

The WetSet



Volume 18 Issue 4

April 1999

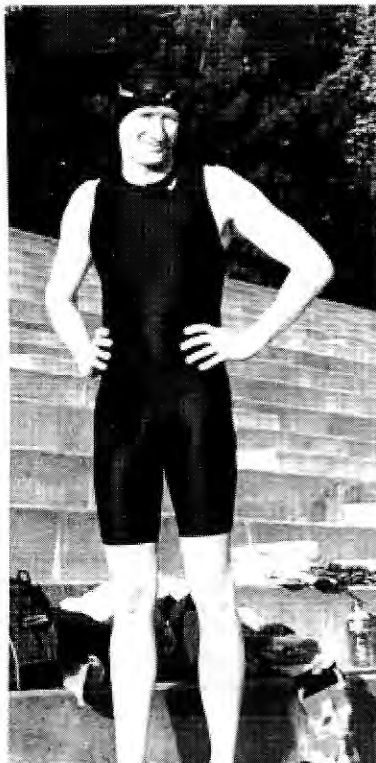
SIZE, SPRINTS, & SUITS HIGHLIGHT SEATTLE-AREA MEETS

By Lee Carlson

The inaugural Mercer Island Masters Meet was a success. The combination of a sprint meet scheduled in a central location and which lasted only three and one-half hours drew 122 swimmers. Co-Host Mercer Island had 19 swimmers followed by the Bellevue Club with 11 swimmers. One swimmer each from Alaska, Canada and Oregon entered the meet.

Highlights were the return of Bob Miller, Juanita Correa and Dave Tempest to competitive swimming. A number of the adults had their children timing. In some cases the coaches were swimming and the age group and high school swimmers were providing the timing and encouragement. The meet committee estimated that about 25 competitors entered their first Masters meet.

Six PNA and four Northwest Zone records were established. Juanita Correa contributed three of the records. Redwood Mike also received a substantial amount of support from the knowledgeable swimming crowd.



"Redwood Mike" Schaeffer is dressed for success at the inaugural Mercer Island Masters sprint meet. *WetSet* photo by Steve Sussex.

LEADING OFF by Lee Carlson

Hello Swimmers

You will notice that the byline is the same (albeit borrowed), but the relay swimmer is different and definitely not as experienced. Much like the novice swimmer in their first meet or a first time participant in Nationals, this swimmer has been approaching the position as your President with a mixture of mild butterflies in the stomach and awe. Even the first newsletter article seems daunting. It's a lot like getting up on the starting blocks with only two thoughts: Hoping to keep your balance and hoping to get off without false starting.

Jane Moore has been outstanding as our leadoff swimmer. She has done a wonderful job blending a group of individuals into a team. Challenges have come in conducting several national

(Continued on page 4)

WELCOME TO THE FOLLOWING SWIMMERS WHO HAVE RECENTLY JOINED THE PNA

CARLA ABRAMS, LEAH ALLISON, GRETCHEN BATTIS, INGA CHARRON, CHERYL DE-GROOT, ANDREW FLAVELL, RICHARD GUELICH, TIM HENSLEY, CHRIS LAUTMAN, MEEHILD LUTZ, LYDIA MARSHALL, DEANA MOSBY, DON REHFELDT, NANCY SCOLES, KENNETH SIMONS, JIM SMERSH, CINDY SPRENGER, MARY STEWARD, KERRY SUSSEX, JOHN TACKE, SHELLEY TURNER, MICHAEL WALSTEAD, AND KELLY WELCH

VISIT OUR WEBSITE AT WWW.SWIMPNA.ORG

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HANGIN' WITH THE WET SET

by editor Dan Frost

This issue is the last of the "Desert WetSets". A number of people have been invaluable to bringing *The WetSet* to your mailbox while I have been in Saudi Arabia. I first thank Lee Carlson, who receives my Adobe Acrobat™ files, prints them onto paper, and delivers them to our commercial printer. Special thanks also go to Sally Dillon for answering *WetSet* mail, Walt Reid and Jim McCleery for sending results and news, the editorial review board of Jane & Hugh Moore, Jeanne Ensign, and Steve Peterson for correcting all my mistakes, and Sue Dills for her consistently noble job in taking *The WetSet* from printer to post office. I also could not do this without the support of my fellow members of Electronic Attack Squadron 142. They have literally kept me alive under lethal conditions, and are the very best at what they do.

As you see, it takes plenty of people to bring this quality newsletter to you, as well as all the other services that the PNA provides. Everything we do as an organization, from paying the bills to conducting swim meets, is an exercise in teamwork. As Lee mentions in his letter, we could always use your help. We appreciate all swimmers for sharing their ideas, and their time.

Lee also mentions many of the changes to our Board of Directors. One upcoming change that he did not mention is a change of the newsletter editor. I will be moving to California in June to attend graduate school, and the next *WetSet* should be my last as your editor. I mentioned when I first became editor that I would be on the lookout for a successor. I am still looking. The fact that this has been a fun job is something that I have hoped to convey in each *WetSet* that I have helped to produce.

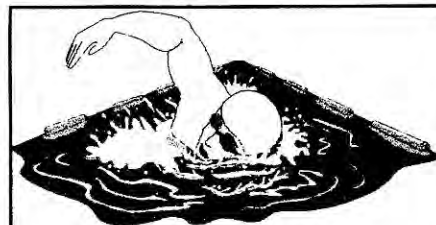
The Board, however, will not let me go without having me be our Relay Coordinator at the Short Course Nationals. I asked a friend about the secret to being the RC, and he said, "It's no secret. All you need to do is care enough about it to pay attention to the details and follow-up." Sounds like good advice to me. We are going to have some GREAT RELAYS at Nationals, but I need to know if you are going. There is more information on the flyer found on page 5.

IMPORTANT NOTICE: The next *WetSet* will be a combined May-June issue. Look for it in your mailbox in mid/late May. Submissions accepted until April 30.



The editor (far left) and his crew after another successful Navy EA-6B flight over Southwest Asia. "Job's done, time to hit the pool!"

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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April 1999

Dan Frost - Editor
P.O. Box 845
Oak Harbor WA 98277-0845
(360) 675-5751
E-mail: thewetset@yahoo.com

PNA OFFICERS

President

Lee Carlson (206) 232-3916
2913 70th Ave SE
Mercer Island WA 98040
leedee@home.com

Vice President

Carolyn Behse (425) 747-3889
cbehse@yahoo.com

Treasurer

Jeanne Ensign (206) 324-6768
treasurer@usms.org

Secretary

Steve Peterson (360) 692-1669
speterson@bandwagon.net

Board Members at Large

Kathy Moore (253) 854-8715
Kathy Casey (253) 588-4879

PNA VOLUNTEERS

Registrar

Suzanne Dills (206) 547-1654
1101 N Northlake Wy
Seattle WA 98103

Awards: Sally Dillon

Coaches: Barb Gundred

Computer Apps.: Jim McCleery

Constitution & By-Laws: Jane Moore

Fitness: Carolyn Behse

Historian: Tom Foley

Meets/Sanctions: Hugh Moore

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.

April 10 - 11

**Northwest Zone SCY Championships
Federal Way WA
Robin O'Leary (206) 525-7225
Entries due April 1. See last month's
WetSet for information and entry form**

April 23 - 25

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

April 23 - 25

Inland Northwest Masters Championship
Location TBA
Diana Leake (208) 263-3976

May 1

USMS / MACA Coach Mentor Swim clinic
Gonzaga University / Spokane WA
Doug Garcia (509) 335-5301 or (509) 332-1621
E-mail: dagarcia@wsu.edu
More information can be found on page 11

May 13 - 16

USMS Short Course National Championships
Santa Clara, CA
Alma Guimarin (408) 947-2298
E-mail: aguimarin@aol.com

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***

May 24

Alaska Masters LCM Meet / Anchorage AK
Janet Rumble (see contact information below)

June 12

Tualatin Hills LCM Meet
Beaverton OR
Ed Ramsey (503) 693-8173
E-mail: tkramsey@gte.net

July 3

**Orca Swim Team SCY meet
Helene Madison Pool / Seattle WA
Brad Palmer (206) 870-5121
E-mail: orcanews@yahoo.com
Look for information and entry form in
the May-June issue of *The WetSet***

July 17

Snake River 8.5 mile OW swim
King Hill ID to Glens Ferry ID
Dick Cooke (208) 853-9999
E-mail: richcooke@aol.com

July 17 - 18

Rogue Valley Masters 1.5k/3k/5k OW swims
Applegate Lake (near Medford) OR
Dan Gray (541) 944-0529
E-mail: openwater@swimoregon.org

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 - August 1

Central Oregon Masters OW swims (1500m & 3000m)
Elk Lake OR
Dan Gray (541) 944-0529
E-mail: openwater@swimoregon.org

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

August 14 - 15

Oregon Masters OW Clinic (14th)
and OW Championship swim (15th) (1500m & 3000m)
Cottage Grove OR
Dan Gray (541) 944-0529
E-mail: openwater@swimoregon.org

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 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

August 29

North Bend OW swim (1500m & 3000m)
Eel Lake / North Bend OR
Dan Gray (541) 944-0529
E-mail: openwater@swimoregon.org

September 1 - October 31

USMS 3000 & 6000 Yard Postal Championship
Marie Hutingler (727) 521-1172
Look for information and entry form in a future issue of
The WetSet

September 6

Columbia River Cross Channel swim - 1 mile
Hood River OR
Hood River City Chamber of Commerce
(800) 366-3530

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

September 12

Hagg Lake OW Swim (1500m & 3000m)
Forest Grove OR
Dan Gray (541) 944-0529
E-mail: openwater@swimoregon.org

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)

Pacific Northwest

Dan Frost
P.O. Box 845
Oak Harbor WA 98277-0845
(360) 675-5751
thewetset@yahoo.com

Oregon

Dave Radcliff (Northwest Zone Representative)
5832 SE Woll Pond Wy
Hillsboro OR 97123
(503) 648-7141
therads@integrityonline.com

Snake River

Kim Antrim
120 Locust St
Boise ID 83705
(208) 344-8337

British Columbia

Vanda Stocks
PO Box 149 Strn Main
Duncan BC V9L 3X1
(250) 748-4628
vstocks@mail.island.net

Inland Northwest

Doug Garcia
P.O. Box 145
Albion WA 99102
(509) 332-1621
dagarcia@wsu.edu

Alaska

Janet Rumble
P.O. Box 33336
Juneau AK 99803
(907) 364-3106
janmr@fishgame.state.ak.us

PRESIDENT'S LETTER

(Continued from page 1)

championships, growing rapidly, and providing a voice for all masters swimmers, fitness and recreational. My objective is to keep this team growing and improving with a mixture of experienced teammates and new members. If we are to meet our goals together, each of you will have a chance to participate and indicate what directions or emphasis you want our PNA organization to provide.

At the Bellingham, Orca, and Mercer Island meets, I was reminded of how much I often take for granted what it takes to put on a meet. From the time the meet entries are sent to the meet director to the time we see the results, a lot of hard work has been accomplished by a number of people. When the "office" (meet computer entries, results, and the Clerk of Course) performs well, the meet generally runs smoothly. Make sure you say thanks to these individuals. These folks rarely get the credit that they should.

We often take the officials for granted. It takes between four and ten officials each day of a meet. We need at least one certified official to legally run a meet. We have only four certified officials in the PNA. One objective is to get more certified officials. Over the next three months or so, we will be conduct-

ing a three-hour stroke and turn clinic to help provide us a larger pool of qualified and available officials to draw from. Please encourage one or two individuals from your team who could do a good job in this area.

Your new PNA Board has a number of familiar faces. For the officers, Carolyn Behse has contributed as Fitness chair and has been active in the Bellevue Club. She brings a real "can do" attitude to the group. Quite frankly, Treasurer Jeanne Ensign and Registrar Sue Dills are outstanding both in performing their responsibilities and as contributors to the PNA. Steve Peterson is very steady and contributes substantially both up front and behind the scenes.

As of the February 23rd Board meeting, PNA membership was 676. Hugh Moore agreed to fill the Meets/Sanctions chair and Jane Moore will cover Constitution and By-laws. Comments on Sally Dillon's well-drafted open water guidelines are due to her in the next two weeks. This April *WetSet* has information on the relays for Nationals. Our traveling ambassador, Dan Frost, will coordinate the relay effort. New medals for meet awards have arrived.

A new Officials chair is needed, and we thank Jan Kavadas for her many years of service. PNA will write a letter to the

Pacific Northwest Swimming Association to encourage greater participation of PNS officials at our meets. We will ask them for ideas on what we can do to assure we have enough officials. The board approved a donation of \$500 to the PNS for their use in training of officials.

The April Board meeting is scheduled for April 27th at Green Lake. Remember that Board meetings are open to all. We want your ideas.

Sincerely,
Lee Carlson

FOUR SWIMMERS EXCEL IN HOUR SWIM

Four PNA swimmers participated in the USMS One Hour Postal Swim National Championship during January.

Ft Steilacoom's Kathy Casey was third out of 57 women ages 50-54 swimming 4220 yards. North Whidbey's Jim McCleery was 10th out of 107 men ages 50-54 with 4715 yards. Fellow NWM swimmer Harvey Prosser, 70, swam 3460 yards for third place among 24 swimmers. Everett Cassell, 85, from Green Lake swam 1930 yards for a fourth place finish.

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 _____

PNA RELAYS AT THE NATIONALS!

Going to the Nationals? PNA swimmers will be teaming up to swim some fun and fast relays! We want all PNA swimmers to be on relays because...

- Relays are FUN!
- You can swim with friends, or team up with others from throughout Western Washington.
- Relays are extra chances to win a medal.
- Relays can't be cancelled or dropped (like your 6th event).
- Relays only cost \$3 per swimmer, per relay event.
- You could set PNA, Zone, or National records.
- Relays earn valuable team points.

OUR RELAY GOALS:

- To have FUN!
- To put every PNA swimmer on at least one relay team.
- To assemble the most competitive relay teams possible.

Please mention any preferences that you have, such as:

- Do you want to swim with a particular teammate?
- Strokes you would like to swim, or stroke that you wish to avoid?
- Would you like to leadoff, anchor, or avoid doing either?

Flexibility is encouraged! Consider becoming available to swim all the relays, or swimming different strokes!

USMS Short Course Nationals Santa Clara, California

May 14: Men's Medley, Women's Medley, Men's Free, Women's Free
May 15: Mixed Medley
May 16: Mixed Free

Support Your Team

DON'T FORGET THAT YOUR INDIVIDUAL ENTRY TO THE NATIONALS MUST BE RECEIVED BY APRIL 8!

RELAY COORDINATOR

DAN FROST (360) 675-5751

1121 SW Barrington Dr #4

Oak Harbor WA 98277-4585

E-mail: desertfrost@yahoo.com

NAME	AGE (on 5/16)	SEX

Phone or E-Mail	I am interested in swimming these relays:
	5/14 Men's/Women's 200 Medley Relay <input type="checkbox"/>
	5/14 Men's/Women's 200 Free Relay <input type="checkbox"/>
	5/15 Mixed 200 Medley Relay <input type="checkbox"/>
	5/16 Mixed 200 Free Relay <input type="checkbox"/>

ESTIMATED 50 YARD TIMES			
BACKSTROKE	BREASTSTROKE	BUTTERFLY	FREESTYLE

PLEASE RETURN THIS FORM, CALL OR E-MAIL BY **APRIL 30**.

DO NOT SEND MONEY NOW.

RELAY ASSIGNMENTS WILL BE ANNOUNCED DURING THE WEEK OF MAY 3

PNA Swim Caps and T-Shirts will be made available to our National swimmers.

We are also hoping to hold a PNA team function at the Nationals. Let us know what you would like to do!

MAKING THE BEST out of...

COACHING MASTERS SWIMMERS

Second of a three-part series
By Dan Frost

Do you coach a Masters swim team? Congratulations! Coaching a group of Masters Swimmers is a uniquely rewarding, albeit demanding, responsibility. Masters are very keen to learn how to improve and listen intently to advice and instruction. Coaching Masters also keeps you on your toes since Masters do not hesitate to question anything that does not make sense or seem applicable to them. Masters will work diligently without constant supervision to put your suggestions into action. Masters appreciate sincerity, timely guidance, dedication, and a good sense of humor from their coaches.

Just as there is no such thing as a typical Masters swimmer, there is no such thing as a typical Masters coach. It is very likely that the coach at the pool down the street or in the next town is employed very differently from you. The spectrum of Masters coaches includes (but certainly is not limited to):

- The head coach or assistant coach of the youth swim club also coaches the Masters team. The coach is employed either by the host pool or the swim club.
- A volunteer, such as an off-duty lifeguard or pool staff member, or another swimmer, coaches or supervises the Masters team for no added compensation.
- A former youth or high school swimmer, now an undergraduate or graduate college student, coaches the Masters team to earn a little extra money.
- The Masters club is an independent private enterprise owned and managed by the coaches with the club being the coaches' full-time profession and main source of income.
- A person with an already steady income, from another job or a pension, enjoys the fun aspects of coaching the Masters team.

Coaches also work in various environments. Self-employed coaches who run their own clubs can earn more money by attracting more swimmers, but often must pay to rent pool time. Other coaches who are salaried employees of private health clubs or public pools do not directly see their income linked to the numbers of swimmers that are coached by them. Some rely on swim coaching for their primary source of income, while others receive little or no compensation. Even those who coach professionally may have a wide range of additional responsibilities, such as coaching other swim teams, administrative management of the swim club (or clubs), management of the aquatic facility, and duties within the governing swimming associations.

Coaches also possess varying degrees of experience in the sport and skill at coaching. In many ways, developing coaching skill comes from experience, though education also has an important role in the development of coaches.

Realize that because there are many differences among Masters coaches, there is no one formula to help a particular coach become the best coach that he or she can be. However, there are many ways that coaches, no matter what their disposition, can help give their swimmers the best possible chance to achieve individual and team swimming goals. Here is a collection of ideas to try:

WAYS TO MAKE THE MOST OF YOUR COACHING

SAFETY

A coach's highest priority should be to help ensure that swimmers can participate in a safe environment. Safety at the pool encompasses many things, but a coach has the most influence on conducting the Masters workout in a manner that reduces the risk of injury to

participants from their fellow Masters or from other pool patrons. Coaches should also be watchful for hazards from pool equipment, both in the water and on the pool deck, and point out those dangers to pool management. A coach should also always be able to summon emergency medical assistance. It is not a bad idea to know basic first aid and CPR as well. USMS has a Safety Education Committee where coaches may learn further specifics about safely conducting Masters workouts.

BUILD KNOWLEDGE

Writing workouts, or even a long range training plan, for your Masters group is difficult. What techniques should be taught, and what drills or lessons will best reinforce those techniques? How long should the workout sets be? In the previous article in this series, a number of sources for swimming information for coaches were listed, including the USMS Coaches Committee, coaching associations, books, magazines, clinics, and the World Wide Web. A good source of free information is the Masters Swimming Canada website, which contains *Hints for Coaching Masters (Third edition)*.

KNOW YOUR CUSTOMERS

Coaches are faced with an incredible challenge of meeting the variety of needs of swimmers who are diverse in age and conditioning. To meet all of those needs, a coach has to know what those needs are. Sometimes, swimmers will approach the coach with a list of goals and desires. However, it is often left up to the coach to ascertain what their swimmers hope to get out of participating in Masters. A good idea for a coach is to be available for at least a few minutes after workout for the sole purpose of talking with, and getting to know, the swimmers and their desires.

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INFORMATION ABOUT RESOURCES MENTIONED IN THIS SERIES
CAN BE FOUND ON PAGE 12.

MAKING THE BEST out of...COACHING MASTERS

(Continued from page 9)

DO NOT OVERDO

When you "know your customers", you also discover their limits. Masters swimmers definitely have limits. Talented high school and college age swimmers can swim seemingly endless workouts, sometimes twice a day, with incredible intensity. Very, very few Masters can do the same. In keeping with maintaining a safe workout environment, coaches should also put a high priority on injury prevention.

ORGANIZE THE TEAM

Swimmers often look to the coach for team organization. Since the coach organizes workout times and workout sets, he (or she) "naturally" becomes the person that the swimmers turn to for scheduling the team social, arranging for the group travel to distant competitions, and so forth. Not all coaches have the extra time to do this. However, most Masters value any extra help that the coach can give.

Coaches do not necessarily have to do everything when trying to organize the team. The next article in the series will show some ways in which your swimmers can assume some of the responsibility of team organization.

BE AN ENCOURAGER AND AN ENTERTAINER

Not everybody has the gift of charisma, and it is not imperative that coaches be highly charismatic and entertaining when they coach. However, if you do have that kind of outgoing, extroverted, and entertaining personality, use it! When the going gets tough in the water, and your Masters are struggling through a challenging workout, your encouragement and a good laugh can be the difference in whether your swimmers get over the hump.

DEVELOP YOUR WRITING SKILLS

Writing skills?! Believe it or not, you can become a more successful coach when you can put your ideas down on paper. A good place to start is to produce or contribute to a team newsletter. Newsletters are a great way to commu-

nicate to all of your swimmers. You can write about anything...workouts, upcoming events, technique tips, recognizing your swimmers, and so on. Reading the works of other coaches will help give you good ideas for your own articles, and a starting point on how your ideas should be expressed.

Writing is also a big key in being widely recognized as a good coach. Also, the value of writing in promoting your team can not be understated. When your name appears on a team promotional flyer, a newsletter article, an article in a sports magazine, a technical journal, or even a book, it helps to identify you as a knowledgeable coach and your team as an excellent one to join. It also spreads good news about your program to more people than good old "word-of-mouth".

TRY SOMETHING COMPLETELY DIFFERENT (OCCASIONALLY)

If "Variety is the spice of life," then it is certainly the "Spice of Masters workouts!" Granted, some swimmers are simply content with going up and down the pool 100 times an hour, day after day. However, others welcome variety from time to time.

This variety is not just adding or subtracting a few hundred yards between workouts, or throwing in a new drill to perform. I am talking about doing something COMPLETELY different. A good example was the first Masters workout I ever attended. Instead of jumping right into the water and pounding out 2000-3000 yards as you would expect, we spent at least half of the hour on the pool deck, huddled around the dry erase board, listening to the coach give a presentation on the new "wave" breaststroke. (This was in 1990 when Mike Barrowman was beginning to have great success using it.) That presentation, compared to a "normal" workout, was a much more compelling reason for me to come back to Masters for a second time. Besides such presentations, coaches can set aside time for fun relays and games, practice starts from the starting blocks, watching

videotapes of the Olympics, and other activities limited only by imagination.

TRAVEL TO MEETS

Coaches should consider traveling to Masters meets and competitions, especially those where their swimmers are participating. For your swimmers who compete in meets, the meet itself is an extension of the training program that you, as a coach, are helping to provide. As their coach, you are likely the best person to advise your swimmers on how to perform their best in the meet, based on your observations of them in your workouts.

You should also go to see a Masters meet if you have never been to one before in your area, or if you do not have any swimmers on your team that compete regularly. Masters meets are rather unique. When you attend one, you will discover that they are not like age-group meets, college meets, or anything that you see on television. You can then better encourage swimmers to try a meet or two, if you believe that it will help reach their goals. Plus, you discover that, when you do get the chance to coach at a meet, you can not coach your Masters at a meet like you would coach your age-groupers and college swimmers.

The best way to encourage your swimmers to participate in a Masters meet is to host one. Witnessing a Masters meet will give you valuable information about how meets are run. Swimmers who have never participated in a meet are much less willing (perhaps afraid) to go to an unfamiliar pool for their first ever meet. Even if you do not have the facility or help needed to run a big meet, you can still have a small team scrimmage, a time trial, or a postal swim. Some Masters who do not have the capacity to travel to meets appreciate the opportunity to still compete at their home pool.

The subject of Masters meets and competitions was extensively discussed at the 1998 USMS Convention, with a spe-

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MAKING THE BEST...COACHING

(Continued from page 10)

cial focus on ways of inspiring more members, regardless of ability, to participate. It was mentioned over and over that the coach had a huge influence as to whether a swimmer is competitive. Offering competitive opportunities in practice can encourage your swimmers to try other competitions. Going to those competitions with your swimmers is very supportive and tells them "We are in this together!"

DEVELOP "COACH OF THE YEAR" QUALITIES

Masters coaches are able to set professional goals by learning about recognition programs such as the USMS Coach of the Year. Here is a list of criteria upon which USMS Coach of the Year nominees are judged. Again, there is no one formula for coaching success that applies to everyone, but you will be very successful in coaching if you are doing well in the following areas:

- ACCOMPLISHMENTS – Club size and growth; Results of your swimmers at events such as the USMS Nationals, zone meets, and open water swims; Records and USMS Top Ten placings by your swimmers
- PUBLICATIONS – Articles and material published
- CONTRIBUTIONS TO USMS – Swim meets hosted; Clinics and presentations hosted; Positions held within the Local Masters Swimming Committee
- LONG TERM CONTRIBUTIONS – Years as a coach; Special accomplishments

The USMS Coaches Committee selects the USMS Coach of the Year, as always, from a deserving list of candidates. Do you think that you are a potential Coach of the Year? You can access the USMS website for a nomination form, or ask the Coaches Committee about it.

(LAST, BUT CERTAINLY NOT LEAST) LEADERSHIP

The most successful coaches are leaders.

If you are like most coaches, you probably did not grow up as a child and leave for college intending someday to be a coach. New coaches draw from their education (regardless of the type of degree) and experiences (including past swimming experiences) the concepts that apply to coaching. Leadership is the most important of these concepts. Leadership may come more naturally to some people than others, however leadership is a concept that is learned, not endowed or preordained.

Face it, the challenge in Masters coaching is exercising good leadership... Convincing a group of fellow adults to spend an hour or so in strenuous physical exercise, and then convincing them to come back and do it again. All of the tips mentioned in this article are tools that a coach can use to exercise positive leadership.

FINAL THOUGHTS ABOUT COACHING MASTERS

(Courtesy of the BC Masters Swimmers)

- Masters coaching is one of the most challenging, but rewarding, coaching jobs going
- Masters recognize no age limits
- Masters are eager to learn anything to do with their health and fitness
- Masters appreciate knowing why they are being asked to do something
- Masters respond to challenges
- Masters can make incredible performance gains through improved techniques
- Masters Swimming is all about Fun, Fitness, Friendship and Participation

USMS MENTOR COACH CLINIC COMING TO SPOKANE

PNA coaches and swimmers are invited to take part in the USMS Mentor Coach and Swimmer Clinics to be held Saturday, May 1 at Gonzaga University in Spokane. This will be one of only six Mentor Coach and Swimmer Clinics to be held throughout the country this year, and the only one to be held in the Northwest Zone. The clinics consist of both a coaches clinic and a swimmers clinic. Both clinics are run by a mentor coach, in this case Kerry O'Brien, the successful head coach of the Walnut Creek (Calif.) Masters.

During the coaches clinic, O'Brien will dispense information that will be helpful to Masters coaches in building their programs, focusing on club administration and growth. Each coach participating in the coaches clinic will receive a USMS Coaches Manual (A \$25 value). The coaches clinic will start at 9:00 AM and the \$25 clinic fee includes lunch.

With the assistance of coaches clinic participants, O'Brien will run the swimmers clinic with both deck and in-water instruction, as well as underwater videotaping analysis. This will be a Freestyle clinic, and will run from 1:30 PM until 5:00 PM. The clinic is limited to 24 swimmers (Four swimmers in each of six lanes), and the fee for swimmers is \$12. Masters swimmers of all ages and levels are welcome.

Since May 2 is Bloomsday in Spokane, participants are encouraged to find housing early. A few HOSTs (House Our Swimmers Tonight) will be available.

Requests for further information and a registration form may be directed to clinic director Doug Garcia (WSU Masters coach). Doug can be reached at (509) 335-5301 or (509) 332-1621, or through e-mail: dagarcia@wsu.edu.

MAKING THE BEST...SUGGESTED RESOURCES

The following is a list of resources recommended in the series on "Making the Best" out of your Masters swimming experience.

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. 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.

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., 15th Floor, New York NY 10017, or e-mail marybyswim@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), 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).

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). 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. 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). Masters Swimmer Jim Matysek and the USMS Computer On-Line

Committee manage the website. It 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).

PNA SWIMMERS IN THE USMS TOP TEN

1998 SHORT COURSE METERS

Congratulations to all of PNA's swimmers who were one of the 10 fastest swimmers nationwide in any short course meters event during 1998. Fifty-five PNA members took advantage of three PNA SCM meets, as well as a few meets in Canada, last year to qualify for the USMS Top Ten.

Special congratulations go out to Kathy Casey, Francesca Drum, Muriel Flynn, and Jim Penfield who each finished #1 in an event, earning the title of "USMS All-American". Also worth special mention are swimmers who made the Top Ten for the first time ever like Bryan Albert, who went as far as anyone can go (1500 meters) to become a Top Ten swimmer. Four PNA women in the 75-79 age group made the individual Top Ten, and five men in the 50-54 age group did likewise, showing outstanding depth of talent!



INDIVIDUALS

Women 19-24

Sarah Hans 100 BACK	1:17.98	8
Jean Dillon 100 BRST	1:21.16	4
Jean Dillon 100 FLY	1:12.60	3
Jean Dillon 200 IM	2:42.23	2

Women 25-29

Karin Gardner 50 FREE	:29.81	9
Yuriko Poehlman 100 FREE	1:05.72	8
Karin Gardner 100 FREE	1:06.02	9
Linda Hegeberg 50 BRST	:37.94	6
Linda Hegeberg 100 BRST	1:22.14	8
Yuriko Poehlman 200 FLY	2:54.58	10
Yuriko Poehlman 200 IM	2:42.02	6
Linda Hegeberg 200 IM	2:42.65	7

Women 30-34

Nadine Bowen 100 FREE	1:04.24	8
Nadine Bowen 400 FREE	4:47.84	6
Karin Gardner 1500 FREE	21:05.61	7

Women 35-39

Carolyn Mathews 50 BACK	:34.55	4
Carolyn Mathews 100 BACK	1:16.18	6
Carolyn Mathews 200 BACK	2:45.77	6

Women 40-44

Debbie Glassman 50 FREE	:30.55	8
Debbie Glassman 50 FLY	:33.00	4
Debbie Glassman 100 FLY	1:19.31	7

Women 45-49

Kathrine Casey 50 BACK	:39.80	8
Kathrine Casey 100 BACK	1:26.77	8
Kathrine Casey 200 BACK	3:07.94	9
Kathrine Casey 50 BRST	:42.80	9

Women 50-54

Kathrine Casey 200 FREE	2:54.59	5
Kathrine Casey 400 FREE	5:48.83	3
Kathrine Casey 800 FREE	12:21.89	2
Kathrine Casey 1500 FREE	22:49.53	3
Kathrine Casey 50 BACK	:40.06	2
Kathrine Casey 100 BACK	1:27.98	2
Kathrine Casey 200 BACK	3:08.71	1
Kathrine Casey 100 IM	1:24.97	3

Women 55-59

Francesca Drum 50 BACK	:49.74	5
Francesca Drum 100 BACK	1:41.30	4
Pinky Walker 200 BACK	3:25.24	3
Francesca Drum 50 BRST	:49.70	4
Francesca Drum 100 BRST	1:44.14	1
Francesca Drum 200 BRST	3:42.28	3
Pinky Walker 100 IM	1:34.68	8
Pinky Walker 200 IM	3:32.17	4
Francesca Drum 200 IM	3:49.39	8
Francesca Drum 400 IM	8:15.58	9

Women 60-64

Carolyn Baldwin 100 FLY	2:28.11	8
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Women 65-69

Janet Kavadas 200 BACK	4:39.62	7
Janet Kavadas 50 BRST	1:04.77	10

Women 70-74

Dorres Foster 50 BACK	:54.64	10
Dorres Foster 100 IM	2:00.17	7

Women 75-79

Muriel Flynn 400 FREE	8:49.25	6
Maxine Carlson 200 BACK	4:58.31	7
Muriel Flynn 50 BRST	:59.58	2
Muriel Flynn 100 BRST	2:15.46	2
Livia Walker 100 BRST	3:02.63	10
Muriel Flynn 200 BRST	4:52.46	1
Livia Walker 200 BRST	6:31.70	6
Marion Chadwick 100 FLY	5:10.32	8
Muriel Flynn 100 IM	2:10.12	4
Muriel Flynn 200 IM	4:41.59	2
Maxine Carlson 200 IM	6:14.24	9

Men 25-29

Todd Doherty 100 BACK	1:06.01	8
Todd Doherty 50 BRST	:32.63	7
Todd Doherty 100 BRST	1:11.44	5
Todd Doherty 100 IM	1:02.71	7

Men 30-34

Bryan Albert 1500 FREE	20:46.23	9
Dan Frost 100 BRST	1:14.15	6
Dan Frost 200 BRST	2:41.55	4
Steve Ruiten 200 BRST	2:45.42	6
Steve Ruiten 200 FLY	2:21.21	5
Steve Ruiten 400 IM	5:04.15	8

Men 35-39

Bob Fish 100 FREE	:57.07	9
Bob Fish 50 BACK	:31.16	7
Bob Fish 100 BACK	1:05.12	4
Bob Fish 100 IM	1:05.77	8
Bob Fish 200 IM	2:23.58	2

Men 40-44

Steve Sussex 100 FREE	:56.52	3
Steve Sussex 200 FREE	2:08.13	4
Steve Sussex 400 FREE	4:40.54	9
Steve Sussex 100 BACK	1:08.03	7
Steve Sussex 200 BACK	2:36.25	10
Steve Sussex 100 BRST	1:17.91	8
Jim Williams 200 BRST	2:52.08	8
Steve Sussex 100 FLY	1:04.77	6
Hugh Moore 200 FLY	2:37.82	8
Steve Sussex 100 IM	1:07.77	8
Steve Sussex 200 IM	2:24.43	6
Steve Sussex 400 IM	5:03.98	2

Men 45-49

Oliver Press 50 FREE	:26.92	10
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Men 50-54

Jim McCleery 200 FREE	2:18.52	7
Jim McCleery 400 FREE	4:52.92	4
Michael McColly 400 FREE	5:07.50	6
Jim McCleery 800 FREE	10:24.09	2
Jim McCleery 1500 FREE	19:40.44	3
Michael McColly 200 BACK	2:46.45	6
Steven Peterson 200 BRST	2:59.07	3
Joseph Keenan 200 BRST	3:01.34	6
Paul Monohon 50 FLY	:30.30	9
Paul Monohon 100 FLY	1:06.99	2
Joseph Keenan 200 FLY	3:06.96	6

(Continued on page 18)

PNA SWIMMERS IN THE USMS TOP TEN

1998 SHORT COURSE METERS

(Continued from page 17)

Men 55-59

Steven Thrasher 100 FREE	1:07.57	7
Steven Thrasher 400 FREE	5:22.01	4
Steven Thrasher 800 FREE	11:24.89	5
Steven Thrasher 1500 FREE	21:29.53	4
Gary Chase 50 BACK	:34.13	4
Steven Thrasher 100 BACK	1:14.02	3
Steven Thrasher 200 BACK	2:42.61	2
Walt Reid 100 BRST	1:30.04	9
Steven Thrasher 100 IM	1:16.34	7

Men 60-64

Dave Drum 200 FREE	2:44.46	9
Lowell Johnson 50 BACK	:38.78	7
Dave Drum 200 IM	3:18.76	8
Dave Drum 400 IM	7:21.27	7

Men 65-69

Bob Dorse 200 IM	3:45.67	10
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Men 70-74

Harvey Prosser 200 FREE	3:08.17	5
Harvey Prosser 400 FREE	6:35.66	5
Harvey Prosser 800 FREE	13:55.63	4
Harvey Prosser 1500 FREE	26:03.50	3
Harvey Prosser 100 FLY	1:56.44	6
Harvey Prosser 200 FLY	4:28.98	3

Men 75-79

Hal Young 800 FREE	18:52.40	10
Hal Young 1500 FREE	35:39.87	8
James Worrel 50 BRST	:54.12	7
Hal Young 50 BRST	:57.63	10
James Worrel 100 BRST	1:58.60	6
James Worrel 200 IM	4:18.82	4

Men 80-84

Gene Crossett 50 FREE	:45.47	9
Gene Crossett 100 FREE	1:46.08	5
Gene Crossett 200 FREE	3:52.74	4
Gene Crossett 400 FREE	8:26.73	7

Men 85-89

Everett Cassell 50 FREE	1:00.31	4
Everett Cassell 100 FREE	2:36.83	4
Everett Cassell 50 BACK	1:33.64	6
Everett Cassell 100 BACK	3:22.04	5
Everett Cassell 200 BRST	7:18.44	4
Jim Penfield 50 FLY	1:16.38	2
Jim Penfield 100 IM	2:51.05	2

Men 90-94

Jim Penfield 50 FREE	1:02.59	1
Jim Penfield 50 BACK	1:07.88	1
Jim Penfield 50 BRST	1:07.22	1
Jim Penfield 100 BRST	2:45.20	1
Jim Penfield 50 FLY	1:29.42	1

RELAYS**200 FREE RELAY WOMEN 160+**

PNA	2:33.78	7
Lani Doely		
Debbie Glassman		
Jeanne Ensign		
Wendy Hoffman		

200 FREE RELAY MEN 160+

PNA	1:50.23	3
Steve Sussex		
Michael Schaeffer		
Kelly Sterling		
David Thompson		

200 FREE RELAY MIXED 100+

PNA	2:11.85	8
Sarah Hans		
Tahnee Bollert		
Selby Radabah		
Ron Oren		

200 MEDLEY RELAY MIXED 120+

PNA	2:11.42	7
Bob Fish		
Linda Hegeberg		
Jim Williams		
Carolyn Mathews		

200 MEDLEY RELAY MIXED 160+

PNA	2:20.26	5
Pinky Walker		
Veronica Bowman		
Paul Monohon		
Bart Christie		

PNA 2:23.91 10

Michael McColly		
Lani Doely		
Debbie Glassman		
John Sylvester		

USMS TOP TEN PATCHES

Each individual and relay swimmer in the USMS Top Ten listing is eligible to purchase a USMS Top Ten patch with stroke segment for each Top Ten performance. For a patch and one stroke segment, send \$5 to:

Darlyne Ferguson
4917 Walden Cir
Orlando FL 32811

The official 1998 USMS All-American roster will be published soon. A swimmer or relay team who has the #1 time in any event in any course qualifies for All-American status. To order an All-American certificate and patch, send a check for \$5 made out to USMS to:

USMS National Office
PO Box 185
Londonderry NH 03053-0185

SPECIAL THANKS TO WALT

The USMS Top Ten would not be possible without the ongoing efforts of PNA's Walt Reid and the rest of the USMS Records and Tabulation committee. Imagine compiling the times of every USMS swimmer in every Masters swim meet throughout the U.S., Canada, and around the world. Then, take all of those results and accurately determine who were the top ten swimmers, who set records, and what kind of records (Zone, USMS, or World) were set. That is quite a task! Thanks to Walt and his crew for helping provide this recognition to our talented swimmers!

USMS TOP TEN ON THE WORLD WIDE WEB

Check out the USMS Top Ten on the World Wide Web at www.swimgold.org/tt/. The site features individual Top Ten lists and historical summaries of all Top Ten swimmers since 1993, plus swimmer biographies and photos. Top Ten relays for 1998 and searchable results by LMSC, name, and birth date are also featured.

THE FINAL LAP

TEN REASONS WHY WARMING UP IS IMPORTANT

By James Peterson, Ph.D., FACSM

1. Increases the degradation of oxy-hemoglobin. Breaking down the chemical complex of oxygen and hemoglobin results in the release of oxygen from the blood enhancing the delivery of oxygen to the exercising muscle.

2. Increases body temperature. The elevation in body temperature produced by warming up reduces the potential for skeletal muscle injuries and connective injuries, since cold muscle and tendons have been shown to be more susceptible to injury resulting from the ensuing activity.

3. Increases blood flow to the exercising muscles. The greater level of blood reaching the muscles involved in the activity aids in the delivery of the fuels (e.g. glucose and free fatty acids) required for energy production.

4. Increases blood flow to the heart. A greater level of blood delivered to the heart reduces the potential for exercise-induced cardiac abnormalities (e.g. electrocardiographic disturbances).

5. Decreases the viscosity of the muscle. Reduced muscle viscosity increases the suppleness of the muscle, thereby enhancing the mechanical efficiency and power of the exercising muscles.

6. Causes an early onset of sweating. The earlier onset of sweating promotes evaporative heat loss and as a result decreases the amount of heat stored by the body. This will help to prevent an individual's body temperature from rising to dangerously high levels during (more strenuous) exercise.

7. Enhances the speed of transmission of nerve impulses. As nerve impulses are conducted at a faster rate, neuromuscular coordination tends to improve, resulting in better performance of certain motor tasks.

8. Increases the blood saturation of muscles and connective tissues. A higher level of blood reaching the muscles, tendons, and filaments involved in the activity, increases the elasticity of these tissues, resulting in a safer, more effective performance of stretching exercises.

9. Prepares the cardiovascular system for the upcoming (more strenuous) physical activity. Warming up helps to

ensure that the cardiovascular system (heart and blood vessels) is given time to adjust to the body's increased demands for blood and oxygen.

10. Prepares the muscular system for the upcoming (more strenuous) physical activity. Warming up provides a transition from a resting state to strenuous exercise, and may, reduce the likelihood that excessive muscular soreness will be a concomitant result of strenuous activity.

James Peterson, PHD., FACSM is a freelance writer and consultant in sports medicine. Reprinted with permission from ACSM's Health and Fitness Journal Jan/Feb 1999.

HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS

04 15	TRISHA SCHWERZLER	04 30	JOY THOMPSON
04 15	WENDY VAN DESOMPELE	04 30	MARK LIST
04 15	CONNIE COBB	04 30	JUDY SWENSON
04 16	ANNEKE PRIBIS	04 30	CHARLOTTE DAVIS
04 17	JAN BECKMAN	04 30	LAUREN ADLER
04 17	LYDIA MARSHALL	05 01	CAROLYN BEHSE
04 18	BRIAN WEISS	05 01	JOHN LAFFEY
04 18	MARY STEWART	05 02	DANIEL MURRAY
04 18	HAROLD JOHANSON	05 03	JANE WHITE
04 19	IAN THOMPSON	05 04	PAUL IKEDA
04 20	MELISSA ANDERSON	05 05	JANE VITKUSKE
04 20	SUZANNE DILLS	05 06	JENNY EMSKY
04 21	LAURI CIKATZ	05 06	JOSEPH MICHALAK
04 22	CAROLINE WHITLOCK	05 07	ROBIN O'LEARY
04 22	KEITH COTTINGHAM	05 07	PETER JACKSON
04 22	MATTHEW BITTNER	05 07	SHELLEY TURNER
04 23	EUGENE HUNN	05 08	MARY PATRICIA LAWLOR
04 24	MARIETTA HUNZIKER	05 08	ROBERT MILLER
04 25	BARBARA HARRINGTON	05 09	DAVE BRANDLAND
04 25	R. DUNCAN MITCHELL	05 11	WILLIAM STERLING
04 25	WALLER TAYLOR	05 11	LUIS SANTANA
04 25	KRISTY GLAZE	05 11	STEVE CROCKER
04 25	KAREN WOLF	05 11	BECKY MCGILL
04 26	KAY RAWLINGS	05 12	SUSAN HIGINBOTHAM
04 27	LINDA SULLIVAN	05 12	DAWN REEDER
04 28	GEOFFREY ANDERSON	05 13	MARYAN BURKE
04 29	TAUNYA ROBERTS	05 14	ALISON ELIASON
		05 14	EVERETT CASSELL
		05 14	NICK TEMPLEMAN

WORLD WIDE WEB GUIDE

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

PNA MASTERS SWIMMING

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

www.swimpna.org

www.usms.org
www.swimoregon.org (NEW WEBSITE!)
www.island.net/~bpronk
members.aol.com/Ariston844/bmsc.htm
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) **My Team is:** _____
 Unattached Unattached
 Team Name

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 _____

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 1867 58th St NE, Tacoma WA 98422

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