HARRIS, AMY McENTEE, RICHARD McKEOWN, DAVID NIELSEN, MARK PATTERSON, P.J. PEDRONI, BRADLEY POOL, KRISTI RAUTENBERG, DAVID ROBERTS, ANN TESTROET, BARBARA YAO, and BARBARA YOUNG

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HANGIN' WITH THE WET SET

by editor Dan Frost

Welcome, welcome home, and welcome back to you all!

Welcome to all our new members, and in particular to those swimming with the new Tacoma Swim Club Masters team.

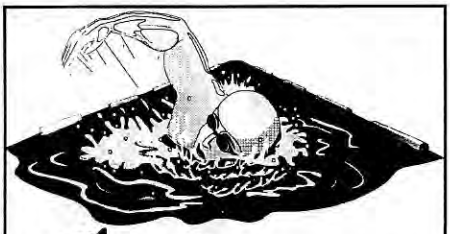
Welcome home to all our traveling swimmers, especially the ORCAs who went to Amsterdam for Gay Games V, and to our USMS convention delegates who went to Cincinnati. You will find interesting articles about their journeys in this issue.

And, of course, welcome back to another swim meet season! We're already two meets deep into it, with PNA Champs and Zone Champs not too far off.

Happy Birthday to the Following PNA Swimmers

11/16 DORRES FOSTER
11/17 JASMINE BRYANT
11/17 ELIZABETH SCOTT
11/18 MARK ELLIS
11/19 KARL JEFFERS
11/19 MICHAEL SCHAEFFER
11/20 DAVID TURNER
11/21 GEORGE PASSINO
11/21 DANA COX
11/22 JEFF VITTONE
11/22 DEBBIE FRETTS-ERICKSON
11/23 TIMOTHY HANSON
11/23 RONALD JONES
11/23 NICK LECLERCQ
11/24 DEBBIE GLASSMAN
11/25 D. KIKO VANZANDT
11/25 MARCUS FAIRBANKS
11/25 PETER LIEKKIO
11/25 CHRIS JONES
11/26 MICHELLE WIENS
11/26 PAUL CLEMENTS
11/26 SHELLEY HALL
11/27 LINDA MARIZ
11/27 STEVEN TRUMFIO
11/27 SAMUEL LAWRENCE
11/27 DAVID SCHULZ
11/28 JOAN ADKISSON
11/28 SAHARA PIRIE
11/29 LIZ MCCORMACK
11/29 MARK ADAMS
11/30 SACHIN KUKREJA
11/30 THORTON TYSON
11/30 MATTHEW BELL
11/30 SHIRLEY KOLM
11/30 COLIN MAILER
12/01 CATHY FRITCHEN
12/01 BAIRD JOHNSON
12/02 MIKE GRIMM
12/03 KASSY BIEHN
12/03 TIMOTHY ROOD
12/04 PETER STEKEL
12/05 TELL ASNER
12/05 MARK AARSTOL
12/05 TAHNEE BOLLERT
12/05 M. WADE STINE
12/06 GEOFF WILWERDING
12/07 CHAREE BOULTON
12/07 ELEANOR SPILLMAN
12/07 EVERETT MC COOEY
12/07 AARON BELENKY
12/07 DEBORAH WALKER
12/07 PETER JONES
12/07 TAMAR BENNETT
12/08 KEVIN LYON
12/09 DAN NELLIS
12/09 MEGAN BERGER
12/09 DAN LEDRICK
12/10 GLENN KNITTER
12/10 STEVE MCKINLEY
12/10 AULIS KAHKONEN
12/10 HEATHER GERHARD
12/12 MARIA DRIANO
12/12 JAMES KURTZ
12/13 TERRI OKONESKI
12/13 HELMI KORTES-ERKKILA
12/13 FRANK NEWQUIST
12/14 RICK COLELLA
12/15 LEEANN MCGHIE

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.



The WetSet

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Open Water: Sally Dillon
Safety: Kathy Casey
Social: Jett Vallandigham

MASTERS SWIMMING EVENTS

MEETS, OPEN WATER SWIMS, POSTAL SWIMS, AND CLINICS

Events in Washington, Oregon, British Columbia, and Idaho, plus USMS National events.
*PNA Events are listed in **BOLD**. All events subject to change.*

November 14-15
Northwest Zone SCM Championships
Oak Harbor WA
Dan Frost (360) 675-5751
E-mail: frosty@usms.org
See information and entry form printed in this issue of *The WetSet*

November 21
Nanaimo Ebbtides SCM meet
Nanaimo BC / Beban Park Pool
Sunny Runnels (250) 390-2164

December 4-5
Lincoln City, Oregon SCM Meet
Lissa Parker - (541) 994 3264
E-mail: allpark@wcn.net

December 5-6
Total Immersion Four-Stroke Clinic
Seattle University - Seattle WA
E-mail: info@totalimmersion.net
Website: www.totalimmersion.net

December 6
Sandpoint Masters Holiday SCM Meet
Sandpoint West Athletic Club / Sandpoint ID
Margaret Hair, 408 Vista Dr,
Coeur d'Alene ID 83815
(208) 667-3721

December 13
Bellingham Masters SCY Holiday Meet
Jim Williams (360) 734-6448
E-mail: jimbo@usms.org
See information and entry form in this issue of *The WetSet*

December 13
USMS Nike Champions Clinic w/Anita Nall
Tualatin Hills Pool / Beaverton OR
Bill Volckening, 370 NW Island Cir. #B5
Beaverton OR 97006; (503) 533-5567
E-mail: volckening@aol.com

January 1-31, 1999
USMS One-Hour Postal Championship
Jon Einsidler, 10 Waterside Plaza, Apt. 6D, New York NY 10010; (212) 684-2979
Look for information and entry form in an upcoming issue of *Swim* Magazine

January 10, 1999
Parkrose SCY meet / Portland OR
Bert Peterson (503) 252-6081

January 16, 1999
ORCA Swim Team SCY Meet
Seattle University / Seattle WA
Bob Young , 1122 E. Pike St. Suite 869, Seattle, WA 98122-3927; (206) 329-4260
See information and entry form in this issue of *The WetSet*

January 17, 1999
UBC Masters SCM meet - Vancouver BC
Ivan Szasz (604) 734-4455
E-mail: iszasz@erich.triumf.ca

January 30, 1999
Eugene, Oregon SCY / Echo Hollow Pool
Point of Contact TBA

January 31, 1999
Cowichan Aquannis Masters SCM meet - Duncan BC
Nancy Hamilton (250) 746-0450

February 6, 1999
Tualatin Hills Barracudas SCY Pentathlon
Beaverton OR
Ed Ramsey (503) 693-8173
E-mail: ed_ramsey@intersolv.com

February 27-28, 1999
Multnomah Athletic Club SCY
Portland OR
Point of Contact TBA

February 28, 1999
Victoria Masters LC meet
Saanich Commonwealth Place / Saanich BC
Point of Contact TBA

March 19-21, 1999
PNA Championships - Location TBA
Point of Contact TBA
Look for information and entry form in a future issue of *The WetSet*

March 19-21, 1999
Oregon Masters Championships (SCY) / Bend OR
Pam Himstreet (541) 593-9101
E-mail: him@cmc.net

March 21, 1999
Richmond/Delta Winskill Masters LC
Richmond BC / Watermania Complex
Point of Contact TBA

April 9-11, 1999
Northwest Zone SCY Championships
Federal Way WA
Point of Contact TBA
Look for information and entry form in a future issue of *The WetSet*

April 23-25, 1999
BC Masters Provincial Championships - Duncan BC
Point of Contact TBA

May 13-16, 1999
USMS SC Nationals - Santa Clara, CA
Alma Guimarin, 2150 Paseo Del Oro,
San Jose CA 95124; (408) 947-2298
E-mail: aguimarin@aol.com
Look for information and entry form in the January-February 1999 edition of *Swim* magazine.

May 15 - September 30, 1999
USMS 5k & 10k Postal Championship
Jane Moore (253) 925-0803
Look for informaiton and entry form in a future issue of *The WetSet*

June 12, 1999
Tualatin Hills LCM / Beaverton OR
Point of Contact TBA

For further information on Masters meets, call or mail the point of contact, the WetSet editor, or any of the following newsletter editors...(also, see page 15 for World Wide Web addresses)

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NEWS ABOUT PNA SWIMMERS

ORCAS MAKE BIG SPLASH AT GAY GAMES

Story by Jim Lasersohn

Fifteen members of the ORCA swim team, representing the Seattle area and Pacific Northwest Aquatics, participated in the 15,000-athlete Gay Games V, which took place in Amsterdam on August 1-8. The swim meet had over 1200 swimmers, and was spread out over seven days. It was fully sanctioned and took place in Amersfoort, a town 30 minutes by train from Amsterdam. The competition venue was an eight lane, 50 meter facility with several other small pools for warm-up or relaxing. The play pool was one of the most popular for swimmers after their swims. It was a great place to relax and warm down after a swim and also had a jacuzzi, sauna, and a whirlpool where you were pushed by jets around a small "island." It also even had a sunning area (artificial sun), complete with palms and even some sand.

ORCA SWIMMERS' RESULTS AND COMMENTS

Dana Cox was one of several swimming medal winners for the ORCAs. He earned a gold medal in both the 50-meter and 200-meter breaststroke and a silver in the 100-meter breaststroke. Dana writes, "My times were okay. It was very different doing long course without much training in a 50 meter pool. It is definitely time to concentrate on technique. I don't think I could have worked out more, just better." Dana adds, "It was wonderful being in Amsterdam. I used to know the city quite well, and have always felt that the Dutch are the most wonderfully social and open-minded nationality around. My hopes of being welcomed were truly surpassed by the reality of people reaching out to express hospitality. The event was a major undertaking and my experience was very smooth. The Dutch organizers should be very proud."

Rick Peterson earned a bronze medal in the 100-meter butterfly and thought "Oh my God, I'm not going to finish this event, how mortifying!" He earned a silver medal in the 50, 100, and 200-meter freestyle, and a gold medal in the 100-meter breaststroke. Rick comments on earning this medal, "I hadn't managed a gold medal up 'til this point, and I realized that in order to win one, I was probably going to have to outdistance my fellow ORCA swimmer Dana Cox. I had not swum any breaststroke up to this point, and I wasn't sure exactly how fast I could do a 100 breast since I hadn't swum one in five years. As it turns out, I landed about 2.2 seconds ahead of Dana, and took the gold. Dana is the Seattle swimmer who inspired me to get involved with Masters swimming shortly after he returned from participating, and earning a medal, in the very first Gay Games..."

Amy Stewart earned a silver medal in the 200-meter freestyle. She said she didn't get personal bests for her swimming, but said, "I felt I pushed myself to my fullest potential in the triathlon," where she earned a bronze medal. Amy has now moved to California and will be missed by the ORCAs.

Jim Lasersohn significantly improved his personal best times in the 100-meter butterfly, 200-meter freestyle, and the 50, 100, and 200-meter breaststroke, where he earned a sixth place finish.

(Continued on page 5)

WetSet Subscription / Change of Address Form

The WetSet is PNA's official newsletter. It is produced 10 times a year, and is delivered free of charge to PNA members. Non-members may purchase an annual subscription to *The WetSet* for $12, payable to "PNA MASTERS SWIMMERS". To request a change of address or a new subscription, please send this completed form to:

Suzanne Dills
PNA Registrar
1101 N Northlake Wy
Seattle WA 98103

IMPORTANT NOTICE - *The WetSet* is sent via Bulk Mail, and is NOT forwarded by the U.S. Postal Service.

☐ **CHANGE OF ADDRESS**

☐ **NEW SUBSCRIPTION**

If you would like to become a PNA member or renew your membership, and receive The WetSet and Swim Magazine, please use the Member Registration Form on the back cover of this newsletter.

AFFIX ADDRESS LABEL HERE

NAME _____

ADDRESS _____

_____

CITY/STATE/ZIP CODE _____

PHONE _____ **USMS #36** _____

ORCAS MAKE BIG SPLASH AT GAY GAMES

(Continued from page 4)

Inspired by attending the Gay Games in New York as a spectator in 1994, Jim has been swimming with Masters and ORCA since 1995. Jim comments about his thoughts while competing, "I thought about all of the time I had trained for the Games. It inspired me to go faster and do my best, not caring about the pain. It was a great feeling." He also commented on the community support of the Gay Games in Amsterdam. "Everywhere you turned, on buildings, buses, and light posts, the city proudly displayed Gay Games banners welcoming us to their wonderful city. During the closing ceremonies, the mayor received the longest standing ovation I have ever heard in my life, and it was well deserved."

Paul Verner swam the 100, 200, and 400-meter freestyle, and the 100 and 200-meter backstroke events. He was too busy to look and check how he placed, but he improved his times in all of the freestyle events, especially the 400. Paul says, "The camaraderie among athletes was great, and the amazing local support and interest made us feel welcome."

Lisa Miller did the 50-meter butterfly and took over one minute off of her best time and even earned a sixth place. Lisa went to extremes to avoid the 100-meter butterfly, though, by taking the wrong train on the day of that race (just kidding Lisa). Due to knee injuries from other sports, Lisa just started swimming with ORCA this year and decided to take on the goal of swimming at the Gay Games (and doing butterfly no less!). Lisa adds, "I'm really glad I went, and I had a great time."

Brad Palmer competed in the most individual events of any ORCA swimmer, earning personal bests in all of his events, which included the 50, 100, and 200-meter freestyle, the 50 and 100-meter breaststroke, and the 200-meter IM. Brad's favorite events were the "200 mixed medley relay in which I swam a 50 fly for a personal best time in meters, and the 200 men's free relay in which I swam a 50 free and broke the 30 second mark, a personal goal. Both events were a lot of fun and exhibited a great deal of friendly sportsmanship between the teams." Brad comments on his Gay Games overall experience, "Gay Games V was a wonderful experience, although next time I won't enter as many events." He also commented on how much he liked the cultural events, and on Amsterdam's hospitality and the Games unity, as he watched the gay-themed "Beautiful Thing" at the outdoor evening cinema in Newmarket Square.

Mike Lamb swam the 50 and 100-meter breaststroke, 50-meter backstroke, 100-meter freestyle, and the 200-meter IM, usually placing in the top third of his age group. He adds, "My best event was my 200 IM. This was the most challenging for me, and the most rewarding as well. It was my first time swimming the 200 IM in a meet, and I set a competitive goal of breaking three minutes. I got a 2:58. It felt great to complete the Games competition with my most challenging event, and getting a good time to boot." Mike also adds his comments about his overall positive experience of the Games. "The Games were well organized, with more happening than anyone could possibly see."

The ORCAs also fielded several relays at the Games, each beating their estimated times significantly. The relays were also a time when the team spirit really showed among all of the teams. Brad Palmer, Keil Bisceglia, Mike Lamb, and Paul Verner swam the 400-meter freestyle relay. The 200-meter freestyle relay competitors included Palmer, Jim Lasersohn, Verner, and Rick Peterson. Palmer, Bisceglia, Lisa Miller, and Amy Stewart formed the 200-meter mixed medley relay and Bisceglia, Palmer, Lamb, and Peterson did the 400-meter medley relay.

The ORCA contingent of the Pink Flamingo competition was organized by Brad Palmer. He writes, "The ORCAs were part on an international effort with combined teams from Portland, Calgary, and Vancouver BC (who originated the theme and produced the costumes). Seattle and Portland played the role of American astronauts in a space Odyssey involving the Mir Space Station with cosmonauts (Calgary). The space station including the Canadian Arm, which had a problem, and made the space station become 'lost in space,' which went well the music from the recently released film by the same name. The stranded crew was rescued from the "Friendship" (named for the theme of the Gay Games V - 'Friendship'), a drag-filled spaceship. Although we took fourth place, it was a lot of fun with a crowd of people singing and clapping to the music. Our costumes had lots of silver mylar, and we floated silver stars around the pool for the space effect...With the exception of the 800-meter freestyle, the Pink Flamingo was in some aspects the closing event for the swim competition. Congratulations to all the swimmers, and thank you for helping put on this fun event."

ORCAS WHO COMPETED IN OTHER SPORTS

The ORCAs had quite a few members who competed in sports other than swimming. Bill Etnyre earned medals and broke records on the track. He earned a gold medal and broke records in his age group in the 200, 400, and 800-meter events. His 4 x 400-meter relay took a bronze. He says "The 400 was my best event, and was my first, and on a very windy day. I was just in the zone on it and didn't even feel tired at the end." He also added, "It was very thrilling to cross the finish line and

(Continued on page 6)

ORCAS MAKE BIG SPLASH AT GAY GAMES

(Continued from page 5)

have the announcer say your name, country, and 'a new gay games record!' The people of Amsterdam were very welcoming. It was terrific to be there."

Peter Jackson won a bronze in Sport Climbing, and commented that it was "A wonderful event and a very well-run competition."

Daniela Ahmed earned a gold medal running in the 4 x 100-meter mixed relay. On her own, she earned a pair of silver medals by running in the 5000 and 1500-meter track events. She earned a bronze on the 10-kilometer road race and placed seventh among all women in the Olympic triathlon. Her favorite event was the triathlon because "It was a hard course and I really enjoyed it." She said she enjoyed the camaraderie of the teams and the people from all over the world, and was also impressed by the phenomenal support from the people of Amsterdam.

Long-time ORCA member Andy McKim earned a 10th place in the triathlon. Andy says, "The course was at the Bosbaan, a 1.4-mile long channel dug for the rowing competition in the 1928 Olympics, surrounded by a park created as a public works project in the 1930's. At an average altitude of four meters below sea level, this was billed as the lowest triathlon ever held. The race consisted of a 1500-meter swim, followed by a 26-mile bike ride and a 10-k run. The day was sunny and cool, with little noticeable wind, except in one portion of the bicycle course. The Bosbaan was cold and dank." Andy had hoped to go even faster than he did, but had cramps from all of his sightseeing by foot in Amsterdam. Andy also commented that "In Holland, triathletes think nothing of stripping naked in the transition areas while preparing for the next leg."

Bob Young also participated in the triathlon. He commented on how wonderful this event was. "The weather was great, the people were down-to-earth, well-mannered and friendly." He commented on how nice it was to hear people cheering for everyone from first to last. In fact there was even more cheering for the last person in.

SOCIAL AND CULTURAL ACTIVITIES

The entertainment and social life throughout the week was amazing. Every night, the Dam Square was the venue for a free outdoor concert, including artists such as Bjorn Again and The Weather Girls. Most of the bars opened onto the streets and created a festive atmosphere wherever you went. The city hall was closed for business and became Friendship Village, where all of the registration and information about events could be found. The plaza outside the building became the place to meet other athletes while enjoying a drink or snack.

THANKS

The ORCAs would like to thank the ORCA coaches for their efforts over the past few years. They are Karl Barton, Mark Blagdon, Allison Heidergott, Craig Mallery, Jon Paoule, and Erika Payton to name a few. We also would like to thank Robin O'Leary and the Green Lake Aquaducks (GLAD) for their support of some of the ORCA swimmers who trained with GLAD at the Green Lake and Shoreline pools.

NEXT GAMES

The next Gay Games event is scheduled for the year 2002 in Sydney, Australia and promises to be an outstanding event and a great excuse to go "down under". Leading up to the Games, International Gay and Lesbian Aquatics annually sponsors a championship meet. It will be in Atlanta on June 18-20 1999, and in Paris in the year 2000. If interested in joining or swimming with the ORCAs, please go to the ORCA website at www.teamseattle.org/orca or call Andy at 206-329-6333.

USMS INSURANCE FAQs

Here's a quick guide to your USMS insurance coverage

What coverage do I have by virtue of my USMS membership while participating in a USMS practice, sanctioned or approved meet? *Secondary accident and general liability for practice and sanctioned meets. Secondary accident coverage for approved meets.*

Is the USMS insurance in effect if USA Swimming and USMS members are practicing together? *Yes.*

A USMS member has a heart attack while practicing with a USMS workout group. Is there any coverage? *Secondary accident coverage available if not a pre-existing condition.*

I am a USMS coach member. As a result of a serious injury to one of my team members, I am sued for "improper instruction." Am I covered? *Yes, as long as it is an approved "insured activity" (which a practice would be).*

Our workout group has to share a pool with lap swimmers that are not USMS members. Is USMS coverage in place if one of the workout group participants is injured? *Both general liability and secondary accident coverage in place as long as there is a separation (e.g. lane line) between the two groups.*

I work out in the local pool by myself. If I am injured, is there any coverage under the USMS program? *No. For a practice or workout to be an "insured activity", there must be a USMS member on deck or in the water supervising the practice or workout.*

Several of us carpool to practices and meets. If we are involved in an auto accident on the way to one of these functions, do we have any coverage? *Secondary accident coverage only for travel to and from practices and meets. No auto coverage provided.*

1998 USMS NORTHWEST ZONE
SHORT COURSE METERS CHAMPIONSHIPS

Sanctioned by the Pacific Northwest Association of Masters Swimmers
for USMS, Inc. Sanction # 983607 Hosted by the North Whidbey Masters

DATE: **Saturday & Sunday, November 14-15, 1998**

TIMES: Both Days - Warmup: **8:00 AM** , Meet starts **9:00 AM**

PLACE: John Vanderzicht Memorial Pool, 85 SE Jerome St., Oak Harbor WA
Phone: (360) 675-POOL

MEET DIRECTOR: **Dan Frost** (360) 675-5751 / frosty@usms.org

FACILITY: Six lane x 25m course. Lanes 1-5 will be used for competition. Lane 6 will be a continuous warm-up/warm-down area. Electronic timing will be used.

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: All 1998 or 1999 registered swimmers 19 and above as of the last day of the meet are welcome to participate.

DIRECTIONS: Take WA20 to Oak Harbor. Turn East onto Whidbey Avenue. Proceed ¼ mile to SE Jerome Street. Turn right onto Jerome - the pool will be on the right. Look for signs directing you to the pool.

SEEDING: Slow to fast. The 800m Free, 1500m Free, and all relays will be deck seeded. All other events will be pre-seeded.

SATURDAY, NOVEMBER 14		SUNDAY, NOVEMBER 15	
1	400m IM	11	200m IM
	BREAK	12	200m Back
2	50m Free (Will not start before 10 AM)	13	50m Breast
3	200m Fly	14	100m Fly
4	100m Back	15	200m/400m/800m Free Relay
5	200m/400m/800m Mixed Free Relay		BREAK
	BREAK	16	100m IM
6	100m Free	17	200m Free
7	50m Back	18	100m Breast
8	200m Breast	19	50m Fly
	BREAK	20	200m/400m Mixed Medley Relay
9	200m/400m Medley Relay		BREAK
10	400m Free	21/22	800m/1500m Free

DISTANCE EVENTS: Swimmers may enter either the 800m Free or the 1500m Free, but not both. Swimmers in the 1500m will have their 800m splits automatically recorded.

RELAYS: In each relay event, teams can elect to swim either 200m, 400m, or 800m (800m for Free relays only). Each swimmer shall be allowed to swim only once in each relay event. Relays will be conducted in heats based on the distance to be swum, starting with 200m heats, followed by 400m and 800m heats. Deck enter relays at the meet.

SOCIAL: Saturday evening after sunset. Details will be given at the meet.

ACCOMODATIONS: Mention this meet to the Coachman Inn (800-635-0043) for a swimmer's discount.

WEBSITE: Visit the PNA website (www.whidbeynet.net/frosty/pna/pna.htm) for updated information.

Safety First!

NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES
Please include a copy of your Masters registration card if you are not a PNA member.

1998 USMS NORTHWEST ZONE
SHORT COURSE METERS CHAMPIONSHIPS

Sanctioned by the Pacific Northwest Association of Masters Swimmers
for USMS, Inc. Sanction # 983607
Hosted by the North Whidbey Masters

NAME: _____ M F AGE: ____

ADDRESS: _____

_____

PHONE: _____ BIRTHDATE: _____ USMS #: ____-_____

CLUB _____ or UNATTACHED ____ LMSC _____

AGE GROUP (determined by your age as of the last day of the meet):

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 - 94 95+

ENTRY LIMIT: 6 EVENTS TOTAL PLUS RELAYS / 5 INDIVIDUAL EVENTS PER DAY

EVENT NUMBER	EVENT	SEED TIME (for SC Meters)

ENTRY FEE: $ 13.00 Surcharge

Individual Events: +_____ $1 per event for swimmers under age 65

No charge for relays

Total: $_____

Please make checks payable to: NWAC
Mail this entry form and fees to: **Dan Frost**
1121 SW Barrington Dr #4
Oak Harbor WA 98277-4585

Entries must be received no later than Saturday, November 7, 1998.
Include a copy of your Masters registration card if you are not a PNA member.

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.

SIGNED: _____ DATE: _____

1998 USMS CONVENTION REPORT

Prepared by the PNA delegates and condensed by Jane Moore

UNITED STATES AQUATIC SPORTS

CINCINNATI SEP. 30-OCT. 4 1998

Attending from PNA: Lee Carlson, Dan Frost, Walt Reid, PNA Delegates; Jane Moore, Steve Peterson, Legislation Committee; Kathy Casey and Jan Kavadas, Rules Committee; Sally Dillon, Long Distance Committee Chair; Jeanne Ensign, USMS Treasurer; Hugh Moore, USMS Zone Committee Chair.

Executive Committee (Jeanne & Hugh): The USMS National Officers had multiple extra meetings to handle the business of United States Masters Swimming.

Breakout Session: Membership (Dan): Key factors noted in preserving membership are the quality and availability of coaching and pool time.

Breakout Session: Wellness (Jane & Hugh): The group agreed that balance is the essence of wellness. They agreed that USMS should take steps to encourage wellness through publications, clinics, review of literature, and other activities.

Championship Committee (Dan & Jane): National Championships for 2000 were awarded to Phoenix Swim Club (SC, May 11-14) and Baltimore (LC, August 17-20). Swimmers will be able to enter 1999 Nationals, short course and long course, via the Internet. Results and splits will be published on the USMS web page. New orders of events for national championship meets were adopted. The deadline for entering relays at National Championships has been changed to the day prior to the actual relay event. Previously, the relay deadline was the day prior to the first relay of the meet. The charge for all relays has been changed to $12.

Coaches Committee (Lee): The coaches manual will be revised during the next two years to emphasize building successful teams, a more usable training technique and stroke area, a competition area, and a physiology section (how the body responds to training). All LMSC's are encouraged to submit an entry for Coach of the Year.

Coaches' Seminar (Jane): The coaches' seminar was very interesting and informative. Topics of discussion were starting a web page, integrating workouts for swimmers of different speeds, preparing for competition, and earning a living as a coach.

Computer On-Line Committee (Dan): An on-line bookstore is being created in an agreement with Amazon.com. Swimmers will be able to order swimming-specific books through the USMS website, and USMS will receive 15% of the purchase price of such books. Other books may be ordered through a link with Amazon.com (from the USMS website), and USMS will receive 5% from purchases made from this link. The on-line store will be available in time for the holiday season.

Fitness Committee (Dan): The committee started exploring new projects and ideas. These include the development of the Fitness section of the USMS website, the development of a "USMS 500" swim, defining the role of the LMSC fitness chairmen, and the possible return of the 2000 Fitness Challenge in the year 2000 (i.e. "The Millennium Swim").

Insurance Committee (Lee & Sally): A USMS practice must be supervised by a USMS member or a USS certified coach for coverage to apply. All members of the practice must be registered with USMS or be within their 30 day trial period. It was suggested that trial members sign the waiver before practicing.

Legislation Committee (Jane & Steve): As this was an off year for legislation, there were no significant proposals for change. Steve presented a report on the review of the LMSC Handbook done by his subcommittee. Work on revisions to the handbook will continue. Steve will draft a new section about Convention for the LMSC Handbook, and Elin Zander will add a section on LMSC Bylaws.

Long Distance Committee (Sally): The Open Water Manual is being revised. It will be available from the National Office and on line. Counters for postal swims may count for no more than two swimmers at a time. Age determination for postal and open water events shall be determined by the age of the swimmer on the day they compete. The 2000 National Championships will include the Postal 5K/10K by PNA and the 6+ mile Open Water by Rogue Valley Masters in Ashland, OR.

Officials Committee (Sally & Jan): The sanction form will contain a space for the name, address, and phone number of the certified official required for the meet. The Official's Newsletter will be revitalized and sent to LMSC Officials Chairs.

Planning Committee (Dan): The committee agreed to develop a general plan for USMS, which would be a blueprint

(Continued on page 9)

1998 USMS CONVENTION REPORT

(Continued from page 8)

for specific projects to be undertaken by the various standing committees in future years.

Professional Management Committee (Hugh): The House of Delegates passed a proposal to expand the current USMS national staff by January 1, 2000. All paid positions will be hired by and report to the USMS Executive Committee

Recognition & Awards (Walt & Kathy): The Ransom Arthur trophy in the Swimming Hall of Fame has been repaired.

Records & Tabulations (Walt): The USMS records and Top Ten are available on the USMS Web site.

Registration Committee (Walt): A standard input format for registration submittals was adopted. Its use will be required by November 1, 1999.

Rule Book Committee (Steve): 1250 rulebooks will be printed along with 600 copies of a new mini-rulebook. Each registered club and LMSC will receive a copy of each book. LMSC Officials chairs will receive the mini-rulebooks.

Rules Committee (Kathy & Jan): The following significant rule changes passed:

- For short course yards meets, the age determining date will remain the same (as of the last day of the meet). For short course and long course meters meets, the age determining date will be as of December 31st of the year of competition (i.e. everyone ages up on January 1st).
- Except for National Championships, short course yards events may be conducted on a timed final basis. This change would allow prelims and finals in short course yards meets.
- The requirement that the shoulders must be in line with the water surface on the finish of breaststroke and butterfly has been eliminated (as a result of the same change in FINA and USS, now USA Swimming, rules).
- All split requests for official times must be made, in writing, to the meet referee BEFORE the swim.
- At National Championships, relay entries may be entered until the day before each relay is swum, and a fee of $12.00 per relay will be charged for all relays.
- Three new schedules of events were approved for National Championship meets for the next four years.
- A new chart for altitude adjustment of times for national qualifying purposes only was approved.

Safety Education Committee (Lee): A safety section for the LMSC notebook and a separate booklet for local clubs are in the works.

Sports Medicine Committee (Jane): An altitude training camp for 12 Masters swimmers will be held in Colorado Springs in February, 1999. Swimmers making the Top Ten may apply.

Zone Committee (Hugh): Hugh was re-elected as Chairman of the Zone Committee by the House of Delegates. The position is also a member of the seven member Executive Committee. The Zone committee will work on updating its committee description during the upcoming year. The emphasis will be in improving communications between USMS and the LMSCs.

1999 USMS NATIONAL CHAMPIONSHIPS ORDERS OF EVENTS

At the 1998 USMS Convention, the schedules for both 1999 USMS Championship meets were approved. The Short Course Nationals will be held May 13-16, 1999 in Santa Clara, Calif. The Long Course Nationals will be held August 19-23 in Minneapolis. Entry forms should appear in the January-February (SC) and May-June (LC) editions of *Swim* Magazine, and additional information and on-line entry should become available on the USMS web page (www.usms.org).

SHORT COURSE NATIONALS

THURSDAY
1000 Free, 1650 Free

FRIDAY
400 IM, 50 Back, 200 Free, 100 Breast, 200 Fly,
200 Medley Relay, 200 Freestyle Relay

SATURDAY
500 Free (men), 50 Fly, 200 Breast, 100 Back,
50 Free, 200 IM, 200 Mixed Medley Relay

SUNDAY
500 Free (women), 100 IM, 100 Fly, 50 Breast,
200 Back, 100 Free, 200 Mixed Free Relay

LONG COURSE NATIONALS

THURSDAY
800 Free, 200 Breast, 50 Back, 100 Fly
200 Mixed Free Relay

FRIDAY
400 IM, 200 Free, 50 Fly, 100 Breast, 200 Medley Relay

SATURDAY
400 Free, 200 Back, 100 Free, 50 Breast,
200 Mixed Medley Relay

SUNDAY
200 IM, 50 Free, 200 Fly, 100 Back, 200 Free Relay

MONDAY
1500 Free

BELLINGHAM MASTERS SWIM CLUB
HOLIDAY SWIM MEET
Sanctioned by the Pacific Northwest Association of Masters Swimmers
for USMS, Inc. Sanction # 983621
Hosted by the Bellingham Masters Swim Club

DATE: **Sunday, December 13, 1998**

TIMES: Warm-up: **8:00 AM**, Meet starts: **8:45 AM**

PLACE: Bellingham Aquatic Center, 1114 Potter St., Bellingham WA
Phone: (360) 647-POOL

MEET DIRECTOR: **Barb Gundred** (360) 734-8364 before 9 PM / barbg@memes.com

FACILITY: Eight lane x 25 yard course. Lanes 2-7 will be used for competition. Lanes 1 and 8 will be used for continuous warm-up and warm-down. There is a diving tank which will be open for warm-up and warm-down, and a large whirlpool available for relaxation.

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: All 1998 or 1999 registered swimmers age 19 and above as of the day of the meet are welcome to participate.

DIRECTIONS: *From I-5 Northbound:* Take exit 253 (Lakeway Dr.). The exit empties onto Potter St. Proceed straight for two blocks. The pool is located just past the school on the right. *From I-5 Southbound:* Take exit 253 (Lakeway Dr.). Turn left onto Lakeway, and proceed to the second light. Turn left onto Lincoln St., go one block past the school, and turn right onto Potter St. The pool is located just past the school on the right.

SEEDING: Slow to fast.

ORDER OF EVENTS (ORDER #4):

1	400 Individual Medley	11	50 Butterfly
2	500 Freestyle	12	100 Freestyle
	Break / 30 minute warm-up	13	200 Backstroke
3	200 Free Relay (Not before 10:15 AM)	14	200 Medley Relay
4	50 Breaststroke		Break
5	100 Butterfly	15	200 Breaststroke
6	200 Freestyle	16	200 Butterfly
7	50 Backstroke	17	50 Freestyle
8	100 Individual Medley	18	100 Backstroke
	Break	19	200 Individual Medley
9	200 Mixed Free Relay	20	200 Mixed Medley Relay
10	100 Breaststroke		

RELAYS: Deck enter relays at the meet.

WEBSITE: Visit the BMSC website (http://members.aol.com/bhamwa/swim.htm) or the PNA website (http://www.whidbeynet.net/frosty/pna/pna.htm) for updated information.

MARINE CORPS TOYS FOR TOTS PROGRAM DRIVE: Participants are encouraged to support the annual U.S. Marine Corps Toys for Tots program by bringing new, unwrapped toys to the meet. Marines will pick up the toys and distribute them to local social welfare agencies and churches for ultimate distribution to needy children on Christmas Day. For more information about the Toys for Tots program, visit their website at www.toysfortots.org

Safety First!
NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES
Please include a copy of your Masters registration card if you are not a PNA member.

BELLINGHAM MASTERS SWIM CLUB
HOLIDAY SWIM MEET
DECEMBER 13, 1998
Sanctioned by the Pacific Northwest Association of Masters Swimmers
for USMS, Inc. Sanction # 983621
Hosted by the Bellingham Masters Swim Club

NAME: _____ M F AGE: ____

ADDRESS: _____

_____

PHONE: _____ BIRTHDATE: _____ USMS #: ____- _____

CLUB _____ or UNATTACHED _____ LMSC _____

AGE GROUP (Determined by your age as of December 13, 1998):

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 - 94 95+

ENTRY LIMIT: 5 INDIVIDUAL EVENTS PLUS RELAYS

EVENT NUMBER	EVENT	SEED TIME (SC Yards)

ENTRY FEE: $ 6.00 Surcharge

Individual Events: +_____ $1 per event for swimmers under age 65

No charge for relays

Total: $_____

Please make checks payable to: BELLINGHAM MASTERS SWIM CLUB
Mail this entry form and fees to: **Jim Williams** **Jimbo@usms.org**
1400 Moore St., #D5 **(360) 734-6448**
Bellingham WA 98226

Entries must be received no later than Saturday, December 05, 1998.
Include a copy of your Masters registration card if you are not a PNA member.

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.

SIGNED: _____ DATE: _____

Winter Snow Ball Swim Meet *Information*

Saturday, January 16, 1999
Connolly Athletic Center at Seattle University – Seattle, WA
Hosted by: *ORCA SWIM CLUB*

Entries Due: Postmark by Thursday, December 31st. We must receive your entry by Saturday, January 9th. We CANNOT accept late entries as this makes it impossible for our volunteers to run the meet.

Mailing Address: Winter 99 Meet c/o Orca Swim team,
1122 E. Pike St. Suite 869, Seattle, WA 98122-3927

Meet Director: BOB YOUNG (206) 329-4260 (before 9pm)

Schedule: *Check-in*: 8:30 a.m. *Warm-up*: 8:30 – 9:20 a.m. *Meet begins promptly*: 9:30 a.m.

At check-in, you will be provided with a card indicating all of your events with your respective heat & lane information. Pick-up your individual event cards (which will be handed to timers prior to swimming) from the Clerk of Course on the pool deck.

Order of Events (PNA Order #1) (Seeding is slow to fast)

#1. 1000 Free*	#12. 100 Fly
#2. 200 Free Relay	#13. 200 Medley Relay
#3. 50 Free	*20 Minute Break* - ***Original Pink Flamingo***
#4. 100 Breast	#14. 200 Free
#5. 200 Back	#15. 50 Breast
#6. 50 Fly	#16. 100 Back
#7. 200 IM	#17. 200 Fly
5 minute Break	#18. 100 IM
#8. 200 Mixed Free Relay	*5 Minute Break*
#9. 100 Free	#19. 200 Mixed Medley Relay
#10. 200 Breast	#20. 500 Free**
#11. 50 Back	

* Check-in required with Clerk of Course by 8:45 a.m. Subject to re-seeding.
** Subject to re-seeding, please check-in with Clerk of Course prior to the start of Event #14.

Rules & Eligibility: No diving during warm-ups except in designated sprint lanes. This meet is open to all 1999-registered Masters swimmers, 19 years and older. You may swim in either the 1000 or 500, but not both.

Facility: Connolly Center – 550 14th Avenue, phone number (206) 296-6441. This facility has a Six-lane, 25-yard pool (short-course yards) with seating for 150, a separate 6-lane, 25-yard warm-up pool located adjacent, and the water temperature is 84 F. Lockers are available (bring a lock). Food & Drink are also available for purchase.

Directions: From I-5 take the James/Cherry Street Exit. Head up the hill (away from downtown) – on James. James becomes Cherry Street as you cross Broadway; follow Cherry down the hill until you reach 14th Avenue; turn right and park on the street. Connolly Center is the building on the left with an entrance onto 14th Ave. As you enter the building, there will be a check-in window with a turn-style entry; go through the turn-style and follow the signs to the locker room and pool.

The ORCA SWIM TEAM is 501 (c) (3) non-profit corporation dedicated to promoting the sport of swimming and to educating the public about the value of sports in community-building. The team is comprised of gay/lesbian and gay/lesbian-friendly swimmers and welcomes all Masters swimmers to its swim meets. ORCA SWIM TEAM is a member of Pacific Northwest Aquatics (PNA), International Gay and Lesbian Aquatics (IGLA) and Team Seattle.

Visit the Orca's web site at: http://www.teamseattle.org/orca

Winter Snow Ball Swim Meet *Entry Form*

Saturday, January 16, 1999
Connolly Athletic Center at Seattle University – Seattle, WA
Hosted by: *ORCA SWIM CLUB*

Name: _____ *USMS or MSC Masters Registration #: _____
Address: _____ State: _____ Country: _____ Postal/Zip Code: _____
Phone: (___)_____ Birthdate: _____ Age on 1/16/99: _____ Male ___ Female ___
Team (e.g. ORCA, etc.) _____ (or) Unattached ____ Assoc. (e.g.: PNA, OREG, etc.) _____
E-Mail Name (if available – useful for any last minute information): _____

Circle your 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+

INDIVIDUAL EVENT ENTRIES (See meet information sheet for event numbers and schedule. Registered swimmers may form and register relays on the day of the meet with the Clerk of Course)

Event #	Event Name (5 individual events max., plus relays)	Estimated Time (25 yard pool)	Fee $
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Meet Fees - $9 (includes electronic timing surcharge) + $1 per individual event. Entrants over the age of 65 may waive the $1 per event fee. Your meet fee includes ribbons for 1st through 6th place.
Base fee ($9) + # of individual events at $1 each = US$_____. Please multiply by 1.5 for amount in Canadian$. Canadian Checks accepted. Please make checks payable to: ORCA SWIM TEAM

Mail the following to: Winter 99 Meet c/o ORCA SWIM TEAM, 1122 E. Pike St., Suite 869, Seattle, WA 98122-3927:
1. Fully Completed Orca Snow Ball Meet Registration Form – includes cost of meet and other activities.
2. Copy of your 1999 Masters Registration Card (if not a member of PNA).

FIRM DEADLINE: Postmark by Thursday, December 31st. We must receive your entry by Saturday, January 9th.

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: _____
*Entry is not valid without signature and date above AND a current USMS or MSC registration number. Swimmers who are not members of Pacific Northwest Aquatics (PNA) must also attach a copy of current year Masters Registration Card with this form. PLEASE RENEW YOUR MASTERS REGISTRATION EARLY!!!

Checklist: USMS#____, Copy of USMS Card ___, Check ___, Entry Form ___, Signature and Date ___

Make a copy of your entry form and check, and bring it to the meet as corroborating evidence of your entry.

THE FINAL LAP

NEW DRILLS FOR BUTTERFLY AND BREASTSTROKE

EDITOR'S NOTE:

One of the unique facets of the annual USMS convention is the daily morning workout. This year, the delegates were fortunate enough to workout at the magnificent Keating Natatorium on the campus of St. Xavier High School in Cincinnati. It was not your typical high school pool – an indoor, eight lane, 50-meter pool that has twice hosted USA Swimming national championships.

What really made the workouts special, however, was not the pool, the bus rides (ask Jan and Lee about how they broke down on the interstate during morning rush hour), or the obligatory stop at Starbucks Coffee afterwards. The special part of it all was the coaching we received from some of the most talented Masters coaches in the country. Seven of our coaches, Clay Evans, Mo Chambers, Emmett Hines, Scott Rabalais, Michael Collins, Bill Tingley, and Jim Miller, were previous recipients of the USMS Coach-of-the-Year award. An eighth coach, Ed Nessel, was selected as this year's Coach-of-the-Year honoree.

Because of the pool's size, which was divided into two 25-yard courses, convention delegates were able to choose between two types of workouts. One course held more traditional workouts (about 3000 yards), while the other course hosted "technique" workouts with a progression of drills and stroke improvement exercises. Printed here is the "short-axis strokes" technique workout, written and coached by the first USMS Coach-of-the-Year (1986), Dr. Jim Miller of the Virginia Masters Swim Team. The drills are designed to be performed in the order listed, starting with butterfly, then transitioning to breaststroke. Each drill was performed 4x50 yards.

BUTTERFLY DRILLS

#1 – POSITION KICKS

- Four positions (left side, right side, back, chest)
- Arms at sides, emphasizing chest and whole body motion

#2 – ONE ARM BUTTERFLY

- Emphasis of kick on entry and kick on end of pull
- Unused arm at side to improve undulation
- Breath concluded at end of pull

#3 – UNDERWATER RECOVERY (SHUTTLE DRILL)

- Halfway through underwater stroke, begin moving chin forward for breath. At end of underwater stroke, stop arms and recover arms underwater while kicking.
- Hands stay underwater at all times
- Allows for correct timing in breath and work on follow-through

#4 – FOUR KICKS, ONE PULL

- Take a "break" after each stroke by pausing with hands in front while taking four kicks. Take a breath with each stroke.
- Allows arms to rest and is good for working on timing of breath

#5 – THREE RIGHT, THREE LEFT, THREE DOUBLE

- Take three butterfly strokes with left arm, three strokes with right arm and three strokes with both arms
- Excellent drill for warming up fly
- Improves stroke coordination

BREASTSTROKE DRILLS

#6 – ONE ARM FLY, FULL STROKE BREAST

- One stroke of one-arm fly (right), then full breaststroke for one stroke, then one stroke of one-arm fly (left), then full breaststroke for one stroke
- Purpose is to emphasize whole body movement similarities between fly and breaststroke
- This is one of the transition drills between fly and breast

#7 – TWO PULLS, ONE KICK

- Alternate breaststroke kick and dolphin kick with each breaststroke arm pull
- Another transition drill between fly and breast

#8 – TWO KICKS, ONE PULL

- One breaststroke kick followed by full stroke of breast (including the second kick)
- Purpose is to improve coordination of kicks and pulls

#9 – WINDSHIELD WIPER SCULLING

- Start in extended breaststroke position and move hands out and in, keeping elbows as high and stationary as possible. Legs can do flutter kick, dolphin kick, or be immobilized with pull buoy
- No pulling – only inward and outward sculling
- Improves ability to sweep through breaststroke pull

#10 – CHIN DOWN BREASTSTROKE

- Tuck chin to chest, looking forward and down at 45-degree angle, by exaggerating inward press/scull and driving hips forward.

WORLD WIDE WEB GUIDE

Check out these sites on the internet for information on Masters swimming, events, workouts, and more!

PNA MASTERS SWIMMING	**www.whidbeynet.net/frosty/pna/pna.htm**
BC MASTERS SWIMMING	www.island.net/~bpronk
BELLINGHAM MASTERS	members.aol.com/Ariston844/bmsc.htm
PACIFIC MASTERS (California)	www.pacificmasters.org
CRAWFISH MASTERS (Louisiana)	www.crawfishmasters.com

UNITED STATES MASTERS SWIMMING, INC.

1999 REGISTRATION APPLICATION

Pacific Northwest Association of Masters Swimmers

REGISTER WITH SAME NAME YOU WILL USE FOR COMPETITION

Please print clearly

☐ *RENEWAL* My current USMS number is _____ ☐ *NEW REGISTRATION*

Name:

Last _____ First _____ Initial _____

Address:

Street or box number _____ Apt number _____

City _____ State _____ Zip code _____

Telephone: Area Code _____ **E-mail Address:** _____ **Date of birth:** Month Day Year _____ **Age:** _____ **M/F:** _____

My club is:

☐ Pacific NW Aquatics (PNA)

☐ Pro Sports Club (PRO)

☐ Unattached

My Team is:

☐ _____ Team Name

☐ Unattached

If you coach a Masters swim team check here: ☐

1999 ANNUAL FEE Your fee includes a subscription to the WetSet and to SWIM Magazine

Under 65	**$30**	(If after Sep 1, 1999 for 1999: $15.00)	$ _____
Senior: 65 & over	**$23**	(If after Sep 1, 1999 for 1999: $11.50)	$ _____

Optional Donations:

Donation of $1.00 or ($_____) to the International Swimming Hall of Fame $ _____

Donation of $1.00 or ($_____) to the USMS Endowment Fund $ _____

PLEASE MAKE CHECK PAYABLE TO: ***PNA MASTERS SWIMMERS*** **TOTAL** $ _____

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

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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Permit No. 2334

BOB MCNEEL
2364 FAIRVIEW AVE E #1
SEATTLE WA 98102