

# THE WET SET



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## FOR LONG DISTANCE CALL- SALLY DILLON

By Jeanne Ensign

USMS adopted a new slogan this year: Masters – Swimming for Life. Meet Sally Dillon who joined her first swim team at age eight and now in her fifties remains dedicated to the sport. She is truly in it for a lifetime. Not only has she continued to swim, but she coaches, officiates, directs meets, and holds board positions in both PNA and United States Masters Swimming.

Since moving to Whidbey Island in 1997 Sally has had a positive impact on the local swimming community. She initiated and has been meet director for the first two SCM Oak Harbor Pentathlons and intends that the meet become a longstanding tradition. She lives on



the beach just steps away from Puget Sound, and has encouraged more than a few timid swimmers to take the plunge. PNA board members almost immediately drafted her to become the Open Water Committee chair, a position she continues to hold.

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## LEADING OFF

By  
Lee Carlson

I have been swimming masters since 1984. In that time, I have had a variety of coaches and also have swum without a coach for periods of time. I estimate about half of us swim without a coach on a regular basis. Over the last three years I have only had regular coaching for short periods of time. I also like to swim on Saturdays when a coach is not available at our pool.

The question, then, is how to you select a workout. You can do a favorite workout or perhaps a workout you take off the web. (Simply go to USMS.org and pick up a workout.) If you swim

*(Continued on page 2)*



### WELCOME TO THE FOLLOWING SWIMMERS WHO HAVE RECENTLY JOINED THE PNA!

DAVID BROWN, SALLY CARPENTER, TOM GERGEN,  
ERIK NEUMANN, CHRIS OHANA, DAVID PARSONS,  
BROOKE STANBERRY, AURORA TALLACKSEN,  
NATHAN UCHIKAWA, SUZANNE WAY, MICHAEL YOUNG

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

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# LEADING OFF

By  
Lee Carlson

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without a coach many of you look to a teammate to provide the workout. In our case Adair Dingle, Kristy Glaze or Dave Tempest will usually come up with a workout. Monday is typically distance day and Wednesday is IM day. The rest are catch as catch can. Usually the workouts are fairly simple with some kicking and pulling. On Saturday, a visiting swimmer from Issaquah will usually have a workout from a previous day she provides and puts on the back of a kick board. Amazing how well the wet piece of paper sticks to the kick board and how hard it is to read.

In a coached workout, you usually get a little bit more attention and have the lanes grouped a little bit more toward equal abilities. The coach is also available to give stroke tips, encouragement and generally to push you to get a little more out of every workout. I have also found there is generally a long range plan to peak for various meets. One other observation is that coaches generally work more on drills such as kicking on your side and can get the intervals between swims a little tighter and can vary the workout more.

Many of my teammates would rather swim without a coach and depend on their lane mates to push them. If you don't have a coach or don't want a coach here are some things to consider in the area of getting help. Simply go to the USMS.org website and pick up a workout. I mentioned the website for workouts. There are also a number of good books that I use. Emmett Hines Fitness Swimming has a whole program to get you in shape based on cruise intervals. This 180 page book is really useful. Total Immersion by Terry Laughlin is also a best seller and another useful resource. The book has

about 15 pages of workouts. Both can be ordered through the USMS website and by using Amazon.com a portion of each purchase is returned to masters swimming. Another nice little book is Swim Workout by Doug Garcia of the WSU Masters. Doug has over 40 pages of workouts and the book is small enough to fit in your swim bag. Doug shared a copy of this with me at the September Convention in San Diego and I have used it a number of times for a workout. I also better remember to send a check for \$10 to Doug Garcia P.O. Box 145 Albion, WA 99102. There is also a pull-out workout page in each issue of SWIM Magazine that is easy to use.)

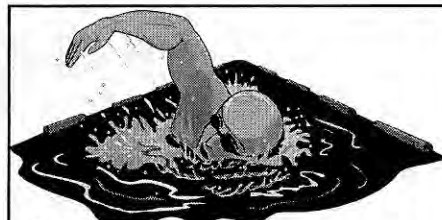
In either a coached environment or without a coach most of us swim together for fellowship as well as fitness and we all respond to like mutual encouragement.

How many times have you begun to struggle through a workout when a team mate offers some encouragement or advice?. Simply staying with it is often the its best reward. I have had the opportunity to visit with the Bainbridge Island swim team following two recent meets and its obvious they too care a great deal for each other. I believe the support of coaches like Robin O'Leary (of GLAD) and Lynn Wells (the BI coach) is are the glue that holds many teams together and makes swimming more enjoyable for many of us.



Your President at work.

United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers are now, as they always has 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 does 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 authors and not necessarily those of United States Masters Swimming, Inc. or the Pacific Northwest Association of Masters Swimmers.



## THE WETSET

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Fitness: Carolyn Behse

Historian: Tom Foley

Meets/Sanctions: Hugh Moore

Publicity: Brad Palmer

Records/Top Ten: Walt Reid

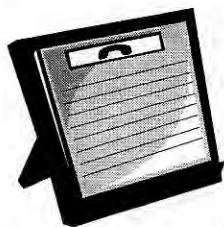
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Open Water: Sally Dillon

Safety: Kathy Casey

Social: Jett Vallandigham





# MASTERS CALENDAR

OPEN WATER  
POSTAL SWIMS  
MEETS  
CLINICS

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

## December 7

**PNA Board Meeting and holiday potluck**  
6:30 pm  
Lee Carlson's home

## December 18

Montana Masters SCY meet / Missoula MT  
Ellen Mills  
E-mail: ellenmm@montana.com

## January 1 – 31, 2000

USMS One-Hour Championship Postal Swim  
Look for information and entry form at [www.usms.org](http://www.usms.org).

## January 15, 2000

**ORCA Queen City Splash & Ski-2000**  
**Seattle / Helen Madison Pool**  
**Brad Palmer (206) 223-9359**  
**E-mail: orcanews@yahoo.com**  
**See entry form in this issue of *The WetSet*.**

## January 16, 2000

UBC Masters SCM Meet  
Vancouver BC / UBC Aquatic Center  
Ivan Szasz (604) 734-4455  
E-mail: iszasz@interchange.ubc.ca

## January 29, 2000

Eugene SCY meet / Eugene OR  
Pam Himstreet (541) 593-9101  
E-mail: him@cmc.net  
Look for information at [www.swimoregon.org](http://www.swimoregon.org)

## February 1 – 29, 2000

February Fitness Challenge (Postal fitness event)  
Bill Volckening (503) 533-5567  
E-mail: volckening@aol.com  
Look for information at  
[www.barracudas.portland.or.us/swim/](http://www.barracudas.portland.or.us/swim/)

## February 20, 2000

**Bellingham Masters SCY meet**  
**See entry form in this issue of *The WetSet***

## March 5, 2000

Victoria Masters LC meet  
Victoria BC / Saanich Commonwealth Place  
Rod Carmichael (250) 598-5289

## March 12, 2000

**Mercer Island Redwoods SCY meet**  
**Look for entry form in a future issue of *The WetSet***

## March 25, 2000

Cowichan Aquaniss Masters SCM Meet  
Duncan BC / Cowichan Aquatic Centre  
Nancy Hamilton (250) 746-0450

## April 7 – 9, 2000

**PNA Championships (SCY)**  
**Federal Way WA / King Co. Aquatic Ctr.**  
**Look for entry form in a future issue of *The WetSet***

## April 27 – 30, 2000

USMS Short Course Nationals (SCY) *MOVED TO*  
Indianapolis IN / Indiana University Natatorium  
Look for information on this and other National /  
International meets on the web at [www.usms.org](http://www.usms.org).

## April 28 – 30, 2000

BC Masters Provincial Championships (LC)  
Richmond BC  
Cheryl Miniato (604) 946-1597

## Bangor PNA Masters Meet

About 70 PNA masters swimmers enjoyed good swims and better fellowship at The Bangor meet on November 21.

Zena Courtney came within .2 of a second of world record in the 200 backstroke despite carrying the newest Courtney with her. (Zena is due in the spring.)

Two groups of swimmers deserve special recognition. Our 70 and over group continues to be very active. Those participating at the Bangor meet were: Russell Knudsen, Hal Young, Pat Dotson, Bernie Dotson, Harvey Prosser, Marion Chadwick, and James Worrel (about 10% of the total competitors.) Congratulations to each on their continuing success.

A second group continues to grow. This is the group of married swimmers. Those participating in the meet included: Kathy Casey and Walt Reid, Pat and Bennie Dotson, Dave and Francesca Drum, Catherine and Forest Brooks, Dempsey and Eric Dybdahl, Jim and Mardi McCleery. Tel Asner and Nancy Speser wanted to be included in this group since they will be getting married this summer.

**For further information on Masters events**, 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

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### Inland Northwest

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

### Snake River

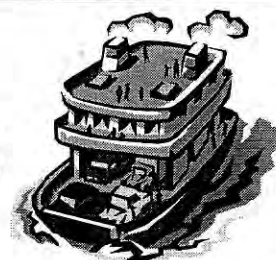
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janmr@fishgame.state.ak.us



# NEWS ABOUT PNA SWIMMERS



## My First Meet

In October I attended my first Masters Swim Meet (Oak Harbor). With great anticipation and some nervousness I found myself in a place where all the people around me were very encouraging and excited about both competing and spectating.

As a swimmer I was preparing for this meet well beforehand by attending the Masters/Fitness program at my local pool on Bainbridge Island where I gained the confidence from my fitness coach to swim in a meet.

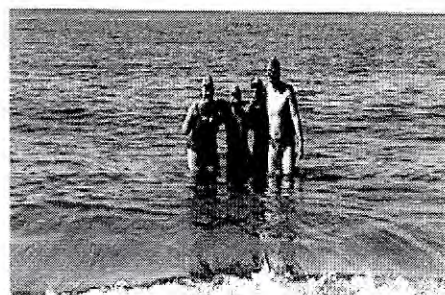
Though a swim meet is competitive by nature, what I discovered mostly was that people were there to have a good time. I found myself with others who have the passion of swimming for fitness and exercise and perhaps to improve upon their personal times.

A swim meet is in essence the incentive I have to keep trying to improve upon both my technique and ability to swim faster which naturally comes with improved strokes.

I think that anyone with the desire and passion for swimming should attend a meet, whether or not they wish to swim. It is exciting and fun. I would recommend that if one is planning to just watch, you might bring a swimsuit anyway - because chances are you'll want to join a relay!

What I observed at my first Masters meet was nothing short of great swimming by all who participated and delightful encouragement by the spectators. Now that I have swam in one meet, I can hardly wait for the next.

**Todd Kowalski**  
Bainbridge Island Masters



Polar bears Jett Vallandigham, Kathy Moore, Kathy Casey and Hugh Moore cool off following a hot planning session at the Board retreat in Oak Harbor; yes they are swimming in Puget Sound.

## 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.*

|                                 |                             |
|---------------------------------|-----------------------------|
| <b>AFFIX ADDRESS LABEL HERE</b> |                             |
| <b>NAME</b>                     | _____                       |
| <b>ADDRESS</b>                  | _____<br>_____              |
| <b>CITY/STATE/ZIP CODE</b>      | _____                       |
| <b>PHONE</b>                    | _____ <b>USMS #36</b> _____ |



## SWIMINFO.COM HOLIDAY SPECIALS

Order By December 15 to get your package in time for Christmas. Shop online or call to check availability 800-352-7946 x1

### CURRENT BEST SELLERS

#### Books

1. Four Champions, One Gold Medal, by Chuck Warner
2. Swimming Dynamics, by Cecil Colwin
3. Awaken The Olympian Within, by John Naber
4. Sprinting - A Coaches Challenge, by Sam Freas
5. Below The Surface, Brent Rutenmiller
6. Total Immersion, by Terry Laughlin
7. Swimming Past 50, by Mel Goldstein
8. Swimming In College Directory, by ASCA
9. Choose To Win, by Susie O'neill
10. The Waterproof Coach, by Thomas Denes

#### Videos

1. Total Immersion 2 tape combo
2. Swim Smarter Swim Faster 2 tape combo
3. Ultimate Breaststroke
4. Just Add Water To Swim
5. 21st Century Series (4 tapes)
6. Scott Volker's Core Body Strength
7. Scott Volker's Swimming Toward 2000
8. 21st Century IM
9. Fast Lane Series - Basic Technique
10. Swimming Fastest II & III combo

#### Equipment

1. Zoomer fins
2. Finis Freestyler paddles
3. Lane Gainer Sport Snake
4. Finis Goggles
5. Speedo Competition Monitor
6. Finis Hydro Hips
7. Speedo Fitness Monitor
8. Zoomer Rack
9. Ironman Wetsuits
10. Lane Gainer 30ft Swim Belt

Items ordered through the website-  
Swiminfo.com give USMS a 5% rebate.

## Real Polar bears take cold water swimming seriously.

By Jeanette Vallandigham,

Have you ever wanted to swim in ice cold water? I have done this cold water swimming from a young age. At the age of seven, I wanted to swim in cold water. I'd ask my Mom to take me to the river to dip. It didn't seem to happen very often. My family "pooh-pooed" my wish, and me. I was age 12 when the family swimming pool was put in. I realized I could go in and swim at any time, and I did. November, December, January, February, March, April, every month of the year I was in the water; of course all summer and fall. I would quietly go upstairs, put my swimsuit on and head outside to the pool. It wasn't as simple as it sounds. My family of five siblings, Mom and sometimes my Dad would follow me out and recount all kinds of objections to me, like, "you're stupid to swim in icy water," "you're crazy," "you'll freeze." One time in February someone ran to the outside freezer, in the barn, broke out big chunks of ice, and everyone threw them at me. It felt like I was swimming among the icebergs. I was still determined to get my cold water swim.

**Strategies:** As the years went on, I got wise to some Polar Bear strategies. I read up on swimming the English Channel. The swimmers layer themselves with an inch of Crisco. I also learned that frontiersmen crossing the Rocky Mountains and snow bound travelers would smear bear grease on themselves to stay warm in winter months. I adapted this theory in my cold water swimming and now I oil up before a Polar Bear Swim. I also do other preparation. For one thing, I don't shave my legs before. Shaving takes a layer of skin off as well as the hair.

**"Real Polar Bear swimmers** don't eat breakfast." Well that's not totally true, but I have relinquished the hearty breakfast that takes time to digest to having, what I call "nonfoods," foods that are high in sugar glucose calories. This starts a burning in your 'furnace' (tummy) producing lots of inner

heat. Then when you step into that cold water, your body is in the heat production business and it feels great in that icy cold water and, it is the most incredibly refreshing experience you can have.

Other sensible guidelines I adhere to are no alcohol for 24 hours before cold water swimming and a good night's sleep (no parties) the night before. Some of my best workouts, lasting up to one hour (swimming approximately 2,000 yards) have been in 60 degree F. water, which I still do.

One year I was in a Polar Bear swim, and stayed in for 30 minutes in 46 degree F, enjoying the refreshing cool water. During this 30 minutes, I retrieved another Polar Bear's glasses that had dropped 15 feet to the bottom. That same day, I rescued a young boy, 6 or 7 years old. When he jumped into the water, he could not catch his breath for the shocking cold to his body and was slipping under the dark Puget Sound water without ability to swim. Panic had over taken him. I reached him and pulled him to the surface and to shore. Parents and Polar Bears were cheering to see he was okay. The coldest measured water I have been in is 38 degrees in a Polar Bear swim in the Snake River. This one was a short swim, for as long as it took to get wet. My experience in cold water swimming is that if I keep moving, I keep warmer.

Important facts about cold water swimming are found in an article by Casey Coleman entitled, "Cold Water Swimming Is Good For You."

"Not only is cold water good for you internally, but researchers in Europe are finding remarkable benefits of cold water consumed externally. Researchers have discovered that taking cold water dips daily has these benefits:

1. It raises the white cell count, which is our natural defense against viruses.
2. It substantially increases the body's natural blood thinning enzyme and improves circulation.

(Continued on page 6)



(Continued from page 1)

She may have the distinction of always driving the farthest to attend monthly PNA board meetings.

Sally's swimming history is full of variety and achievements. In California, where she was born and raised, and lived until moving here, she was coached by national champion diver Johnny Riley on her first team, Pacific Coast Club in Long Beach, California so she learned diving in addition to swimming. At thirteen she began swimming with Lakewood Aquatic Club and with that team qualified for US Nationals in 1962 and swam at Women's Nationals in Arden Hills, California.

She "retired" at 16, but continued to swim, participating in high school swimming and in junior college, working as a lifeguard and swim instructor, and playing water polo for a year. After marrying and having a son, she returned to college at Cal State, Long Beach and joined the college swim team to get in shape and competed twice in AIAW Nationals.

Sally discovered Masters Swimming in 1973 when she did a research paper for a physiology class using Masters swimmers as research subjects. She was instantly intrigued, began entering meets in Southern California, and then attended her first USMS National Championship meet in Santa Monica in 1973. This year marks her 27<sup>th</sup> year of swimming masters.

While living in Truckee, where she and other community volunteers manned the public pool for her first six months there to keep it open because of Proposition 13 budget cuts, she started and coached both an age group swim team and a Masters team. In 1982, the Truckee masters and other teams from the area formed Sierra Nevada Masters.

She founded the Donner Lake Swim in 1970, and was race director for the first fifteen years, enlisting the aid of her kids and Masters teams to put on a quality meet. The first year 70 swimmers participated; the average now is 325 participants. She also started and

was director for 15 years of a short course yard meet – the Winter Meet in Truckee.

Sally's accomplishments in Masters Swimming definitely don't take second place to her early swimming career. She has held the USMS national record in the 100 meter freestyle; usually places in the Top 10; nearly always wins an event at Nationals, having attended at least one championship meet each year since 1973; and makes All American in Long Distance or Pool most years.

On the administrative side, Sally attended her first USMS Convention in the 70s, and has been to every one since 1987. She has served on the Long Distance Committee for 13 years and as chair since 1994. Along with many hardworking committee members, "her" committee has published an Open Water Manual, which they review annually, reorganized the Long Distance section of the USMS Rule Book, and developed their own area on the USMS web site ([usms.org/longdist/](http://usms.org/longdist/)). She also served as chair of the Ad Hoc Officials Committee its first four years, and serves as the Long Distance liaison to the Insurance Committee. She has been a certified meet official since 1975. While living in Southern California, she served on the SPMA board.

Sally finds it hard to imagine not being in the water. Her love affair with the water keeps her swimming. Pool swimming, open water swimming, living near the water, sitting in the hot tub – she just loves the feeling.

She notes that from the very first Masters meet she attended she has met old friends from her kid swimming days and made new friends. Many of those people have come and gone – swum for a few years, then moved on. Sally cannot imagine swimming not being an integral part of her life – ever.

(Continued from page 5)

3. It stimulates the production of testosterone in men, an important hormone, which regulates potency
4. It boosts the production of estrogen in women, which regulates fertility.
5. Cold water swimming is beneficial for suffers of fatigue, poor circulation; it improves skin texture, hardens nails, strengthens hair growth. Charles Darwin claimed cold water dips cured his chronic illness."

In conclusion: Some people claim that cold water is excruciating and painful. Remember it is that for everybody, but the promise of feeling invigorated and the accomplished feeling of, "I did it," is what drives Polar Bears into the cold water. See you at one of the Polar Bear Swims on January 1, 2000. One at Birch Bay, WA, phone (360) 371-7800, for prizes, hot chili and refreshments. Another is the 10:00 am Polar Bear Swim in Ollala, WA south of Bremerton, off Highway 16. Certificates for this swim will be available.



Jett Vallandigham prior to her polar bear swim.





## QUEEN CITY SPLASH AND SKI 2000 MEET

Sponsored by the Orca Swim Team  
Sanctioned by the Pacific Northwest Association of Masters Swimmers  
for USMS, Inc. Sanction # 003601

**DATE:** Saturday, January 15<sup>th</sup>, 2000  
**TIMES:** Check-in & 1<sup>st</sup> Warm-up: **8:00am** Meet: **8:30am**  
Event 3 will start no earlier than 9:30am.  
**PLACE:** **HELENE MADISON POOL**  
13401 Meridian Ave N, Seattle 98133 (206) 684-4979  
**MEET DIRECTORS:** Jim Lasersohn (206) 325-8613 [JLasersoCo@aol.com](mailto:JLasersoCo@aol.com)  
& Brad Palmer (206) 223-9359 [orcaneews@yahoo.com](mailto:orcaneews@yahoo.com)  
**DEADLINE:** Postmark by **Friday, December 31<sup>st</sup>, 1999**. Mail early please!

**FACILITY:** An indoor facility with six (6) 25-yard competition lanes with an adjacent warm-up and warm-down area. Water temp is 84 degrees. Coin lockers available. Some free food provided. Other snacks/drinks will be available for a nominal donation.

**RULES:** Current USMS Rules will govern the meet.

**SAFETY FIRST: NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPRINT LANES.**

**ELIGIBILITY:** Open to all year 2000 USMS or MSC registered swimmers 19 and above as of 1/15/2000. Age groups based upon the swimmer's age as of 1/15/2000.

**DIRECTIONS (located approximately 15 minute drive from downtown Seattle)**

**From areas north of city limits of Seattle:** Take I-5 Southbound, take N/NE 145th St. exit. Turn RIGHT on N 145th St to Meridian Ave N. Turn LEFT on Meridian Ave N. The pool is on the right at N 134th St.

**From all other areas:** Take I-5 Northbound, take NE 130th St. exit. Continue north from exit ramp to signal at NE 130th St. TURN LEFT on NE 130th. Continue to Meridian Ave N (2nd signal). Turn RIGHT on Meridian Ave N. The pool is on the left at N 134th St.

### ORDER OF EVENTS (PNA Order #4) (Seeding is slow to fast)

|      |                                      |       |                              |
|------|--------------------------------------|-------|------------------------------|
| 1    | 400 IM (must check-in by 8:15am)     | 12    | 50 Fly                       |
| 2    | 500 Free (check-in by 8:15am)        | 13    | 100 Free                     |
|      | 2 <sup>nd</sup> 30 minute warm-up    | 14    | 200 Back                     |
|      | Event 3 will not begin before 9:30am | 15    | 200 Mixed Free Relay         |
| 3    | 200 Mixed Medley Relay               |       | 20 min. Break and the        |
| 4    | 50 Breast                            |       | Original Pink Flamingo Relay |
| 5    | 100 Fly                              | 16    | 200 Breast                   |
| 6    | 200 Free                             | 17    | 200 Fly                      |
| 7    | 50 Back                              | 18    | 50 Free                      |
| 8    | 100 IM                               | 19    | 100 Back                     |
| 9/10 | 200 Womens/Mens* Medley Relay        | 20    | 200 IM                       |
| 11   | 100 Breast                           | 21/22 | 200 Womens/Mens* Free Relay  |

Note: Relays entries done on day of meet and deck-seeded.

\* - The entries for Mens Relays and Womens Relays may be swum in the same heats.

**DISCOUNTED OFFICIAL HOTELS** in Downtown Seattle (request Orca Swim group rate)  
**Hawthorn Inn & Suites**, 2224 8<sup>th</sup> Ave, 98121 (800) 437-4867 (206) 624-6820. Rate \$74. Free parking & breakfast. Call by December 13<sup>th</sup>. Confirm cancellation policy.

**Paramount Hotel**, 724 Pine St, 98101 (206) 292-9500. Rate \$110. First-class hotel steps away from retail/entertainment core. Call by December 21<sup>st</sup>. Confirm cancellation policy.

**WEBSITE:** For more information on hosted housing, discounted official hotels, ski and other social events associated with the meet, please visit our website at [www.teamseattle.org/orca](http://www.teamseattle.org/orca). Results are available at the PNA website at [www.swimpna.org](http://www.swimpna.org).

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

## QUEEN CITY SPLASH AND SKI 2000 MEET

Sponsored by the Orca Swim Team  
Sanctioned by the Pacific Northwest Association of Masters Swimmers  
for USMS, Inc. Sanction # 003601

Name: \_\_\_\_\_ First Master's Meet? Y/N  
Phone: (\_\_\_\_) \_\_\_\_\_ E-mail Address: \_\_\_\_\_  
Street Address: \_\_\_\_\_  
City: \_\_\_\_\_ State/Province: \_\_\_\_\_ Zip/Postal Cd: \_\_\_\_\_  
M or F Age(on 1/15/00): \_\_\_\_ Birthdate (mm/dd/yy): \_\_\_\_/\_\_\_\_/\_\_\_\_ USMS or MSC# \_\_\_\_\_  
Team Abbrev: \_\_\_\_\_ Team Name: \_\_\_\_\_ LMSC: \_\_\_\_\_  
USMS Club Abbrev: \_\_\_\_\_ USMS Club Name: \_\_\_\_\_ or UNATTACHED

AGE GROUPS (Determined by your age as of 1/15/2000):

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+

**INDIVIDUAL EVENT ENTRIES** - ENTRY LIMIT: 5 individual events (excluding relays)

| EVENT NUMBER | EVENT NAME | SEED TIME (Short Course Yards) |
|--------------|------------|--------------------------------|
|              |            |                                |
|              |            |                                |
|              |            |                                |
|              |            |                                |
|              |            |                                |
|              |            |                                |
|              |            |                                |
|              |            |                                |
|              |            |                                |
|              |            |                                |

**FLAT ENTRY FEE: \$12 US funds or \$18 Canadian.** 65& over: \$8 US or \$12 Canadian. Includes charge for all individual and relay events, heat sheet, and ribbon awards.

Please make checks payable to **Orca Swim Team. Amount Enclosed:** \_\_\_\_\_

Mail completed and signed Entry, Check, & copy of USMS card to: **Queen City Splash & Ski 2000 c/o Orca Swim Team, PMB 869 1122 E Pike St., Seattle, WA 98122.** Postmark by **Friday, December 31<sup>st</sup>, 1999**.

**ALL ENTRANTS: PLEASE RENEW YOUR MASTERS REGISTRATION EARLY.** Those without proof of Year 2000 Masters registration will be asked to register with PNA for \$30 on the day of the meet in order to swim. Non-PNA entrants must make a copy of your Year 2000 Masters registration card and mail it in with this entry form.

**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.

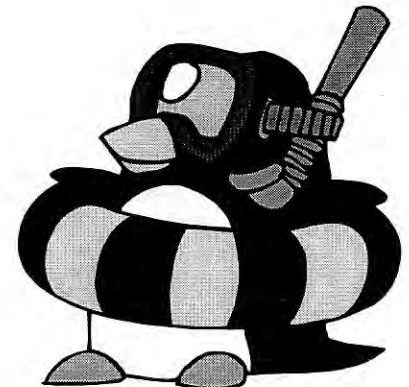
SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_



# HAPPY BIRTHDAY

TO THE FOLLOWING PNA SWIMMERS!

|       |                    |       |                    |       |                |
|-------|--------------------|-------|--------------------|-------|----------------|
| 12 15 | LEEANN MCGHIE      | 12 28 | JANE DONALD        | 01 11 | TOM SEIFTS     |
| 12 16 | EDWARD WALDRON     | 12 29 | CURTIS WADE        | 01 11 | FRANK WARNER   |
| 12 16 | DONALD LENGEL      | 12 29 | JEANNINE VEDERA    | 01 11 | DEBORAH TAYLOR |
| 12 16 | LYNN HOVDE         | 12 30 | CHERYL DEGROOT     | 01 11 | WILL KELLOGG   |
| 12 16 | BRITA ENFIELD      | 12 30 | KUO WANG           | 01 12 | TIM HENSLEY    |
| 12 17 | MICHELE MEHAFFEY   | 12 30 | ROBERT KEEVER      | 01 12 | ANNE SEELEY    |
| 12 17 | JEFFREY BLANCHARD  | 12 30 | JOY ROGERS         | 01 12 | CHRIS CUSHMAN  |
| 12 18 | THOMAS GRANDINE    | 12 31 | JEFF SHEARSTONE    |       |                |
| 12 19 | SCOTT ENGELHARD    | 12 31 | JAMES SCANTLAND    |       |                |
| 12 19 | CARLA ABRAMS       | 01 01 | CAROL TYREE-DEWELL |       |                |
| 12 20 | HANNES HASE        | 01 01 | JULIE CORMAN       |       |                |
| 12 20 | CINDY MARTIN       | 01 01 | HAROLD HUFF        |       |                |
| 12 20 | CHRIS OHANA        | 01 02 | RALPH BREMER       |       |                |
| 12 21 | GREGORY OBRIEN     | 01 03 | DON GALLAGHER      |       |                |
| 12 21 | PAM STRANDBERG     | 01 03 | DAVID SNYDER       |       |                |
| 12 22 | CHARLES SCOTT      | 01 03 | LARRY WRIGHT       |       |                |
| 12 23 | HOLLY CASE         | 01 03 | LAURA MAIN         |       |                |
| 12 23 | KATY WISWALL       | 01 03 | JOHN MCJUNKIN      |       |                |
| 12 24 | BERNARD KINGSLEY   | 01 04 | SARAH KRAMER       |       |                |
| 12 24 | TERI MILLER        | 01 04 | DIANE BRITZIUS     |       |                |
| 12 24 | CHRIS BOENSEL      | 01 05 | ELIZABETH HERRING  |       |                |
| 12 24 | BRUCE COONAN       | 01 05 | LINDA SMITH        |       |                |
| 12 24 | ROBERT YOUNG       | 01 05 | TIM TYNAN          |       |                |
| 12 25 | L. (GENE) CROSSETT | 01 06 | SUSAN CARLTON      |       |                |
| 12 25 | ROBERT MURRAY      | 01 06 | NAN BENSON         |       |                |
| 12 26 | JAMIE MORRIS       | 01 07 | KIM BOGGS          |       |                |
| 12 26 | BO FOLSOM          | 01 07 | SONNY GARRETT      |       |                |
| 12 26 | MICHAEL ENDERSON   | 01 07 | HELEN SCHUCHART    |       |                |
| 12 27 | UTE CRAY           | 01 09 | THOMAS TAYLOR      |       |                |
| 12 27 | HOPE DEAN          | 01 09 | BRYAN SPARROWHAWK  |       |                |
| 12 27 | KELLY WELCH        | 01 10 | STEVEN RUITER      |       |                |
| 12 28 | JAMES(JIM) SLOAN   | 01 10 | JAMES MCCLEERY     |       |                |
| 12 28 | FRED CARTER        | 01 11 | MICHAEL SAUNDERS   |       |                |





## The Self Coached Swimmer

By David Grilli

Visualization in sports has become popular among competitive athletes. A down hill skier will imagine schussing down the race course perfectly, hoping he will ski the actual run flawlessly. Swimmers have an image in their minds of how they must look while swimming. You can picture yourself swimming like Popov but you may be the only one who sees it that way.

Every swimmer should be video taped (while swimming of course) on a periodic basis. Under water video taping is best but the required equipment is hard to come by. Videos shot from the pool deck or preferably from the viewing gallery are adequate. Your training partner can shoot the tape for you or ask the lifeguard to help you out. Record your swim after a warm up and a somewhat vigorous set

Record a swim of 300 yards, 100 yards and a 50 sprint. You can try different strokes as well. A 300 yard but-

terfly is not recommended and I would never do 300 yards of breaststroke as the camera battery may die.

Even a novice swimmer can detect stroke flaws while viewing the tape. Your training partner is very helpful here, as it is much easier to see someone else's flaws. Often you see the hands entering the water too soon or the incomplete stroke as your hands try to recover too soon. Take special notice of your body position. Often the legs are sinking and you are swimming uphill. If you notice your butt is high and dry your body position is probably fine.

To correct the hands entering the water too soon, imagine with every stroke that you are trying to touch the far wall while keeping your elbows high. As your hand enters the water, twist (rotating on an imaginary axis that follows the enterline through your body) to further extend the hand. The twist does two things. It sets up the 'catch' of the hand entering the water and adds power to the follow through of your opposite hand finishing the stroke. Make sure the thumb flicks your thigh as you begin the recovery. I don't encour-

age the typical drills (i.e., fingertip, or catch up), as they tend to over correct a flaw. Why practice swimming over or incorrectly?

The body position is corrected by adding a little to your kick. Your feet are failing below the surface of the water because your natural center of buoyancy is closer to your feet than it is to your head. If your feet push water down, they will lift up. Careful though: kicking too hard causes turbulence increasing drag. Be careful not to bend your knees too much. If you are one of the lucky ones with natural buoyancy, forget the kick. Point your toes to the opposite end of the pool and go. Kicking in sprints is recommended, however.

Near the end of a workout, when fatigue is setting in, do a set of 5 x 100 on a comfortable interval, swimming very correctly. Video yourself a few weeks later after incorporating your corrections. Use the upcoming taping session as incentive to work on your improvements. Compare the videos to monitor your progress. Again, have your training partner critique.

## USMS Insurance Coverage for USMS swimmers and Coaches

What constitutes coverage for a USMS swimmer and USMS Coaches with respect to USA swimming workouts.

|   | USMS Member Coach  | USA Swimming Coach  | No Coach or non-USMS Member Coach           |
|---|--|---|---|
| USMS members workout  | USMS Swimmer Covered<br>USMS Coach Covered   | USMS Swimmer Covered<br>USA Coach Covered                         | No Coverage                                 |
| USA Swimming Member in USMS workout   | USA swimmer NOT covered<br>No protection for USMS coach if USA Swimmer is injured<br>USMS Swimmers Covered | USA Swimmer Covered<br>USA Coach Covered<br>USMS Swimmers covered | No Coverage                                 |
| USMS Member in USA Swimming workout   | Not applicable, USMS coach can't preside over USA Swimming workout.  | Swimmer Covered<br>USA Coach Covered                              | Can't exist - by definition of USA workout. |
| USMS Members and Non-USMS members workout (i.e. unregistered swimmers and/or swimmers not in 30-day trial period) | No Coverage  | No Coverage   | No Coverage                                 |





# THE FINAL LAP



## 2000 USMS ONE HOUR POSTAL NATIONAL CHAMPIONSHIP

by Sally Dillon

How far can you swim in one hour? That's the annual question posed by the hosting team for the Long Distance National Championship event that is held each January. You can swim in your own pool at a time convenient to you and then submit your results by mail to officially enter the event.

In honor of the "millennium" celebration, some swimmers are starting their swim after 11:00 PM on December 31st and are swimming their hour right into 2000. Otherwise, the swim must be swum during the month of January and participants must be registered with USMS for 2000 at the time of the swim.

## BE PART OF A PNA "RELAY" TEAM

All postal swims include Relay Team Events in three divisions: three men, three women, and mixed (two men and two women). Age groups are 19+, 25+, 35+ . . . 95+. PNA would like to organize relay teams for interested swimmers again this year. Every effort will be made to include you on a "same sex" team and a "mixed team" or your fee will be refunded. In order to be on a

PNA relay team, send a copy of your official entry form/split sheet, your phone number and \$10 (payable to PNA)- NO LATER THAN FEBRUARY 3 - to the relay team coordinator:

**Carolyn Behse**  
1321 177<sup>th</sup> Ave. NE  
Bellevue, WA 98008  
FAX 425-747-3851

**YOU MUST MAIL IN YOUR OWN INDIVIDUAL ENTRY FOR THE EVENT TO BE ON A RELAY TEAM!**

## HOW TO ENTER THIS YEAR'S ONE HOUR CHAMPIONSHIP

The official entry form for the 2000 One Hour Postal Championship appeared in the November/December issue of SWIM Magazine and it is also available on the USMS Long Distance web site at <usms.org/longdist/>.

How about making a New Year's goal to organize a swim with your friends and teammates and give the One Hour Postal Swim a try. In 1999 only 4 swimmers from the Pacific Northwest entered the event and the PNA was ranked 29<sup>th</sup> in the "small club" division. That's not much of a showing for a club that has over 800 members! A record 1838 swimmers participated and the '99 event and the goal is to have at least 2000 in 2000!



The PNA local masters swim club has been selected by the MACA News as one of the Top Ten LMSC Web Sites of 1999. Web sites were evaluated for navigation, speed, design, content and use of technology. The two complete lists for Club and LMSC categories is now available in the USMS Discussion Forum, and the full story will appear in the forthcoming MACA News, newsletter of the Masters Aquatic Coaches Association.

Once again, congratulations, and keep up the great work!

**Bill Volckening, Editor**  
**MACA News**

## WORLD WIDE WEB GUIDE

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

**PNA MASTERS SWIMMING**  
U.S. MASTERS SWIMMING  
MASTERS SWIMMING CANADA  
OREGON MASTERS  
B.C. MASTERS  
SAWTOOTH (Idaho) MASTERS  
ALASKA MASTERS  
BELLINGHAM MASTERS  
ORCA SWIM TEAM

**www.swimpna.org**  
[www.usms.org](http://www.usms.org)  
[www.compusmart.ab.ca/masterssc/](http://www.compusmart.ab.ca/masterssc/)  
[www.swimoregon.org](http://www.swimoregon.org)  
[www.island.net/~bpronk](http://www.island.net/~bpronk)  
[netron.micron.net/~ricdavis/Sawtooth/index.html](http://netron.micron.net/~ricdavis/Sawtooth/index.html)  
[www.alaska.net/~billings/AKMS.htm](http://www.alaska.net/~billings/AKMS.htm)  
[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.  
2000 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:** Print clearly  
 \_\_\_\_\_  
 Last First Initial

**Address:**  
 \_\_\_\_\_  
 Street or box number Apt number

\_\_\_\_\_  
 City State Zip code

**Telephone:** \_\_\_\_\_ **EMAIL ADDRESS:** \_\_\_\_\_ **Date of birth:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **M/F:** \_\_\_\_\_  
 Area Code Month Day Year

**My club is:**  Pacific NW Aquatics (PNA)  Unattached  Sequim (SQM) **My Team is:**  \_\_\_\_\_  Unattached  
 Team Name  
**If you coach a Masters swim team check here:**

**2000 ANNUAL FEE** Your fee includes a subscription to the WetSet and to SWIM Magazine

Under 65 **\$30** (If after Sep 1, 2000 for 2000: \$15.00) \$ \_\_\_\_\_  
 Senior: 65 & over **\$23** (If after Sep 1, 2000 for 2000: \$11.50) \$ \_\_\_\_\_  
 Canadian Fee: **\$35** \$ \_\_\_\_\_  
*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) 779-3654 (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 and regulations of USMS.

Signature \_\_\_\_\_ Date \_\_\_\_\_

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

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