

# The WetSet



Volume 18 Issue 3

March 1999

## THREE PNA SWIMMERS TOPS IN POSTAL PENTATHLON - STORY PG. 4

### LEADING OFF by Jane Moore

Hello Swimmers,

This is my last President's letter. The new officers are being elected and will take office at the end of PNA Champs March 21<sup>st</sup>.

I have enjoyed my time as president of the PNA. My term started in April 1993, just after the PNA put on USMS Long Course Nationals. Since then, PNA has sponsored several National Championship Postal meets, 1997 USMS Short Course Nationals, and several PNA and Zone championship meets. Membership has grown from about 600 in 1993 to over 850 in 1998. My job has been made much easier by the great work of many wonderful people who have served with me on the PNA Board of Directors over the past six years. The Board members do lots of work to keep the PNA running smoothly so the members have meets to swim in and newsletters once a month.

This takes more time and effort than it might seem. All of the volunteers deserve a big thank you for letting us keep swimming.

I would like to personally thank a number of people for their help over the past six years. Jeanne Ensign moved to the PNA from Montana and immediately went to work for the PNA helping out as interim registrar, then serving as vice-president and treasurer. She was also the treasurer for SC Nationals. Tammi Keeler did great work as treasurer, organized timers for SC Nationals, took a short break, and returned as meets chair while planning her wedding and becoming Tammi Snook. Suzie Ness was the first meets chair of my term. She did a great job and was essential to both national meets while becoming Zoe's mom. Frank Newquist, Deborah Bagg and Steve Peterson have served as secretary. Jan Kavadas has continued her long service to PNA as

officiating chair.

Phyllis Gill, followed by Gary Maynard, produced *The WetSet* and added photographs. Dan Frost took over as *WetSet* editor last year and has taken the PNA into cyberspace after Gordon Gray and Steve Peterson, as computer committee chairs, brought the PNA into the computer age. Jim and Mardi McCleery have recently taken over as webmasters. I am sure they will continue the great work of their predecessors.

Phoebe Terhaar did a great job as awards chair with some help from her sister AnnaMarie. AnnaMarie also worked very hard to publicize PNA and SC Nationals and even got TV star Michael Newman from *Baywatch* to come to the meet. Brad Palmer has just become publicity chair. Suzanne Dills became registrar early in 1994 and has

*(Continued on page 10)*

### Welcome to the following swimmers who have recently joined the PNA

LAUREN ADLER, RAYMOND BALL, BRIAN BANNON, JEFFREY BLANCHARD, JAMI BURKE, SHIRLEY BUSHNELL, KATHY BYERS, PEG CLOUTIER, CONNIE COBB, JUANITA CORREA, COLLENE DECILLA, MAGGIE DOUR, KARLA EDWARDS, EDWARD EGGLETON, SHEILA FINN, SONNY GARRET, AUGA GOODWIN, CARLEEN GOSNEY, RICK GOULD, VALERIE GOULTER, MAIA HAYKIN, JACK HILORSKY, ADRIANNE HUGHES, EDUARDO JANY, LONNY KANEKO, KRISTOPHER KASCHAK, JANE KESSLER, SANDRA KRAUSE, HILLARY KRUG, NANCY LANE, JENNIFER LELAND, TERI MILLER, GREGORY O'BRIEN, KAREN OWEN, MICHAEL PENNY, LUCIA PETHERAM, STEVE PLATE, ANNEKE PRIBIS, MARK PRIBIS, KAY RAWLINGS, SALLY ROUTH, KIT ROWE, AL RUBECK, MICHAEL SAUNDERS, JOHN SAYRE, STACIE SINGLETON, KRIS SPEIR, BURTON SWENDT, ERIK SWENSON, JEFF WAGENBACH, EDWARD WALDRON, JAMIE WHITNEY, AND MARCI WRIGHT

**VISIT OUR WEBSITE AT [WWW.SWIMPNA.ORG](http://WWW.SWIMPNA.ORG)**

### Inside

#### Results

1998 Postal Pentathlon

Masters Events Calendar

Page 3

Resources for the uncoached  
Masters swimmer

Page 6

#### Entry Forms

NW Zone SCY - April 10-11

# HANGIN' WITH THE WET SET

by editor **Dan Frost**

Greetings to all PNA swimmers. It is March, which means that the season of "championship" events is now here. PNA Championships are being held March 19-21 on the Bangor Submarine Base. Entry forms for individuals and team registration forms were printed in the last *WetSet*. They are also available on-line on the PNA web page ([www.swimpna.org](http://www.swimpna.org)). I hope that you will make the entry deadlines and that I will see you there. It promises to be a great time!

The Northwest Zone Championships (Short Course Yards) will be at the spectacular (and fast) King County Aquatic Center on the weekend of April 10 and 11. Zone meets always are known for fast swims, great socials, and fun happenings. Dave Adleman needs to receive your Zone meet entry by April 1. You can find a copy of the form in this issue.

I expect many PNA swimmers will be thinking about going to the USMS Short Course Nationals in May, down in Santa Clara, Calif. Please be aware that entries to the Nationals are due by April 8. This year, you can enter the USMS Nationals on-line, instantly, through the USMS website ([www.usms.org](http://www.usms.org)). Also new this year, relays can be entered at the meet on the day prior to the relay. Stand by for more word about participating on PNA relays at the Nationals.

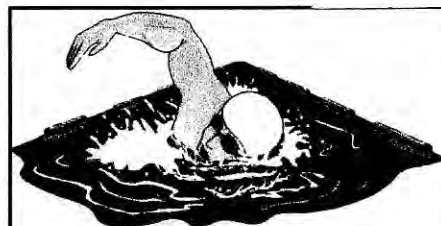
This month's newsletter includes the first of a three-part series of articles called "Making the Best". At the 1998 USMS Convention, other delegates and I talked extensively about things that could be done to improve Masters Swimming, such as how we could help the uncoached swimmer, effectively reach fitness swimmers, and improve the quality of competitions. We repeatedly noted the importance of the Masters coach in various aspects of Masters. This series hopes to convey some of those ideas, and the resources readily available to all Masters, that will help you "Make the Best" of your Masters Swimming experience.

Each part of the series focuses on a particular group of Masters. The first helps swimmers who work out without the benefit of a coach on the deck. The final article (May-June issue) shows how swimmers in coached groups and clubs can get the most out of the benefits that come with swimming with a coach and swimming with teammates. In between (April), are tips for coaches trying to be as effective as possible in helping their swimmers achieve their goals.

No matter which group you belong to (uncoached, coached, and coaches), each article in the series has tips that are valuable for all Masters. In addition, each of the articles will be accompanied by a listing of informative resources beneficial to Masters. These resources include books by leading coaches, publications on swimming science, and guides for swimmers and coaches. Many of these resources are of minimal to no cost, and many are available over the World Wide Web.

My apologies to all for not having the results from January's Orca meet available this month. Look for them in next month's *WetSet*, or you can see them soon on both the PNA web page and Orca's web page.

United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers are now, as they always have been, concerned for the safety and health of their members. They will continue to disseminate such information concerning swimming safety and health as comes to their attention. However, United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers cannot and do not accept responsibility for the content of any information or material not authored by United States Masters Swimming, Inc. or the Pacific Northwest Association of Masters Swimmers. All opinions stated in any such material are solely those of the author(s) and not necessarily those of United States Masters Swimming, Inc. or the Pacific Northwest Association of Masters Swimmers.



## The WetSet

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### PNA VOLUNTEERS

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Fitness: Carolyn Behse  
Historian: Tom Foley  
Meets/Sanctions: Tammi Keeler  
Publicity: Brad Palmer  
Records/Top Ten: Walt Reid  
Officiating: Jan Kavadas  
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, Idaho, and Alaska, plus USMS National events.  
 PNA Events are listed in **BOLD**. All events subject to change.

**March 19-21**  
**PNA Championships**  
**Bangor Submarine Base WA**  
**Steve Peterson (360) 692-1669**  
**See information on page 10 of this issue of *The WetSet***

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

March 28  
 Richmond/Delta/Winskill Masters LCM Meet  
 Watermania Complex / Richmond BC  
 Brian Johnston (604) 591-8357  
 and Cheryl Miniato (604) 946-1597

**April 10-11**  
**Northwest Zone SCY Championships**  
**Federal Way WA**  
**Robin O'Leary (206) 525-7225**  
**See information and entry form in this issue of *The WetSet***

April 23-25  
 BC Masters Provincial Championships (SCM)  
 Duncan BC  
 Alison Meredith (250) 748-8920  
 and Patty Watson (250) 748-8190

May 1  
 USMS / MACA Coach Mentor Swim clinic  
 Pullman WA  
 Doug Garcia (509) 332-1621  
 E-mail: dagarcia@wsu.edu

May 13-16  
 USMS Short Course National Championships  
 Santa Clara, CA  
 Alma Guimarin (408) 947-2298  
 E-mail: aguimarin@aol.com  
 Register on-line at [www.usms.org](http://www.usms.org) or look for entry form in the January-February 1999 edition of *Swim* magazine.

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

June 12  
 Tualatin Hills LCM Meet  
 Beaverton OR  
 Ed Ramsey (503) 693-8173  
 E-mail: ed\_ramsey@intersolv.com

**July 31 - August 1**  
**Northwest Zone LC Championships**  
**Federal Way WA**  
**Hugh & Jane Moore (253) 925-0803**  
**Look for information and entry form in a future issue of *The WetSet***

July 31  
 Mercer Island OW Swim (1.5 miles)  
 Luther Burbank Park / Mercer Island  
 Enviro-Sports / Dave Horning (415) 868-1829  
 E-mail: envirosp@wenet.net  
 Website: [www.envirosports.com](http://www.envirosports.com)

August 19-23  
 USMS Long Course National Championships  
 Minneapolis MN  
 Paul Windrath (612) 388-8524  
 E-mail: pwindrath@compuserve.com  
 Look for on-line information at [www.usms.org](http://www.usms.org) or look for entry form in the May/June 1999 issue of *Swim* Magazine

August 21  
 Emerald City Open Water Swim  
 (half-mile and mile)  
 Lake Washington / Seattle  
 Kristen Schuler  
 (206) 684-4766

September 1 - October 31  
 USMS 3000 & 6000 Yard Postal Championship  
 Marie Hutinger (727) 521-1172  
 Look for information and entry form in a future issue of *The WetSet*

September 11  
 Lake Washington Bridge OW Swim  
 Mercer Island to Seattle (1.5 miles)  
 Enviro-Sports / Dave Horning (415) 868-1829  
 E-mail: envirosp@wenet.net  
 Website: [www.envirosports.com](http://www.envirosports.com)

### ON THE DRAWING BOARD

*The following open water events have not been officially scheduled, but are annual, recurring events.*

July 1 (typically held on July 1 / Canada Day)  
 Canada Day swim / Vancouver BC  
 Vancouver Open Water Swim Association  
 (The Vancouver Open Water Swim series includes three additional events held on separate weekends in July and August - distances 1km to 10km)

July 17 (10th annual swim held in 1998 on July 18)  
 Snake River 8.5 mile swim  
 King Hill ID to Glens Ferry ID  
 Dick Cooke (208) 853-9999  
 E-mail: richcooke@aol.com

August 14 (held in 1998 on August 15)  
 Long Bridge 1.76 mile OW swim  
 Lake Pend Oreille / Sandpoint ID  
 Eric Ridgeway (208) 265-5412

September 6 (typically held on Labor Day)  
 Columbia River Cross Channel swim - 1 mile  
 Hood River OR  
 Hood River City Chamber of Commerce  
 (800) 366-3530

The Oregon Masters also hold an open water swim series from July to September. In 1998, events (typically 1500m and 3000m) were held near Portland, Sandy, Bend, and Ashland (site of the 2000 USMS 6+ mile Long Distance championship). Sites and dates for 1999 have yet to be announced. The Oregon Masters OW coordinator is Dan Gray (541) 944-0529.

**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 "The Final Lap" for World Wide Web addresses)**

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 Kim Antrim  
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 Duncan BC V9L 3X1  
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[vstocks@mail.island.net](mailto:vstocks@mail.island.net)

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 P.O. Box 33336  
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[janmr@fishgame.state.ak.us](mailto:janmr@fishgame.state.ak.us)

# NEWS ABOUT PNA SWIMMERS

## PNA'S POSTAL PENTATHLETES PROCURE PRIZED PLACINGS

By *Wayde Mulhern*  
*Postal Pentathlon Director*

I would like to thank all the participants in the ninth Postal Pentathlon. We had swimmers from 33 states, one Canadian province, and two states in Australia and England. The 206 swimmers ranged in age from 19 to 81 and swam 247 pentathlons. The women, for the fifth time in six years, submitted more entries this year than the men (106 to 100).

Everyone had opportunities to swim multiple pentathlons. Twenty-six individuals took advantage of this. Eleven people swam two courses and 15 swam all three courses. Of the people who swam all three courses, the youngest person was 26 and the oldest was 76.

The challenge ahead for all is the 1999 Postal Pentathlon (Sept. 15 - Dec. 15). It is a meet that can be swum anytime and anyplace.

I would like to extend congratulations to all of you for races well swum and to all the winners. Good luck in your swimming and other activities!

### POSTAL PENTATHLON RESULTS - PNA SWIMMERS

*SPRINT - 50 Fly + 50 Back + 50 Breast + 50 Free + 100 Individual Medley*

*MIDDLE DISTANCE - 100 of each stroke + 200 IM*

*IRONMAN - 200 of each stroke + 400 IM*

*All times converted to short course yards*

Fly Time(Rank)	Back Time(Rank)	Breast Time(Rank)	Free Time(Rank)	IM Time(Rank)	Total Time(Rank)
<b>Jane Moore (Women 45-49)</b>					
Sprint (8 Participants)					
:55.09 ( 8)	:47.27 ( 5)	:49.14 ( 5)	:38.47 ( 6)	1:46.56 ( 8)	4:56.53 ( 7)
Middle Distance (3 Participants)					
2:04.41 ( 3)	1:49.17 ( 3)	1:56.21 ( 3)	1:27.19 ( 3)	3:47.51 ( 3)	11:04.49 ( 3)
Ironman (2 Participants)					
4:22.51 ( 2)	4:01.80 ( 2)	3:58.95 ( 2)	3:13.11 ( 2)	8:00.07 ( 2)	23:36.44 ( 2)
<b>Jan Kavadas (Women 65-69)</b>					
Sprint (5 Participants)					
1:15.38 ( 5)	1:08.80 ( 5)	1:07.02 ( 3)	:59.84 ( 5)	2:24.18 ( 4)	6:55.22 ( 5)
<b>Dan Frost (Men 30-34)</b>					
Sprint (4 Participants)					
:27.24 ( 1)	:28.46 ( 1)	:32.18 ( 1)	:25.64 ( 3)	1:03.06 ( 1)	2:56.58 ( 1)
Ironman (2 Participants)					
2:36.63 ( 1)	2:29.86 ( 2)	2:30.71 ( 1)	2:17.55 ( 1)	5:09.92 ( 1)	15:04.67 ( 1)
<b>Bob Fish (Men 35-39)</b>					
Sprint (9 Participants)					
:27.34 ( 2)	:28.12 ( 1)	:33.08 ( 3)	:23.77 ( 1)	1:01.51 ( 1)	2:53.82 ( 1)
<b>Hugh Moore (Men 40-44)</b>					
Sprint (16 Participants)					
:28.43 ( 3)	:33.56 ( 6)	:35.62 ( 6)	:27.61 ( 6)	1:09.63 ( 4)	3:14.85 ( 4)
Middle Distance (6 Participants)					
1:03.43 ( 4)	1:12.89 ( 5)	1:19.75 ( 4)	1:02.43 ( 5)	2:28.67 ( 4)	7:07.17 ( 4)
Ironman (1 Participant)					
2:28.94 ( 1)	2:42.90 ( 1)	2:54.24 ( 1)	2:22.84 ( 1)	5:19.04 ( 1)	15:47.96 ( 1)

## 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 \_\_\_\_\_

**NORTHWEST ZONE SHORT COURSE CHAMPIONSHIP**

**Sponsored by Green Lake Aqua Ducks and Federal Way Masters**

Sanctioned by the Pacific Northwest Association of Masters Swimmers  
for USMS, Inc. Sanction # 993604

DATE: **Saturday April 10<sup>th</sup> and Sunday, April 11<sup>th</sup>, 1999**

TIMES: **Saturday April 10, Warm-up: 10:00 AM, Meet starts: 11:00 AM**  
**Sunday April 11, Warm-up: 8:00 AM, Meet starts: 9:00 AM**

PLACE: **WEYERHAEUSER KING COUNTY AQUATIC CENTER**  
650 SW Campus Drive, Federal Way, WA 98023 (206) 296-4444

MEET DIRECTOR: **Robin O'Leary** (206) 525-7725

FACILITY: The venue is an indoor facility with spectator seating for 2500 people and elevator access to the deck level. It includes a 50-meter championship pool set up as two 25-yard courses, each with eight nine-foot-wide lanes and a water depth range of nine feet to ten and one-half feet; and a seven-lane, 25-yard diving tank for continuous warm-up during the meet. Two championship courses will be used for events 500 yards and longer. Only one course will be used for events less than 500 yards. The championship pool is rated one of the fastest pools in the world. Deck-level, concrete surge gutters and lane lines minimize wave action. An Omega timing system is linked to a state-of-the-art, eight-lane readout scoreboard.

RULES: Current USMS Rules will govern the meet.

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

DIRECTIONS: *From I-5:* Take exit 142 B which directs traffic west on S 348<sup>th</sup> (a continuation of westbound Highway 18). Continue west on S 348<sup>th</sup> across Pacific Highway S (Highway 99) and across 1<sup>st</sup> Ave S (NOTE: 348<sup>th</sup> becomes SW Campus Drive after crossing 1<sup>st</sup> Ave S). The pool is on the right about 1/2 mile past 1<sup>st</sup> Ave S.

ORDER OF EVENTS (ORDER #BB) (Seeding slow to fast / Deck enter relays at the meet)

<b>SATURDAY APRIL 10<sup>TH</sup>: 11AM</b>		<b>SUNDAY APRIL 11<sup>TH</sup>: 9 AM</b>	
1	1000 Freestyle Event 2 will not start before 12:30 PM	13	500 Freestyle Event 14 will not start before 10:30 AM
2	Women's 200 Freestyle Relay	14	Women's 200 Medley Relay
3	Men's 200 Freestyle Relay	15	Men's 200 Medley Relay
4	50 Breaststroke	16	100 Backstroke
5	100 Butterfly	17	50 Freestyle
6	200 Freestyle 10 minute break	18	200 Breaststroke 10 minute break
7	100 Individual Medley	19	200 Individual Medley
8	Mixed 200 Medley Relay	20	Mixed 200 Freestyle Relay
9	100 Breaststroke	21	50 Backstroke
10	200 Backstroke	22	200 Butterfly
11	50 Butterfly	23	100 Freestyle
12	400 Individual Medley	24	1650 Freestyle

WEBSITE: Visit the PNA website at [www.swimpna.org](http://www.swimpna.org) for updated information.

MOTELS: There are numerous motels within fifteen miles of the pool, including...

Name	Distance to Pool	City	Phone
Holiday Inn Express	1.4 miles	Federal Way	253-838-3164
Best Western Executel	5 miles	Federal Way	253-941-6000
Super 8 Motel	2.4 miles	Federal Way	253-838-8808
Best Western Executive Inn	5.4 miles	Fife	253-922-0080
Motel 6	7 miles	Fife	253-922-1270

**NORTHWEST ZONE SHORT COURSE CHAMPIONSHIP**

**Sponsored by Green Lake Aqua Ducks and Federal Way Masters**

Sanctioned by the Pacific Northwest Association of Masters Swimmers  
for USMS, Inc. Sanction # 993604

**Saturday April 10<sup>th</sup> and Sunday, April 11<sup>th</sup>, 1999**

NAME: \_\_\_\_\_ M F AGE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_ USMS #: \_\_\_\_\_

CLUB \_\_\_\_\_ or UNATTACHED \_\_\_\_\_ LMSC \_\_\_\_\_

AGE GROUP (Circle one - determined by your age as of April 11, 1999):

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 INDIVIDUAL EVENTS (5 PER DAY) PLUS RELAYS

EVENT NUMBER	EVENT	SEED TIME (SC Yards)

ENTRY FEE: \$ 13.00 Surcharge (includes \$1 zone surcharge)

\$ \_\_\_\_\_ T-shirts @ \$12 each - indicate size (M \_\_\_ L \_\_\_ XL \_\_\_)

Individual Events: + \_\_\_\_\_ \$1 per event for swimmers under age 65.

No charge for swimmers 65 or over. No charge for relays.

Total: \$ \_\_\_\_\_ Please make checks payable to: FEDERAL WAY MASTERS

Mail this entry form and fees to: **Dave Addleman** (253) 735-0434  
**31410 48<sup>th</sup> Ave. S**  
**Auburn, WA 98001**

Entries must be postmarked by Saturday, March 27 or delivered to Dave Addleman by Thursday, April 1.

**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: \_\_\_\_\_

## MAKING THE BEST out of... SWIMMING WITHOUT A COACH

*First of a three part series  
By Dan Frost*

Many Masters swimmers participate in swimming without the assistance of a coach on the deck. They do so for very different reasons. Some examples include:

- Small pool / small town / small budget / not enough money for a coach
- The coach of the Masters team himself (or herself), swimming on his (or her) own time.
- A coached swimmer goes on a business trip or vacation away from home (and the home pool).
- A swimmer can not make it to the pool when the Masters team meets (assuming there is a Masters team) because of job or family responsibilities.

A swimmer can still achieve his or her goals and objectives without the aid of a coach on the deck. If you do not have access to on-deck coaching, you can best enhance your chances of fulfilling your goals by doing two things. First, make yourself the best coach that you can be for yourself. Second, learn how to get the most out of working with a workout partner or a small workout group.

### MAKE YOURSELF A BETTER COACH

Personal coaching is certainly important in the development or success of any swimmer. If you do not have access to a coach on the deck, the next best thing is to have one-on-one contact with a coach off the deck. Many active and helpful Masters coaches willing to give advice to anyone who asks often monitor the USMS discussion forum. USMS has a Coaches Committee and a

Fitness Committee devoted to helping swimmers meet their personal goals by giving out helpful information and supporting fitness and swim clinic programs. Members of both committees are listed in the USMS rulebook and the USMS website, along with contact information.

When you swim workouts on your own or in a small group, you can improve your swimming drastically by becoming a student of swimming. There are many excellent sources of material you can study to help you coach yourself better. You can find numerous books about swimming and swim coaching on the market written by famous and successful coaches. Magazines such as *Swim*, *Swimming Technique*, and *Fitness Swimmer* frequently contain swimming and fitness tips and lessons.

One of the best ways to advance your swimming education is to work through the American Swimming Coaches Association (ASCA) series of coaching certification lessons. These are the lessons that aspiring professional coaches learn about swimming and how to coach it. In addition to the five-lesson certification series, ASCA also has a special "Masters School" course with specific material on coaching Masters swimmers. These courses are available for home study and may be ordered individually, although the "Masters School" course is often taught in a four-hour seminar at USMS Nationals. An extra benefit of completing any of these courses is that you can earn educational credits toward obtaining an ASCA coaching certification. ASCA also has other books and tapes for sale with information valuable to swimmers and coaches.

USMS also publishes a Coaches Manual, which contains material from the

ASCA Masters School, plus extra material and resource information for Masters coaches. It is available through the USMS National office.

The World Wide Web is also a rich source of free swimming information. Many swimming associations, teams, organizations, and related businesses have websites. You can post questions to fellow Masters swimmers and Masters coaches on the USMS discussion forum. The *Swim Magazine* website, "Swiminfo.com", contains an extensive database of workouts submitted by successful coaches. Articles from coaches are also prevalent on the ASCA website. There are also sites like the *Swimming Science Journal* which contain extensive scientific and technical information about swimming research, technique, physiology, and nutrition.

When choosing material to study, do not just start reading the first book or article that you encounter. It may be best to begin reading books with a general but comprehensive collection of material on swimming like *Swimming Even Faster* or the aptly named *The Complete Book of Swimming*. You probably do not want to read such books from cover to cover at first. Instead, use them like you would use an encyclopedia or a dictionary to discover information about a specific topic which you want to learn. Later, once you have built some core knowledge, you can further expand your education into other materials that focus on specific items such as a book that focuses on open water swimming technique, a research report on rehydration during exercise, or a lesson on improving flexibility.

You can also help yourself be your own coach by learning the same lessons in

*(Continued on page 7)*

RESOURCES MENTIONED IN THIS SERIES (BOOKS, MAGAZINES, WEBSITES, AND ORGANIZATIONS)  
ARE LISTED BEGINNING ON PAGE 7.

# MAKING THE BEST...SWIMMING WITHOUT A COACH

*(Continued from page 6)*

an interactive format. At your pool, you can volunteer to stay on the pool deck and coach your workout partners. You may also consider participating in a swim clinic, either as a swimmer learning tips on how to improve your swimming under the close guidance of coaches, or as a coach learning how to teach the material under the guidance of a mentor or senior coach. A growing number of commercial swim clinics are open to Masters swimmers throughout the country, and come in various formats from morning seminars to week-long camps. USMS also supports day-long "Mentor Coach" clinics where a senior coach teaches to other coaches in the morning, who in turn assist in coaching swimmers in the afternoon.

## THE SMALL WORKOUT GROUP

If you have been lap swimming on your own for a while, you may eventually see other lap swimmers showing up to swim at the same time. There are some advantages and disadvantages to sharing a lane or workout with others.

When two or more swimmers who consistently swim at the same time get together in the locker room, the lobby, or over lunch, they can discuss common goals and objectives that could be accomplished by teaming up. Small workout groups have many options, including:

- You can decide to work out together, with one person responsible for creating the workout.
- One of the group members can supervise some or all of the workouts from the deck.
- There may be a Masters team already in place at your pool, but meeting at a different time. Consider asking the Masters coach or representative to participate or help in your workout session.
- Make contact with the pool staff. They may help you if you wish to reserve lanes, publicize your workout, or retain the services of a coach.
- Have your group register as a Masters club or team. Your club or

team does not have to have a coach or collect dues.

Besides workouts, your group can participate together in events like postal swims (which always need somebody to count laps and keep times from the deck), swimming fundraisers, triathlons, and various social activities away from the pool.

It takes only one person, either a swimmer or a coach, to start building a Masters swim team. If you or your small group would like to take that direction and organize a Masters team, further guidance can be found in material like USMS' *Building A Successful Masters Team* publication or *Starting and Developing a Masters Club - From A to ZZZZ*, an informative webpage located on the B.C. Masters Swimming website. Valuable information and assistance could also be available by speaking to your pool's aquatic director, other Masters team representatives and coaches, and Local Masters Swimming Committee representatives.

## MAKING THE BEST...SUGGESTED RESOURCES

*The three-part series of articles on "Making the Best" out of your Masters swimming experience, be it as an uncoached swimmer, a coach, or a coached swimmer, mentions many resources available to anyone. The following is a list of resources mentioned in the series.*

**USMS COMMITTEES** - The USMS Coaches, Fitness, and Safety Education Committees are available to serve USMS members, clubs, and LMSCs in promoting the goals of the Masters Swimming program. The committees are made up of members from throughout the nation. PNA members Lee Carlson (Coaches), Dan Frost (Fitness), and Kathy Casey (Safety Education) are local points of contact for these committees. Further contact information is available through the USMS website, the USMS National Office, and within the *1999 USMS Rule Book*.

**USMS NATIONAL OFFICE** - For further information about USMS, its programs, services, and products, contact USMS Executive Secretary Traci Grilli at USMS National Office, P.O. Box 185, Londonderry NH 03053-0185, telephone (603) 537-0203, fax (603) 537-0204, and e-mail [usms@usms.org](mailto:usms@usms.org). Informational and promotional items, such as the *1999 USMS Rule Book*, *USMS Coaches Manual*, and *Building a Successful Masters Club* may be ordered through the National Office.

**SWIM MAGAZINE AND SWIMMING TECHNIQUE MAGAZINE** - These magazines are published by Sports Publications, Inc., and edited by Masters swimmer Phil Whitten. *Swim* is the official magazine of USMS, and is sent to every registered USMS member. *Swimming Technique* provides in-depth features on improving swimming stroke technique, coaching swimmers, and issues of importance to swim coaches. For more information, contact their editorial offices at Sports Publications Inc., P.O. Box 20337, Sedona AZ 86341, telephone (520) 284-4005, or e-mail [SwimWorld@aol.com](mailto:SwimWorld@aol.com).

*(Continued on page 8)*

## MAKING THE BEST...SUGGESTED RESOURCES

(Continued from page 7)

**FITNESS SWIMMER MAGAZINE** – Edited by Masters swimmer Mary Bolster, *Fitness Swimmer* is a bi-monthly magazine geared for adult swimmers of all ages and abilities who are looking to improve their fitness and swimming. For more information, contact their editorial offices (212) 573-0376 or write to Rodale Press Inc., 733 Third Ave., 15<sup>th</sup> Floor, New York NY 10017, or e-mail marybswim@aol.com.

**THE AMERICAN SWIMMING COACHES ASSOCIATION** – ASCA is an active association of swimming coaches dedicated to fostering the profession of swim coaching. The association has many educational books, reports, audiotapes, and other materials for sale to both members and non-members. They also post many articles for free view upon their website. For further information, contact ASCA through their website ([lornet.com/asca](http://lornet.com/asca)), telephone (800) 356-2722, or write to ASCA, 2101 N. Andrews Ave., Suite 107, Fort Lauderdale FL 33311.

**USMS COACHES MANUAL** – Developed and updated by the USMS Coaches Committee, this manual will assist the individual Masters Coach in the organization and administration of the individual Masters Swimming program and in supporting all of the swimmers who are members of the program, being alert to the diversity of the ages and abilities of the swimmers. The manual is a loose-leaf book that contains already available information with room for expansion and updates. It may be ordered for \$25 through the USMS National Office.

**HINTS FOR COACHING MASTERS** – Canadian Masters swimming coaches teamed up to write *Hints for Coaching Masters*. It covers practically every aspect of coaching Masters swimmers, including sections on the rewards of Masters coaching, physical and psychosocial characteristics and

needs, motivation / goal setting, teaching methods, flexibility development, stress management, injury care and prevention, the aging process, and legal aspects of Masters coaching. *Hints for Coaching Masters* can be found on the Masters Swimming Canada web page ([www.compumart.ab.ca/masterssc](http://www.compumart.ab.ca/masterssc)).

**SWIMMING SCIENCE JOURNAL** – An extensive collection of articles concerning the scientific aspects of swimming can be found on the World Wide Web on the Swimming Science Journal web page ([www-rohan.sdsu.edu/dept/coachsci/swimming/index.htm](http://www-rohan.sdsu.edu/dept/coachsci/swimming/index.htm)). Articles are grouped into subjects such as physiology and technique, and feature research conducted with some of the world's most talented swimmers and coaches.

**SWIMINFO WEBSITE** – The World Wide Web home of *Swim*, *Swimming World*, and *Swimming Technique* magazines is [www.swiminfo.com](http://www.swiminfo.com). In addition to reprints of articles that appear in those magazines, Swiminfo also contains an extensive database of workouts for swimmers of all levels, as well as an on-line store.

**USMS WEBSITE** – Information about USMS is freely available on the World Wide Web ([www.usms.org](http://www.usms.org)). Masters Swimmer Jim Matysek and the USMS Computer On-Line Committee manage the website. The website also contains event calendars, a discussion forum for Masters swimmers, links to Masters event results, news on USMS committee activities, information and on-line registration for USMS Championships, and much more.

**SWIMMING EVEN FASTER** – A comprehensive guide for the coach and athlete, *Swimming Even Faster* is the definitive resource for information on competitive swimming. *Swimming Even Faster* was written by Arizona State coach Ernie Maglischo in 1993 as a revised edition to 1982's *Swimming*

*Faster*. It includes information on special topics including female swimmers, masters swimmers, and training in various age groups, plus coverage of the anaerobic threshold theory of endurance training, systematic approaches to using energy systems in training, and seasonal planning. It is available through Amazon.com and Swiminfo.com.

**THE COMPLETE BOOK OF SWIMMING** – This book is a must read for swimmers (and coaches) at every level, and everyone interested in lifelong fitness. Written by *Swim Magazine* editor Phil Whitten. It is available through the Swiminfo.com, Amazon.com, and direct from Sports Publications, Inc. at (800) 352-7946.

**AMAZON.COM** – The famous on-line bookseller has a large library of swimming books for sale, including *The Complete Book of Swimming* and *Swimming Even Faster*. Consumers can earn a special discount on all Amazon.com purchases (not just swimming books) by surfing to Amazon.com from the link on the USMS website.

**BUILDING A SUCCESSFUL MASTERS TEAM** – Developed and updated by the USMS Marketing Committee (updated in 1998), this publication gives prospective clubs an idea of how to get started, new clubs ideas to help them grow and be successful, and aids established clubs in finding information and ideas that will result in a fresh and creative approach to running their organizations. It is available for \$6 through the USMS National Office.

**STARTING AND DEVELOPING A MASTERS CLUB – FROM A TO ZZZZ** – The title says it all about this publication created by the Masters Swimming Association of British Columbia. It is available for free on the MSABC website ([www.island.net/~bpronk](http://www.island.net/~bpronk)).



### PNA Registered Teams

Team	Abbr.	Swimmers	Team Rep/Contact	Pool	Workout Times
Bellevue Club Masters	BC	70	Jody Braden 425-644-1616	Bellevue Club 11200 SE 6 <sup>th</sup> Street 425-644-1616	12:00-1:00 PM M/W/F 6:00-7:00 AM Tu-Th 9:30-10:30 AM Tu-Th 10:00-11:30 AM Sa
Bellevue Eastside Swim Team	BEST	20	Michael McKinley 425-643-5129	Bellevue Eastside Y 14230 Bel Red Road 425-746-9900	6:30-7:30 AM M/W/F
Bellingham Masters	BMSC	30	Barb Gundred 360-734-8364 barbg@memes.com	Bellingham Aquatic Center 360-647-7665	5:30-7:00 AM M-F
Federal Way Masters	FWM		Linda Sullivan 253-941-8028 LESmasswim@aol.com.	King County Aquatic Center 650 SW Campus Dr. 253-296-4444	6:00-7:15 AM M-F 12:00-1:00 PM M/W 7:00-8:00 PM M/W/Th
Ft. Steilacoom Masters	FTST	6	Kathy Casey 253-588-4879	Pierce College Pool 9401 Farwest Dr SW 253-964-6678	5:00-6:30 PM M-Th
Gateway Athletic Club (Seattle)	GACM	12	John Pauole 206-343-4692	Gateway AC Pool 700 Fifth Avenue 206-343-4692	6:30-8:30 AM M/W/F
Green Lake Aqua Ducks (Seattle)	GLAD	80	Robin O'Leary 206-525-7725 GLAD1@mailexcite.com	Evans Pool 7201 E Green Lake 206-684-4961	5:00-6:00 AM M-F 7:00-8:30 AM Sa
				Shoreline Pool 19030 1 <sup>st</sup> Ave. NE 206-296-4345	7:00-8:00 AM M-F
Issaquah Swim Team	IST	21	Dave Kienlen 425-837-3355 DaveK@ci.issaquah.Wa.us	Julius Boehm Pool 50 SE Clark Street 425-837-3355	5:00-6:30 AM M/W/F
Maranha Swim Team (Sumner)	MST		Nina Cunningham	Sumner High School 1707 Main St. 253-863-8110	
Mercer Island Redwoods	MIR	15	Steve Sussex 206-232-9263	M. I. District Pool 8815 SE 40 <sup>th</sup> Street 206-296-4370	6:00-7:00 AM M-F
Newport Hills Swim Team (Bellevue)	NH	10	Tom Dunning 425-746-9510	Newport Hills Pool 5474-119 <sup>th</sup> Ave SE 425-746-9510	6:00-7:00 PM M/W/F
Northshore Y's Guys (Bothell)	NSYG	20	Joanne Bushnell 425-485-9797	Northshore Y 11811 NE 195 <sup>th</sup> 425-485-9787	5:00-6:30 AM M-F
North Whidbey Masters (Oak Harbor)	NWM	19	Dan Frost 360-675-5751 desertfrost@yahoo.com	Vanderzicht Pool 85 SE Jerome St 360-675-7665	12:30-1:30 PM M/W/F 5:00-6:00 AM M/W/F 5:00-7:00 AM Tu/Th
Orca Swim Team (Seattle)	ORCA	65	Suzie Ness 206-729-9403 zoeness@GTE.net suzieness@Boeing.com	Seattle University Connolly Center 14 <sup>th</sup> & Cherry 206-296-6404	7:30-8:45 PM Tu 7:30-8:30 PM Th 7:00-8:15 PM F 4:00-5:30 PM Su
Old Olympic Peninsula Swimmers (Silverdale)	OOPS	6	Frank Warner 360-692-1040	Bangor Subase Pool	4:30-5:30 PM M-F
Pro Club Masters (Bellevue)	PRO		Andy Lovan 425-885-4591 prosc@email.msn.com	Pro Club 4455 148 <sup>th</sup> Ave. NE 425-885-5566	
Queen Anne Swim Club (Seattle)	QASC	60	Ed Artis 206-285-1268	Queen Anne Pool 1920 First Ave W 206-386-4282	8:00-9:30 PM W/F 9:30-11:00 AM Su
Samena Masters Swim Team (Bellevue)	SAM		Cynthia Hirst 425-885-5303 hirst@sprintmail.com	Samena Club Pool 15231 Lake Hills Blvd. 425-746-1160	6:00-7:00 AM M/W/F 7:15-8:30 AM Sa
Skagit Valley YMCA Chinooks (Mount Vernon)	SVYC	12	Gary O'Neill 360-336-9622	Skagit Valley Y 215 E. Fulton	6:30-7:30 PM M/W/Th
Swim Seattle	SSEA	45	Deborah Bagg 206-621-7896 dbagg@rain.kcls.lib.wa.us	Seattle University Connolly Center 14 <sup>th</sup> Cherry 206-296-6404	5:45-7:00 AM M-F
Tacoma Family Y	TACY	15	Cathy Barmore 253-564-9622	Morgan Family Y 1002 South Pearl 253-564-9622	9:00-10:00 AM M-F 7:00-8:30 PM M/W/F
Tacoma Swim Club	TSC	7	Mark Patterson 253-752-4511 253-383-3791	Univ. of Puget Sound	5:30-7:00 AM M/W/F
				Foss High School	6:00-7:15 PM M-Th
Thunderbird Aquatic Club Masters (Anacortes)	TAC	11	Pinky Walker 360-424-8755	Fidalgo Pool 1603 22 <sup>nd</sup> 360-293-0673	8:00-9:30 AM M/W/F 5:30-6:30 PM M-F
Tigers	TIG	8	Tom Foley 206-937-5585		

TEAMS: Please send corrections and updates of this list to Lee Carlson.

# 1999 STEVE ENGLE MEMORIAL PNA CHAMPIONSHIPS

MARCH 19-21 / NAVAL SUBMARINE BASE, BANGOR WA

**TIMES:** Warm-ups begin at 6 PM on Friday night, 8 AM Saturday and Sunday morning. The meet begins one hour after warm-ups. Please allow a few extra minutes to your drive to pass through the gate and find the pool.

**LOCATION:** The pool is located in building 2700. McDonalds, Officer's/Enlisted Clubs, and the Navy Exchange are located near the pool.

**EVENT CHECK-IN:** Swimmers should positively check-in to confirm participation in the 400 IM, 500, 1000 and 1650 Free, and relays.

## PLACES TO STAY:

WestCoast Silverdale Hotel & Resort  
(800) 426-0670  
"PNA Masters" rates: \$68 (1 Queen) to \$78 (2 Queen)

Poulsbo Inn  
(800) 597-5151  
"Corporate (PNA)" rate: \$58 (2 Queen)

Poplars Motel  
(800) 824-7517  
"PNA Masters" rates: \$54 (1 person, 1 Queen) to \$66 (3-4 persons, 2 Queen) with two night stay paid two weeks ahead.

Cimarron Motor Inn  
(800) 273-5076  
"PNA Masters" rate: \$63 (1-4 person, 2 Queen) or \$57 (2 nights) includes complimentary continental breakfast

## FURTHER INFORMATION:

**MEET DIRECTORS**  
Marilyn Grinrod  
(360) 535-5941 (pool)

Steve Peterson  
(360) 692-1669 (home)

## PRESIDENT'S LETTER

*(Continued from page 1)*

done a great job ever since. Jeanette Vallandigham has arranged some fun social events in her two stints as social chair, before and after Linda Sullivan. She left in the middle for a while, but had to come back.

Karen Jost, Phyllis Gill, and Carolyn Behse have worked hard to keep us fit. Karen came up with several fitness events and clinics. Phyllis put on the first USMS coaches' stroke and fitness clinic in the Northwest. Robin O'Leary and Barb Gundred have been chairs of the ad-hoc coaches committee as well as meet directors of several meets. Robin has also served as relay coordinator for relays at national meets and was in charge of souvenirs at our SC Nationals.

Sally Dillon arrived in the PNA in the fall of 1997 and has become an active participant in the PNA, serving as chair of the awards committee and the ad-hoc open water committee. Lee Carlson has been vice president and has worked hard lining up officials for meets, officiating himself, and serving as assistant meet director for Nationals. Tom Foley, the Tigers team rep, keeps the Board in line and always watches out for the best

interests of the Tiger swimmers. He also serves as historian and keeps scrapbooks with photos of and articles about PNA members.

Kathy Casey and Walt Reid have been essential, as always, to the smooth functioning of the PNA. They are always ready to help, but work mostly behind the scenes. Walt keeps all of the PNA records in order and submits national and world records for those who set them. Kathy has been an at-large representative to the board and chair of the ad-hoc safety committee.

My personal favorite PNA helper is my husband, Hugh. He has kept us in line as chair of the Constitution and By-Laws committee. He is responsible for the PNA bidding for and obtaining National Championship meets (I'm not sure if we want to thank him for that - it was a lot of work). He keeps me going and is always supportive.

Thanks to all of these folks and the others I have forgotten to mention individually for helping make the past six years a lot of fun. I look forward to continuing to work with the PNA and the incoming officers in the upcoming years. Congratulations to the new offi-

cers: President Lee Carlson, Vice President Carolyn Behse, Secretary Steve Peterson, and Treasurer Jeanne Ensign. Kathy Moore will be joining Kathy Casey as at-large Board members.

The most recent PNA Board meeting was held on January 16<sup>th</sup>. PNA membership was 568. The updated meet bid packet will be reviewed in February. Sally Dillon is working on arrangements for a 5K/10K swim next summer, possibly in conjunction with a long course meet. Orca will host a meet July 3<sup>rd</sup>. GLAD and Federal Way will host Short Course Zone Champs in April. That will be a two day meet with distance events at the start and end of each day. New PNA medals will be available soon. PNA members are encouraged to become certified officials and help at PNA meets. The new PNA website is working ([www.swimpna.org](http://www.swimpna.org)). A draft of Open Water Guidelines was distributed for review. It will be discussed at the February meeting. Qualifying meet expenses for reimbursement will also be discussed at the next meeting. The March Board meeting is scheduled for March 23<sup>rd</sup> at the Bellevue Club.

Sincerely,  
Jane Moore

## THE FINAL LAP

### WHAT DO THE COACHES SAY? *From the Coaches Committee Quarterly - Winter 1999*

*In your opinion, what is the optimum length (in time) of a Masters workout?*

**Todd Samland** – Our program has opted for the one-hour practice...It would be wonderful to offer more than one-hour practices, but in order to offer a coached program for the competitive swimmer we must meet the needs of a broader base of fitness swimmer. The fitness swimmer can definitely have needs met in one hour.

**Joel Stager** – While we have a range of ages from 20 to 70 years on our club, it appears as if most swimmers don't need much more yardage than this (average of 3000 yds) to swim competitively. Many of them qualify for the Top Ten. Our swimmers seem to be able to maintain this as over time we have had very few overuse injuries. They do come in tired from previous workouts and thus even at 3000 a day we have to schedule some "junk yards" days...It is somewhat difficult to get a complete warm-up in... and nearly impossible to work on stroke mechanics or starts and turns in an hour. For this reason, it would seem that a 1.25 to 1.5 hours would be optimal.

**Janet Renner** – One hour, 15 minutes. I feel a 10- to 15-minute warm-up followed by 10- to 20-minute warm-up/drill set followed by a main set 20 to 40 minutes and finally a 5- to 10-minute warm-down is just about right. In Maui our workouts are scheduled for 90 minutes because our Masters thrive on social time and usually manage to burn up nearly five minutes on deck getting into the water, five minutes during the actual workout socializing, and another five minutes after warm down!

**Dan Goerke** – The workout must be structured to warm up the muscles, raise the heart rate, provide anaerobic/aerobic conditioning, practice technique and warm down. Structure, with a specific goal for each workout, is the key. When all of these are present, a 1:15 to 1:30 workout is fine.

**Robert Zeitner** – I believe that any time shorter than one hour does not allow adequate time for a warm-up and warm-down, especially for older swimmers. I believe that any time longer than two hours is too much swimming for most Masters swimmers, even with several drill sets as part of the workout.

### Happy Birthday to the Following PNA Swimmers

03 15 KATHY MOORE	03 31 KATHLEEN HOFSTETTER
03 15 DAVID CHEATLE	04 01 AMY RUSHO
03 16 MATTHEW SMITH	04 01 JEAN HUCKINS
03 16 TODD DOHERTY	04 03 ERIC DYBDAHL
03 16 PHOEBE TERHAAR	04 03 MARK GENTHER
03 16 TODD WIRTZ	04 03 MICHELE HINATSU
03 17 BARBARA YOUNG	04 03 THOMAS TAYLOR
03 19 JULIE AINSWORTH-FISHER	04 04 KARI OSTERHAUG
03 19 UNA PETT	04 04 ALAN BELL
03 19 PATRICK SLOWEY	04 05 SYDNEY MUNGER
03 20 JENNIFER LELAND	04 05 MARIANNE HUNTER
03 21 BARBARA HAYNES	04 06 KAREN OWEN
03 22 CAROLYN CAVALIER	04 06 JANET KAVADAS
03 22 JOHN (JACK) CONNELLY	04 06 TOM BAKER
03 22 SIMONE GOBEL	04 06 CAROLYN BALDWIN
03 22 MIKE NELSON	04 07 CHERYL DURSTEIN-DECKER
03 22 WILLA DAWSON	04 08 MICHAEL HASTINGS
03 23 ALAN SCHELL	04 09 GAIL HASHAGEN
03 23 ROBERT TRIPPLE	04 09 JIM PENFIELD
03 24 RICHARD MCKEOWN	04 09 TROY HUSBAND
03 24 LANCE CALISCH	04 10 SUSAN AMOTT
03 25 JACKIE KIMPTON	04 11 THOMAS RIEPE
03 25 EDWARD ARTIS	04 12 DONNA PETERS
03 25 ROBIN PRATT	04 12 JENNIFER STAPP
03 26 RICK SPENCER	04 12 JUDY WILLIAMS
03 28 PEG CLOUTIER	04 12 YVONNE YOKOTA
03 29 BURTON SWENDT	04 14 MARK WATLING
03 29 MARY ANNA KEISER	
03 30 PETER ANDERSON	
03 30 COLLEEN DECILLA	
03 30 JACK STAVROS	

### WORLD WIDE WEB GUIDE

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

PNA MASTERS SWIMMING  
U.S. MASTERS SWIMMING  
B.C. MASTERS SWIMMING  
BELLINGHAM MASTERS  
ORCA SWIM TEAM

[www.swimpna.org](http://www.swimpna.org)  
[www.usms.org](http://www.usms.org)  
[www.island.net/~bpronk](http://www.island.net/~bpronk)  
[members.aol.com/Ariston844/bmsc.htm](http://members.aol.com/Ariston844/bmsc.htm)  
[www.teamseattle.org/orca](http://www.teamseattle.org/orca)

**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)  
 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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