



## Local PNA Members Rate Nationally

A new Board of Directors was recently elected at the USMS Convention in Louisville, Kentucky. Oak Harbor and PNA are well represented nationally on the new USMS Board of Directors and other officers.

Sally Dillon was elected the new USMS Secretary. Sally has chaired the USMS Long Distance Committee for eight years and is currently the PNA Long Distance Chair.

Dan Frost was elected the new Northwest Zone Representative. Dan, a Navy Pilot at Oak Harbor, has been both the *WetSet* newsletter editor and the webmaster for PNA. He has been the Meet Director for numerous Oak Harbor meets. He recently became our new PNA Meets Chair.

Interestingly, every member of the new Executive Board has a coaching background. Dr. Jim Miller, the President, has been a



Left: Dan Frost and Sally Dillon, new officers for USMS.

Above: Hugh and Jane Moore planning for the recent Long Course Nationals,

Virginia Masters coach for more than 20 years. Scott Rabalais, the new Vice President, has been the head coach of Crawfish Masters in Baton Rouge, Louisiana, for 17 years. Sally was formerly a high school coach in Truckee, California. And Doug Church, the new treasurer, is a part-time Masters

coach in Noblesville, Indiana.

North Carolina presented a Championship Meet Award to Hugh and Jane Moore for their outstanding service to US Masters Swimming in successfully hosting and directing multiple high-quality National Championship competitions.

## LEADING OFF

By  
Lee Carlson

### Why we swim

We swim for a variety of reasons. About 20 years ago I was stressed on my job and started swimming some laps to relieve the tension and to think about something else.

In one of the earlier workouts I swam a little too hard and ended up

passing out when talking to the guard and pool manager after the swim. Waking up on a cot in the pool office is quite an experience. However, I think the pool staff was more concerned than I was. A different start . . .

*(Continued on page 2)*

### In this issue

Calendar  
Team Registration  
USMS Convention

#### Entry Forms:

Bellingham  
Mercer Island  
One Hour Postal  
February Fitness



# WETSET

Volume 22 • Issue 1  
January 2002  
Published 10 Times a Year

## Editor

Sandy McNeel (206)276-1501  
2364 Fairview Ave E, #1  
Seattle, WA 98102  
swim@troutlake.com

## PNA OFFICERS

### President

Lee Carlson (425) 427-8430  
1000 Cabin Creek Lane SW D301  
Issaquah, WA 98027  
leedee@cablespeed.com

### Vice President

Jeanne Ensign (206) 324-1354  
jeanne@raincity.com

### Treasurer

Sarah Welch (206) 723-1814  
sarah.welch@ci.seattle.wa.us

### Secretary

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

## Board Members at Large

Kathy Moore (206) 228-4064  
Kathy Casey (253) 588-4879  
Tom Foley (206) 937-5585

## PNA VOLUNTEERS

### Registrar

Cindy Martin (206) 366-8195  
2427 NE 143rd St.  
Seattle, WA 98125  
ccmart@oz.net

**Awards:** Sally Dillon

**Coaches:** Barb Gundred

**Computer Apps.:** Jim McCleery

**Constitution & By-Laws:** Jane Moore

**Fitness:** Carolyn Behse

**Historian:** Tom Foley

**Meets/Sanctions:** Dan Frost

**Records/Top Ten:** Walt Reid

**Officiating:** Jan Kavadas

**Open Water:** Sally Dillon

**Safety:** Kathy Casey

**Social:** Jett Vallandigham

# LEADING OFF

By  
Lee Carlson

(Continued from page 1)

Soon after that I found a workout group at Newport Hills and swam with them. For the first two weeks I thought I was going to throw up after each workout. I was literally sick. Our coach, John Underbrink, kept us working hard and having fun. We did lots of drills and even an occasional get-out swim (hit the time you estimated and get out).

We had a dual meet with another club about two weeks later. I remember both how nervous and how slow I was in the water. The meet was good fun and the camaraderie was super. People I swam with were Juanita Correa, Kirk Adams, Susan Dearborn, Sue Dills, and a host of others. During workouts they provided support and encouragement. We basically helped each other through the tough sets.

I think many of us continue to swim for fellowship and fun. Some of us swim as a primary exercise or because its easier for us. (I know I am not proficient at other sports like running or biking.)

Locations and people have changed several times through the years. Noon workouts at Mercer Island had Dave Demorest, Gordon Clark, Helen Schuchart, and Betty Kersheval encouraging swimmers. We continued to work hard, sometimes coaching ourselves and sometimes with a coach on deck. Lately, Mike Jones, Claire Dingle,

and Dave Tempest do the coaching from in the water and provide support and structure. The common thread is that we encourage each other with compliments for sets well done, explanations for the new lane members, or support for the lane laggard (which has more often than not been me). As more triathletes and lap swimmers join us it's important to make them feel welcome and encourage their participation.

The social activities associated with swimming can't be underestimated. A good workout can be followed by a good visit over a cup of coffee at the local establishment or a team party. The Green Lake team is noted for setting the standard for good workouts and great parties. Clark and Jesse Pace set the example.

We recently had a combination workout and party. Just before the holidays Ken Simons hosted a breakfast at his home following the workout. Ken planned the workout which was a variation of the twelve days of Christmas: 12 lengths freestyle easy, 11 lengths a-kicking, 10 lengths a-pulling, 9 lengths choice, 8 lengths backstroke, 7 lengths freestyle, 6 lengths choice, 5 lengths fly, 4 easy laps, 3 backstroke, 2 breaststroke drill, and 1 length anything but free. A breakfast buffet and gift exchange followed, arranged by Ken and Carol.

(Continued on page 3)

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.



# 10 Steps for Keeping Your Knees Healthy

(Continued from page 2)

We also frequently celebrate special birthdays with a set of the birthday swimmer's choice. These activities all make our journey toward fitness more fun.

## Some fitness activities this winter

Two great fitness swims are coming right after the first of the year. January is the One Hour Postal Swim and the next month is the February Fitness Challenge. You can do each from your own pool. Some teams do this as an annual activity and use one of their workouts as the event. All you add is the timer/lap counter. Remember, as well as swimming the event as an individual, you may enter as a team. The article on page 10 will tell you how. Information on the One Hour Postal Swim is also in this *WetSet*. No need to swim the event twice.

The February Fitness Challenge gives you several targets during the month. During this short month you can keep track of yards, days, or both, to hit your target. You can enter as a team and even use your swimming aids—fins and pull buoys.

We hope you make the most of the opportunities for activities in the new year.

## USMS Statistics

USMS memberships statistics were presented at the USMS Convention held in Kentucky last November.

A few highlights of the chart are: Nationwide the largest percentage of members comes from the 40-44 age group. The largest LMSC is Pacific, located largely in northern California, with 9684 members. The smallest LMSC is North Dakota, with 15 members.

**1 Warm up and stretch before exercising.** Warming up and stretching can help the knee joint in many ways, including increasing the circulation of the blood and lymph fluid into and out of joint structures and the adjacent soft tissues and ensuring that the muscles and the ligaments attendant to the knee joint are not too tight. As a result, tension on the tendons is reduced, and the pressure on the knee is relieved.

**2 Develop muscle balance.** Strengthen the muscles of the lower body to reduce the amount of force that goes through the knees. Make sure that you maintain an appropriate muscle balance between the quadriceps and hamstrings (i.e., a 3-to-2 strength ration is recommended) to provide an improved level of stabilization and strength for the knee joint.

**3 Avoid doing too much exercise.** Some individuals hurt their knees because of the overuse syndrome. Simply stated, cumulatively, they place excessive demands on their knees.

**4 Avoid sudden increases in the intensity of exercise.** Allow your body to gradually and progressively adapt to the demands that you impose on it. Doing too much too soon can injure your knees. Keep in mind that some actions that alter intensity level are not as obvious as others. For example, changing your approach to exercising (i.e., running hills instead of jogging on a flat terrain) may unduly increase your level of intensity.

**5 Protect your feet.** Your feet (particularly how and where they strike the ground when exercising) can have a profound effect on your knees. In this regard, two of the most meaningful actions you can undertake are to wear

shoes that fit properly and provide adequate cushioning and to immediately take care of any foot problem (e.g., blisters) that occurs.

**6 Vary the mode of exercise.** Using different exercises keeps you from repeatedly stressing the same bones and muscle groups, thereby keeping the orthopedic stress on your knees to a minimum.

**7 Be conscious of possible load forces on your knees when choosing your exercise mode.** Whenever possible, avoid engaging in an exercise that places unduly high impact forces on your knees such as running stadium stairs and running downhill.

**8 Use exercise equipment properly.** Improper use of exercise equipment can cause knee problems. For example, if you exercise on a stationary bike, check the position of the pedal crank relative to the seat post. If the crank is not relatively close to the seat post, you will place undue stress on your knees while exercising.

**9 Keep your weight down.** Maintaining an appropriate weight can reduce the stress on your knees. Excessive weight can increase your risk of degenerative conditions, such as osteoarthritis of the knee.

**10 Listen to your body.** Pain is your body's signal that you may be placing too much stress on your knees. Reducing or stopping whatever is causing the stress is the primary step in ensuring that your actions don't lead to a more serious injury.

*Courtesy of ACSM's Health & Fitness Journal and James A. Peterson, Ph.D., FACSM.*

# February Fitness Challenge 2002



**Purpose:** To promote fitness through aquatics by encouraging participants to visit the pool regularly and to track results over a monthly period.

**Host:** Tualatin Hills Barracudas, Beaverton, Oregon

**Rules & Eligibility:** Use of training aids and equipment **IS** permitted. You must be at least 18 years of age.

**Three Challenges:** We have three challenges: 1) count your yardage; 2) count your days; and 3) count the number of people in your group.

**Group Participation:** To be eligible for one of the top Group Participation Awards, groups must send entries together, in one packet. Groups may consist of individuals who do either challenge. Please specify the group name and contact person. There is no additional fee.

**Recording Results:** Beginning February 1, 2002, record on the form below: either the number of **yards** completed each day (for lap swim, jog-a-lap, etc.), OR the number of **days** you visit the pool for an aquatic fitness activity (e.g. water aerobics, etc.). PLEASE BE AS ACCURATE AS POSSIBLE!

**Conversions:** To convert meters to yards for yardage counting, add 10% to the meter distance to obtain the yard distance.

**Monthly Totals:** At month's end, add daily results to obtain monthly total.

**Caution:** Use caution when attempting to improve fitness level. Increases in activity should be gradual over an extended period. If you have any questions or concerns, please consult your physician.

**Age Groups:** 18-24, 25-29, 30-34...etc., (in five-year increments). Age is determined by your age on February 28, 2002.

**Awards & Results:** All participants receive final results and an achievement certificate. Three female and three male lap swimmers in each age group with the highest monthly totals receive awards. Please allow at least 30 days after deadline for mailing of results and awards.

\*\*\*\*\*

**Group Awards:** The top three groups with the largest number of participants will receive special awards.

**New Group Award:** This year the group with the top total yardage will receive a special award.

**Entry Fee:** \$8.00 for one individual challenge. Select either "Counting Yardage" or "Counting Days" on the form (below). If you would like to do both individual challenges, select "Both" and add \$4 to your entry fee. All fees payable to **Tualatin Hills Barracudas**.

**T-Shirts & Caps:** \$14.00 for short sleeve, 100% cotton T-shirts, with the 2002 Fitness Frog. Custom Latex swim caps with frog logo available for \$4.00.

**Entry Deadline:** Entries must be RECEIVED by March 17, 2002. Late Entries will not be accepted.

**Entry Procedure:** Send form below and fees to:

February Fitness Challenge  
16055 SW Walker Road #126  
Beaverton, Oregon 97006

**e-mail:** FebFitness@swimoregon.org

**web page:** <http://www.barracudas.org>



**International Entries:** \$8.00 additional postage fee required; mail early to ensure arrival by entry deadline.

**Workout/Fitness Brochure:** Send self-addressed stamped envelope for a special February Fitness Challenge Workout Brochure. This year's brochure features swim workouts and fitness information written by the Barracuda Coaching Staff and a Fitness Expert.

## February Fitness Challenge 2002: Entry Form (please Print)

NAME: \_\_\_\_\_ AGE(as of 2/28/02) \_\_\_\_\_ SEX: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_

ZIP \_\_\_\_\_ COUNTRY \_\_\_\_\_ PHONE \_\_\_\_\_

E-MAIL \_\_\_\_\_ NAME OF GROUP \_\_\_\_\_

Select Your Challenge(s) (please check one): 1) Counting Yardage \_\_\_\_\_ 2) Counting Days \_\_\_\_\_ 3) Both \_\_\_\_\_

Yards/Days		Yards/Days		Yards/Days		Yard/Days	
FRI FEB 1	_____	MON FEB 11	_____	THU FEB 21	_____	MON FEB 25	_____
SAT FEB 2	_____	TUE FEB 12	_____	FRI FEB 22	_____	TUE FEB 26	_____
SUN FEB 3	_____	WED FEB 13	_____	SAT FEB 23	_____	WED FEB 27	_____
MON FEB 4	_____	THU FEB 14	_____	SUN FEB 24	_____	THU FEB 28	_____
TUE FEB 5	_____	FRI FEB 15	_____				
WED FEB 6	_____	SAT FEB 16	_____				
THU FEB 7	_____	SUN FEB 17	_____				
FRI FEB 8	_____	MON FEB 18	_____				
SAT FEB 9	_____	TUE FEB 19	_____				
SUN FEB 10	_____	WED FEB 20	_____				

MONTHLY TOTALS = \_\_\_\_\_ YARDS/DAYS

Signature: \_\_\_\_\_ Date \_\_\_\_\_  
(I attest that the above results are accurate and true)

<b>Fees:</b>	Entry Fee	\$ 8.00	_____ (required)
	2nd Challenge	\$ 4.00	_____ (optional)
	T-Shirt	___ x \$14.00	_____ (optional)
	*Circle T-shirt size (s): S M L XL XXL		
	Swim Cap	___ x \$ 4.00	_____ (optional)
	International Fee	\$ 8.00	_____ (outside US)
	Total:	_____ (US funds only)	
	(please make checks payable to <b>Tualatin Hills Barracudas</b> )		



# MASTERS 2002 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**.*

January 1-31  
USMS 1 Hour Postal Swim  
Margie Hutinger (727-521-1172)  
[phut@usms.org](mailto:phut@usms.org)  
Entry deadline Feb 10

January 1-February 28  
1650 Postal Swim  
Jon Steiner (415) 459-2000  
[lawjls@aol.com](mailto:lawjls@aol.com)  
Postmark deadline Mar 10

January 19  
**SCY Queen City Splash & Ski 2002**  
**Helene Madision Pool, Seattle**  
**Matt Lind (206) 328-8351**  
**[chewma@earthlink.net](mailto:chewma@earthlink.net)**  
**Entry deadline Dec 31**  
**Entry in this issue of *WetSet***

January 20  
Deadline for articles for February  
*WetSet*

January 22  
PNA Board Meeting  
Seattle Parks & Recreation  
Seattle, WA

January 26  
Emerald Aquatics "100's Challenge"  
SCY, Echo Hollow Pool  
Eugene, OR  
Lynda Christiansen  
[ericandlynda@netzero.net](mailto:ericandlynda@netzero.net)

February 1-28  
February Fitness Challenge 2002  
[febfitness@swimoregon.org](mailto:febfitness@swimoregon.org)  
[www.barracudas.org](http://www.barracudas.org)

For PNA Board information, e-mail  
Steve Peterson at  
[speterson@bandwagon.net](mailto:speterson@bandwagon.net).

February 15-16  
Alaska Master SCY State Champs  
Anchorage, AK  
Ginny Wright (907) 344-5321  
[ginnyw@alaska.net](mailto:ginnyw@alaska.net)  
[www.akmswim.org](http://www.akmswim.org)  
Entry deadline Feb 7

February 16  
**SCY President's Day Meet**  
**Bellingham**  
**Barb Gundred (360) 734-8364**  
**[konabarb@hotmail.com](mailto:konabarb@hotmail.com)**  
**Entry deadline Feb 8**  
**Entry in this issue of *WetSet***

February 16  
PNA Board Meeting (after meet)  
Bellingham

February 20  
Deadline for articles for March *WetSet*

February 23  
SCY, North Bend Aquatics Masters  
North Bend, OR  
Guy Marchione  
[guy.marchione@worldnet.att.net](mailto:guy.marchione@worldnet.att.net)

March 9  
SCY Tualatin Hills Pentathlon  
Sandi Rousseau  
[tsrousse@ix.netcom.com](mailto:tsrousse@ix.netcom.com)

March 10  
**SCY Mercer Island Sprint Meet**  
**Mary Wayte Pool, Mercer Island**  
**Lee Carlson (425) 427-8430**  
**[leedee@cablespeed.com](mailto:leedee@cablespeed.com)**  
**Entries due Mar 1**

February 24  
SCM Winskill Otters Masters Meet  
Tswwassen, BC  
Kim Findlay (604) 943-7603  
[kimf@uwlm.ca](mailto:kimf@uwlm.ca)

March 10  
LCM Victoria Masters Swim Meet  
Victoria, BC  
Shaun Cownden (250) 727-3097  
[scownden@coastnet.com](mailto:scownden@coastnet.com)

March 16-18  
SCM Aussi Nationals Masters Meet  
Sydney Olympic Pool  
[www.sydnemastersswim2002.com/index.htm](http://www.sydnemastersswim2002.com/index.htm)

March 20  
Deadline for articles for April *WetSet*

March 24-30  
LCM  
FINA Masters World Championships  
Christchurch, New Zealand  
Neil Blanchfield +64-3 377-1700  
[masters.swim@greatevents.co.nz](mailto:masters.swim@greatevents.co.nz)  
[www.eventnz.co.nz](http://www.eventnz.co.nz)

March 27  
PNA Board Meeting  
Federal Way Library

March 31  
SCM English Bay Swim Club Meet  
Vancouver, BC  
John Bell (604) 685-1412

April 5-7  
SCY Oregon Association Champs  
Corvallis, OR  
Mark Worden  
[marklauraworden@home.com](mailto:marklauraworden@home.com)

## 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  
US Masters Swimming  
Masters Swimming Canada  
Oregon Masters  
Masters Swimming of BC  
Utah Masters  
Pacific Masters (CA)

[www.swimpna.usms.org](http://www.swimpna.usms.org)  
[www.usms.org](http://www.usms.org)  
[www.compumart.ab.ca/masterssc/](http://www.compumart.ab.ca/masterssc/)  
[www.swimoregon.org](http://www.swimoregon.org)  
[www.mastersswimming.bc.ca/](http://www.mastersswimming.bc.ca/)  
[www.utahmasters.org](http://www.utahmasters.org)  
[www.pacificmasters.org](http://www.pacificmasters.org)

**PNA Local Masters Swimming Committee**  
**Mercer Island Short Course Yards Meet - Sanction #023603**  
**Hosted by the Mercer Island Redwoods and Bellevue Club Masters**

**PNA LOCAL MASTERS SWIMMING COMMITTEE**  
**MEET ENTRY FORM: March 10, 2002 Sanction #023603**  
**Hosted by the Mercer Island Redwoods and Bellevue Club Masters**

ORDER OF EVENTS	EVENT
1	200 FREE RELAY
2	50 FREE
3	100 BREAST
4	50 FLY
5	200 MIXED FREE RELAY
<b>10-minute break</b>	
6	100 FREE
7	50 BACK
8	100 FLY
9	200 MEDLEY RELAY
<b>10-minute break</b>	
10	50 BREAST
11	100 BACK
12	100 IM
13	200 MIXED MEDLEY RELAY
<b>10-minute break</b>	
14	200 FREE

**DATE & TIME:**  
**Sunday, March 10, 2002**  
 Warm-up: 8:30 AM; Meet starts 9:30 AM

**LOCATION:**  
 King County Mercer Island Pool (Mary Wayte Pool)  
 8815 SE 40<sup>th</sup> St, Mercer Island WA  
 (206) 296-4370

Six-lane x 25-yard course. Separate warm-up area. Spectator seating for 200. Electronic timing will be used.

**DIRECTIONS:**  
*From I-90 east or west:* Take Island Crest Way southbound exit. Proceed approximately one mile south on Island Crest Way to SE 40<sup>th</sup> St. (stop light) and turn left. Go 1/4 mile on SE 40<sup>th</sup> St. Pool is on the right with ample parking available in adjacent lot.

**ELIGIBILITY:**  
 Open to all 2002 USMS or MSC registered swimmers age 19 and above as of 3/10/02. Age groups determined by the swimmer's age as of 3/10/02.

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

**AGE GROUPS** (individual events): 19-24, 25-29, and 5-year age groups as high as necessary.

**RELAYS:** Deck-enter relays at the meet. Age groups 19+, 25+, 35+, and 10-year increments as high as necessary. Age of the youngest relay swimmer determines the age group of the relay.

**SEEDING:** Slow to fast

**MEET DIRECTOR:**  
 Lee Carlsson  
 (425) 427-8430 / leedee@cablespeed.com

**WEBSITE:** For more information, visit the PNA website ([www.swimrna.org](http://www.swimrna.org))

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

**NAME:** \_\_\_\_\_ **M F AGE** (as of 3/10/02) \_\_\_\_\_

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

**PHONE:** \_\_\_\_\_ **BIRTHDATE:** \_\_\_\_\_ **USMS or MSC #:** \_\_\_\_\_

**CLUB/TEAM** (or Unattached): \_\_\_\_\_  
 \*All swimmers who are not registered through the Pacific Northwest LMSC MUST attach a photocopy of their current USMS or MSC registration card.

**ENTRY LIMIT: Five individual events total, plus relays.**

EVENT #	EVENT NAME	SEED TIME

**ENTRY FEES:** \$ **9.00** Surcharge  
 \$ \_\_\_\_\_ Individual events:

(\$1 per event for swimmers under 65.

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

TOTAL \$ \_\_\_\_\_ **MAKE CHECKS PAYABLE TO STEVE SUSSEX**

**MAIL THIS FORM AND ENTRY FEES TO:** **Steve Sussex**  
**7550 E. Mercer Way**  
**Mercer Island WA 98040**

**LIABILITY RELEASE:** I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

**SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**PNA Local Masters Swimming Committee  
 President's Day Short Course Yards Meet - Sanction #023602  
 Hosted by the Bellingham Masters Swim Club**

**PNA LOCAL MASTERS SWIMMING COMMITTEE  
 MEET ENTRY FORM: February 16, 2002 Sanction #023602  
 Hosted by the Bellingham Masters Swim Club**

ORDER OF EVENTS (#3)	#	EVENT
	1	1650 FREE
	1A	400 IM
<b>30 minute break</b>		
	2	200 FREE RELAY
	3	200 FLY
	4	200 BACK
	5	50 BREAST
	6	100 FREE
	7	200 MIXED FREE RELAY
<b>Five minute break</b>		
	8	200 IM
	9	50 FLY
	10	100 BACK
	11	200 BREAST
	12	50 FREE
<b>Five minute break</b>		
	13	200 MEDLEY RELAY
	14	100 FLY
	15	50 BACK
	16	100 BREAST
	17	200 FREE
	18	100 IM
<b>Five minute break</b>		
	19	200 MIXED MEDLEY RELAY
	20	500 FREE

**DATE & TIME:**  
 Saturday, February 16, 2002  
 Warm-up: 8:00 AM; Meet starts 8:45 AM  
 30-minute warm-up before event #2  
 Meet will resume no earlier than 10:30 AM

**LOCATION:**  
 Arne Hanna Aquatic Center, Bellingham WA  
 (360) 647-POOL

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

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

**ELIGIBILITY:**  
 Open to all 2002 USMS or MSC registered swimmers age 19 and above as of 2/16/02.

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

**SEEDING:** Slow to fast

**RELAYS:** Deck-enter relays at the meet.

**MEET DIRECTOR:** Barb Gundred  
 (360) 734-8364 before 9:00 PM - konabarb@hotmail.com

**WEBSITE:** For more information, visit the PNA website (www.swimrna.org)

**SAFETY FIRST!**

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

**NAME:** \_\_\_\_\_ **M F AGE** (as of 2/16/02) \_\_\_\_\_

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

\_\_\_\_\_

**PHONE:** \_\_\_\_\_ **BIRTHDATE:** \_\_\_\_\_ **USMS or MSC #:** \_\_\_\_\_

**CLUB/TEAM** (or Unattached): \_\_\_\_\_

\*All swimmers who are not registered through the Pacific Northwest LMSC MUST attach a photocopy of their current USMS or MSC registration card.

**ENTRY LIMIT: Five individual events total, plus relays.**

EVENT #	EVENT NAME	SEED TIME

**ENTRY FEES: \$ 6.00** Surcharge  
 \$ \_\_\_\_\_ Individual events:

(\$1 per event for swimmers under 65.

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

TOTAL \$ \_\_\_\_\_ **MAKE CHECKS PAYABLE TO  
 BELLINGHAM MASTERS SWIM CLUB**

**MAIL THIS FORM AND ENTRY FEES TO:** **Barb Gundred**

Entries must be received by **3880 Gala Loop**

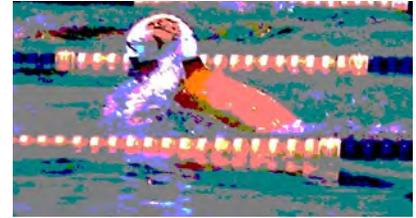
**Friday, February 8, 2002** **Bellingham WA 98226**

**LIABILITY RELEASE:** I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

**SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

# PNA Board Meeting Minutes

By Steve Peterson  
PNA Secretary



*October 30, 2001*—President Lee Carlson called the meeting to order at 7:08 pm at the offices of Robert McNeel & Associates, Seattle. Attendees also included Sally Dillon, Dempsey and Eric Dybdahl, Jeanne Ensign, Tom Foley, Dan Frost, Jan Kavadas, Sandy McNeel, Greg Metzler, Hugh Moore, Steve Peterson, Jett Vallandigham, and Sarah Welch. These 14 represented Federal Way, Ft. Steilacoom-WAKO, GLAD, North Whidbey, OOPS, Redwoods, Swim Seattle, and the Tigers.

## Minutes:

The Board approved the September meeting minutes as written.

## Treasurer's Report:

Total assets are \$35,793 including the Wiggin Fund's \$2,742. Long Course Nationals income of about \$14,000 is not yet reflected in this total. Registration revenue is close to what was budgeted and one registration for 2002 has been received already. The Board approved the report from Sarah (fresh from Palm Springs via Sea-Tac, despite a blown radiator).

## Focus Topics:

**Meets:** Jeanne asked about the annual meet schedule. The Board approved the nomination of Dan Frost as new Meets chair and applauded Hugh for his efforts and enthusiasm in this position. Jan noted that several age group meets had been canceled because of recent world events, opening up meet hosting opportunities. She said that Dave Keinlen was considering hosting combined Masters and age group meets in Puyallup.

**Board Meeting Venues and Dates:** Jeanne led a group of retreat attendees in setting meeting dates for the next 15 months. Tentative locations: Carlson's (Dec 4); no November meeting; Seattle Parks & Recreation (Jan 22); Bellingham after meet (Feb 16); Federal Way Library (Mar 27); McNeel & Associates (Apr 24); Carlson's (May 22); Jan Kavadas' (June 25).

**Retreat Action Items—Dual Meets:** Eric Dybdahl spoke of holding small events to build interest, specifically dual meets between teams. While not familiar with the process, Eric believes the dual meet concept holds promise here. Applying a handicap system may work for some pools, said Hugh, but using wider age groups would likely prove more efficient. Some will benefit and some will not, but keeping the scorekeeping process simple is important for maximum enjoyment. Eric plans to observe the upcoming Multnomah dual meet, December 8. The Board briefly discussed participation—coach-selected vs. open entry. Lee suggested revisiting this idea in January, evaluating any events that might have occurred in the intervening time. Eric and Hugh will continue considerations.

**Clinics:** Lee solicited tentative champions and time frames for three clinics: Fitness (Sarah Welch, Carolyn Behse; 1st Quarter); Open Water (Sally Dillon; July); and Stroke Technique (Kathy Casey; fall).

**Coaches and Teams:** Sally and Jeanne volunteered to revise the Teams Handbook and to survey teams about their representation

and participation. All qualified teams (eight or more members) should be given a copy of the USMS Rulebook, probably by subscription of an interested rep, per announcement in the *WetSet*. Dan Frost and Lee offered to develop a Coaches Committee chair job description; this would include writing a "Coach's Corner" column for the *WetSet*. Sandy will arrange for all registered coaches to receive copies of the *WetSet*.

**Membership:** Sandy will help revise the member registration form and develop a PNA informational brochure. Lee and Jeanne will develop a job description for our Registrar, whose duties will include providing a quarterly Teams report with registration and financial figures; the Board will determine whether a stipend is in order. A discussion of Pacific Northwest Association vs. Aquatics was postponed.

**Teams:** The Board discussed distributing some Nationals proceeds to those teams whose members provided significant volunteer support. Following Nationals '97, \$500 per team was allocated. \$3000 was budgeted and \$2000 was distributed. Teams recognized this year are Bainbridge, Bellevue, Bellingham, Federal Way, Ft. Steilacoom, GLAD, Mercer Island, and ORCA. The Board will discuss these topics further at future meetings.

*(Continued on page 9)*



## Distance Per Stroke

By Rich Axtell  
NEM LMSC Coaches Representative



(Continued from page 8)

### Old Business:

**Convention Legislation:** The Board decided the proposed changes warrant no further discussion.

**Delegate Status:** Jett Vallandigham was selected to fill the open delegate position.

### New Business:

**Northwest Zone Chair:** Outgoing Chair Dave Radcliff nominated Dan Frost to serve as the new Northwest Zone Chair. The election will be held at Convention.

**New Meeting Format:** The Board expressed satisfaction with the revised meeting format.

### Next Meetings:

Tuesday, December 4, at Carlson's, Issaquah (annual Potluck meeting).

Tuesday, January 22, at Seattle Parks Department offices.

Saturday, February 16, following the Bellingham meet.

Distance Per Stroke (DPS) is an important element in every Masters program. DPS tells how efficient your stroke is. Many swimmers are concerned with stroke techniques such as body roll, recovery, and so on. Great technique will accomplish DPS. To maximize your DPS, follow these six steps:

**1 The Catch.** When your hand has reentered the water and before you catch water, make sure your arm is fully extended at shoulder width. It is best to catch with the finger tips pointed slightly inside the shoulder. Shoulder problems are common with those who catch water with their finger tips pointed outside the shoulder. Catch the water by pushing the hand down and keeping your elbow at the surface by lifting it up slightly. This is where "dropping the elbow" originates if you're not careful.

**2 The Pull.** After the catch, keep the elbow where it is until your hand passes under it. With the elbow in front of you, begin the pull. Your fingertips should follow your breast bone. Remember to keep the elbow high. This will help prevent crossover and will maximize your efficiency. I recommend this easy step rather than the "s" which leads to crossover and snaking.

**3 The Skull.** When your hand reaches your waistline, slide your hand over to your hip with your palms facing behind you. At this point your elbow should be directly above your hand and against your torso (your arm should be at a 90 degree angle). This is the point where many people finish their stroke. You are now positioned to move onto the most productive part of your stroke.

**4 The Finish.** Many swimmers have the habit of pushing their hands out at the hips rather than pushing through them. The skull has set you up at the hips, now you just have to finish. With the elbow at your side thrust your hand back until your elbow is straight.

**5 The Recovery.** Begin recovery at the end of our stroke by leading with the elbow—almost as if you were pulling a gun from a holster. Keep your hand behind the elbow just above the water and on a line close to your torso. Keep the elbow out front until your elbow reaches the shoulder then swing your hand out (not around) for the catch.

**6 Count your strokes.** It is important to count your strokes per lap each and every time you are working distance per stroke. This allows to chart your progress!

Good luck with your Distance Per Stroke!

*Reprinted by permission from NEM News (New England Masters)*

Look for the  
color versions of  
the WetSets  
PNA's web site!  
[www.swimpna.org](http://www.swimpna.org)

**COMING SOON TO YOUR LOCAL POOL!**

**25th Annual  
USMS NATIONAL CHAMPIONSHIP  
ONE HOUR POSTAL SWIM**

**NEWS FLASH – EXCITING NEWS FOR PNA SWIMMERS**

**PNA WANTS TO ENTER YOU IN A TEAM EVENT IN THE USMS ONE HOUR POSTAL SWIM  
AND  
PNA WILL PAY YOUR TEAM EVENT FEE!**

- Team events are “postal relays”.
- Teams are organized by age group 19+, 25+ . . . and are 3 men, 3 women, and 4 mixed (2+2).
- Our team “relay” coordinators will form the best teams possible.
- Every effort will be made to include every swimmer on a team.
- The team coordinators will mail your individual and team entries to the event director for you.

**THE SWIM:**

- The official entry form is in THIS *WetSet* .
- Your USMS registration must be current (2002). Register today if you haven't done so already.
- Read the directions on the entry form carefully.
- Swim the event at a pool of your choice.
- Swim for one continuous hour any time in January.
- Have a friend or teammate count your laps and time you.
- No drafting or circle swimming; no more than two swimmers per lane.
- Mail your entry form and individual \$5 fee (payable to PNA) to the team coordinators. **DO NOT send your form or write your check to Florida Maverick Masters!**

**THE TEAM COORDINATORS:**

Sally Dillon (360) 679-5038, [salswmr@earthlink.net](mailto:salswmr@earthlink.net)  
Dan Frost (360) 679-1812, [northwest@usms.org](mailto:northwest@usms.org)

**MAIL YOUR OFFICIAL INDIVIDUAL ENTRY FORM**

and your individual entry fee of \$5 (payable to *PNA*) to:

**Dan Frost**  
**316 SE Pioneer Way PMB 214**  
**Oak Harbor WA 98277**

**IMPORTANT DEADLINES:**

- Your swim must take place by January 31.
- Dan must receive your entry form must by **February 5**.

**DON'T DELAY**

**MAIL YOUR ENTRY FORM TO DAN AS SOON AS YOU COMPLETE YOUR SWIM!**

Dan and Sally will arrange the teams and then mail your entry to the event director by the deadline.



**25th Annual  
National Championship  
One Hour Postal Swim  
2002 United States Masters  
Swimming Long Distance  
National Championship**  
Sanctioned by the Florida LMSC  
for USMS, Inc.  
Sanction Number: 142-001

**DATE:** All swims must take place during January, 2002.

**OBJECTIVE:** To swim as far as possible in one hour. The total number of yards swum determines the order of finish. If two or more swimmers complete the same distance, a tie will be declared.

**VENUE:** Any pool 25 yards or longer. (For events swum in meter pools, multiply the distance swum by 1.0936 and round down to the nearest five yard increment. Submit the distance in yards.)

**ELIGIBILITY:** Each participant must be registered for 2002 with USMS or a similar body in the swimmer's country. **A COPY OF YOUR 2002 REGISTRATION CARD MUST ACCOMPANY YOUR ENTRY!**

**INDIVIDUAL EVENTS:** Men and women separately will compete as individuals in the following age groups: 19-24, 25-29,...,100+. The swimmer's age on the day the event is swum determines the entrant's age for the One Hour Swim.

**TEAM EVENTS:** Two team events will be contested: 1) a 3 swimmer, same gender team and 2) a mixed 4 person team (2 men & 2 women). The team with the greatest total yardage will be declared the winner. The age of the youngest member determines the age group of the team: 19+, 25+, ..., 95+. Each team member must also have entered the individual event for his/her age group. All team members must be registered with the same club. Unattached teams are not permitted. Team entries must include copies of the individual entry forms if they are not submitted with the originals.

**CLUB EVENTS:** Each club will be entered automatically in the club event. The three clubs accumulating the most yardage in each division will receive an award. Three divisions will be recognized based on the number of swimmers entered in the event from each club, as determined by the event host and Long Distance Committee chair. Team yards will not be counted.

**AWARDS:** USMS Championship medals will be awarded in each age group to the top 10 swimmers in the individual event and the top 6 teams in each team event. First place finishers in individual and team events also receive USMS Champion patches. Distinctive awards will be given to the top 3 clubs in each division of the Club event.

**RULES:** Drafting, flotation and propulsive devices (pull bouys, fins, paddles, wet suits, etc.) are not permitted. To ensure that drafting does not occur, no more than two swimmers may share a lane. If two swimmers share a lane, they should each swim on one side of the lane during the entire race (i.e. no "circle" swimming). USMS Long Distance Swimming rules require a starter/referee be present during the swim. Each swimmer must have a verifier to count lengths, record cumulative splits and time the event with a stopwatch. The verifier must sign the official entry form. Distances are to be rounded down to the nearest completed five yard increment (i.e., round 2764 yards to 2760). (See above for conversion from meters to yards.) Swimmers who change age groups during January may enter twice but must swim the event twice, once in each age group. No adjustment may be made for swims completed at altitude. Split sheets must be kept for each swimmer and a copy included with your entry. Using a stop watch, record cumulative split times to the nearest second, tenth or hundredth for each 50 split.

**FEES:** Individual entry fees are US \$5 per swimmer for US (\$8 for non-US swimmers). Team entry fees are US \$15 per relay (\$18 for non-US entries). All fees are non-refundable. Make checks payable to Florida Maverick Masters, Inc. and mail entries to the address below. International entrants please submit US funds via international money order or bank check drawn on a bank with a US affiliate. **DO NOT SEND** entries registered mail or other forms of mail requiring a signature for delivery. **ENTRIES MUST BE RECEIVED** by February 10, 2002. Swimmers submitting incomplete entries will be contacted by collect phone call or e-mail.

**T-SHIRTS:** A 2002 USMS One Hour Postal National Championship T-shirt is available at a cost of \$15. (International orders please add US \$5 postage for each shirt.)

**MORE INFO:** Address questions to **Margie Hutinger**  
**Florida Maverick Masters, One Hour Postal Meet**  
**1755 Georgia Ave NE**  
**St Petersburg, FL 33703-4320**  
**Phone: 727-521-1172**  
**e-mail: phut@usms.org**

**Team Entry Form--use only for team entries**

Club: \_\_\_\_\_ Contact Person: \_\_\_\_\_

Mail results/awards to:  
Contact Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Country: \_\_\_\_\_ Club Abbreviation: \_\_\_\_\_

Swimmer #1: \_\_\_\_\_

Name as it appears on Registration Card	Gender	Age	Yards Swum
-----------------------------------------	--------	-----	------------

Swimmer #2: \_\_\_\_\_

Name as it appears on Registration Card	Gender	Age	Yards Swum
-----------------------------------------	--------	-----	------------

Swimmer #3: \_\_\_\_\_

Name as it appears on Registration Card	Gender	Age	Yards Swum
-----------------------------------------	--------	-----	------------

Swimmer #4: \_\_\_\_\_

Name as it appears on Registration Card	Gender	Age	Yards Swum
-----------------------------------------	--------	-----	------------

Total Team Yards: \_\_\_\_\_

Team Entry Fees: US \$15 (\$18 for non-US entries).

Payment in US \$ from US Banks or International Money Order ONLY

**Please note: An individual entry form (next page) and individual event entry fees for each team participant must accompany this team entry form with the team entry fee. Individual Entry Form: Use only for individual entries.**

# 2002 USMS ONE HOUR POSTAL SWIM NATIONAL CHAMPIONSHIP

## Individual Entry Form

NAME: \_\_\_\_\_ REGISTRATION NUMBER: \_\_\_\_\_

Name as it appears on Registration Card

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

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ GENDER: M F

E-Mail Address: \_\_\_\_\_ CLUB: \_\_\_\_\_ CLUB ABBR: \_\_\_\_\_

AGE: \_\_\_\_\_ BIRTHDATE: \_\_\_\_/\_\_\_\_/\_\_\_\_ SEND RESULTS VIA E-Mail  OR Mailed Hard Copy  (Check ONE box.)

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not otherwise been 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."

I certify that I have read the rules of this competition and that on January \_\_\_\_, 2002,

I swam \_\_\_\_\_ yards at \_\_\_\_\_  
Distance swum Pool name/City Swimmer's Signature

\_\_\_\_\_  
Verifier's Signature

\_\_\_\_\_  
Verifier's Phone Number or e-mail

Entry Fee \$ 5.00 (US Only) \$8.00 (International/Non-US) = \$ \_\_\_\_\_

T-shirt Order: Indicate T-shirt Quantity Ordered: \$15/shirt = \$ \_\_\_\_\_

Small \_\_\_ Medium \_\_\_ Large \_\_\_ X-Large \_\_\_ XX-Large \_\_\_

International @ \$20/Shirt: = \$ \_\_\_\_\_

Total (US \$) = \$ \_\_\_\_\_

**Include:** 2002 Masters Registration Card,  
 Entry form and split sheet  
**Checks Payable:** Florida Maverick Masters, Inc.  
**Send Entries to:**  
 One Hour Postal Meet  
 1755 Georgia Ave NE  
 St Petersburg, FL 33703-4320  
**Must be RECEIVED by February 10, 2002.**

Record Split Entries using CUMULATIVE split times to the nearest second, tenth, or hundredth.

50	1050	2050	3050	4050	5050
100	1100	2100	3100	4100	5100
150	1150	2150	3150	4150	5150
200	1200	2200	3200	4200	5200
250	1250	2250	3250	4250	5250
300	1300	2300	3300	4300	5300
350	1350	2350	3350	4350	5350
400	1400	2400	3400	4400	5400
450	1450	2450	3450	4450	5450
500	1500	2500	3500	4500	5500
550	1550	2550	3550	4550	5550
600	1600	2600	3600	4600	5600
650	1650	2650	3650	4650	5650
700	1700	2700	3700	4700	5700
750	1750	2750	3750	4750	5750
800	1800	2800	3800	4800	5800
850	1850	2850	3850	4850	5850
900	1900	2900	3900	4900	5900
950	1950	2950	3950	4950	5950
1000	2000	3000	4000	5000	6000

**Total Yardage:** \_\_\_\_\_



# PNA SWIMMERS

## NEWS - NEWS - NEWS



## Highline Community College Pool Closed Due to Fire

### Synchro Anyone?

Want to add a little romance in your lap swimming? Try synchronized swimming—good music, lots of diversity, fun challenges.

We are a Masters synchro group and love to have new people. We meet on Tuesday and Thursday am at St. Edwards pool in Kenmore. We have a top coach of the Northwest. Trial month is free. (You'll be hooked by then.)

For info call Donna Wallen at (206) 362-0468 or Lila Ehrlick at (425) 778-6383.

*December 1, 2001*—A fire gutted the Highline Community College pool, site of the last April's PNA Champs.

Shortly after the PNA meet, the pool was closed for several months for repairs after the earthquake in the area. This fall it was reopened for a short time before the fire closed the pool. The pool will most likely not reopen and is scheduled for demolition.

A man was arrested and booked on investigation of second degree arson. He was at first thought to be only a witness, until he became belligerent and interfered with police officers at the

site. When he was apprehended and searched, the police found glass in his pockets.

Whoever started the fire appeared to enter the building by breaking a window. The fire is said to have started in the pool office. Once the fire broke through the office walls it caught the insulation on fire and traveled down the back hallway.

Four swimming classes and the approximately 800 members of the King Aquatics Club were forced to make other arrangements for a pool.

No one was injured in the fire.

## PNA Meet Schedule

Date	Club	Location	Meet Director	Phone	E-Mail	Entry Deadline
Saturday January 19, 2002	Orca Swim Club	Helene Madison Pool Seattle	Matt Lind	(206) 328-8351	chewma@earthlink.net	Postmark by December 31, 2001
Saturday February 16, 2002	Bellingham Masters Swim Club	Arne Hanna Aquatic Center Bellingham	Barb Gundred	(360) 734-8364 Before 9 pm	konabarb@hotmail.com	Must be received by February 8, 2002
Sunday March 10, 2002	Mercer Island Redwoods and Bellevue Club Masters	Mary Wayte Pool Mercer Island	Lee Carlson	(425) 427-8430	leedee@cablespe ed.com	Must be received by March 1, 2002
Saturday and Sunday April 13-14, 2002	To be determined	Weyerhauser King County Aquatic Center	To be determined			Postmark by March 30, 2002

# USMS Convention 2001



*Hugh Moore listens to another opinion at the House of Delegates meeting the USMS Convention.*

November 15-18, 2001, Louisville, Kentucky—Originally scheduled to start on September 12 in Dearborn, Michigan, the USMS Convention was rescheduled and compressed due to the tragic events of September 11 and the inability of delegates to get flights at that time.

An incredible amount of work was accomplished in the short time. Following are a few of the decisions made in Kentucky.

## Rules

Two records lists will now be published on the USMS web site: 1) an "official" list from which certificates will be issued to all who break the record between official publishing dates at the end of each season and 2) a "fastest record so far" list so a person can see the current, fastest, record time for the season even though the season isn't over yet and the final "official" end-of-the-season list isn't published yet.

Now 18-yr-olds can register for USMS. If an 18-yr-old member turns 19 by December 31 of that year, that swimmer can swim in

short course meters and long course meters meets. For short course yards meets, a member can compete as long as their 19th birthday occurs on or prior to the last day of the meet.

## Championship

Short Course Nationals will be held at Arizona State University in Tempe, Arizona; May 15-18, 2003. Long Course Nationals will be held at Rutgers University in Piscataway, NJ, August 14-17, 2003.

A special variance to allow swimmers four free events (without qualifying times) at the 2002 SC Nationals in Hawaii was approved.

## Sports Medicine

Sports Medicine recommended that the Medical Liaison be in attendance for the duration of the USMS altitude training camps.

The committee will work with USMS Editor of SWIM to have an Ask the Doctor feature in SWIM four times per year in which the Sports Medicine Committee would respond to medical questions.

Outlines of proposed articles for SWIM magazine should be sent to the USMS Editor at least four months before an article is to be published.

The committee recommended that the proposed study on motion disorders be considered for funding by the USMS Endowment Fund and that sports medicine lectures continue at USMS conventions.

Reports are in the works on topics such as anemia, atrial fibrillation, medications and exercise, optimizing the recovery process, movement disorders and swimming, GERD, and female triads.

The Sports Medicine Committee will join with USMS Coaches Committee in their efforts to create a Masters track at the ASCA world clinic with goal of sharing research and expertise with ASCA coaches on topics germane to aging athletes.

## Communications

Hugh Moore is the Chair for this well-attended committee.

The USMS web site has now been moved to a dedicated server, providing free host sites to LMSCs and Zones. We currently have 18 web sites on the server including the main USMS site, 3 zone sites, 13 LMSC sites (including PNA's), and a support site. Any LMSC or zone can host their web site on the server. The MACA web site will also be moved to the USMS server.

Bill Volckening shared his vision to have the Magazine Editor position expand beyond SWIM Magazine, including soliciting outside publications to feature inspirational stories about USMS swimmers with the intention of promoting USMS through these stories.

He also presented ideas for new columns and sound-bite information:

- How they swim? Features swimmers of all aspects of the Masters swimming community.
- Ask Dr. Swim. A Q&A column worked out with Sports Medicine.
- The Self-Coached Swimmer by David Grilli, from the NEM LMSC, has a column. USMS might work with David or do a similar column.
- Web resources.
- Sports psychology column.



- SWIM would like to report the Long Distance event information in a more timely fashion than is now happening.
- Entry forms for the 5K/10K and one hour postal swims will be printed in SWIM.

Deadlines for 2002 and an editorial calendar are available upon request.

## Officials

Officials will continue work coordinating with the USA Swimming Officials Committee for USA Swimming officials to certify or recertify at our two USMS National Meets. The committee is also establishing a USMS Officials certifying body through individual LMSCs (in coordination with USA Swimming).

## History & Archives

History & Archives recommended that a Letter of Intent be sent from USMS to the Henning Library confirming our intent to have them conserve and store USMS archives commensurate with their proposal as approved at our last convention. \$20,000 was budgeted for 2002 to convert our databases and systems to conventional formats. Another \$1500 was budgeted for USMS to acquire the name SwimGold from Carl House.

## Marketing

Last year the Marketing Committee requested authorization for \$25,000.00 as a one year contract for consulting services to procure a Marketing agent to promote Masters Swimming. This year the Marketing Committee received approval from the House of Delegates to roll over the \$25,000 not spent in 2001 to cover this ongoing project.

Marketing voted to allocate up to \$10,000 in funds to print 5000

planners (Calendars) for the year 2003.

Marketing allocated \$7,000 to duplicate existing an USMS display booth with additional funds for shipping up to \$2000. This booth is used at various trade shows and conventions, such as American Swim Coaches Association (ASCA) and Worlds Swim Coaches Clinic, to promote USMS. The USMS Marketing display booth has gone to approximately 10-15 events.

## Coaches

The Coaches Committee now has a list of all coaches registered with USMS, which is used for newsletter and distribution of other information.

The committee recommended that a Masters Coaching School be established, working with ASCA.

## ISHOF

No further nominations of swimmers will be sent to ISHOF (International Swimming Hall of Fame). The current nominees' resumes for Laura Val and Drury Gallagher will be updated.

The issue of including Masters swimmers in the Hall of Fame is still in doubt due to the selection process. Sam Freas has created a new committee to present proposals for a IMSHOF (International Masters Swimmers Hall of Fame) under the new ISHOF Board member, Tod Spieker. The ISHOF Committee proposed to review the package of proposals from Tod. If they find that it does not reflect the interests of USMS, they will direct the Board representative, Jack Geoghegan, to notify the ISHOF Board of our non-support of the proposals and state that our continued contribution support of the ISHOF will be revisited by this committee and may be terminated.



*Lee Carlson, Sandy McNeel, and Pam Himstreet (Oregon) paying "close attention" at the Marketing Committee meeting.*

## Registration

USMS now has 40,533 swimmers—60.7% were renewals (up from last year). Four clubs had over 1000 members. (PNA wasn't on this list yet.). Ninety-eight 19-year-olds joined the organization. Snake River had the highest percentage growth.

Esther Lyman has implemented a permanent ID system, so that every swimmer who registered last year has an ID. Registration and History & Archives have two different ID systems, but they can cross reference and co-exist now.

Regarding privacy issues, Nancy Ridout commented that it's OK to post name, number, city, and club on the web site.

Electronic signatures are still not acceptable to the insurance agency.

One time event registration is now part of the registration program.

## Planning

Planning continued the work on creating a database of recently constructed pools.

Development of the mentor project to provide facilitators to LMSC that need help becoming more active was carried forward. Mike Heather presented a trouble shooting guide, suggesting the compilation of a database with

*(Continued on page 16)*



Wet suits will not have a separate division in USMS national championships. (This is Paul Skoglund participating in PNA's Fat Salmon last summer.)

(Continued from page 15)  
 information from LMSCs. Once in the database this information would be published for LMSCs to see whether other LMSCs share similar problems. Similarly the Coaches committee is exploring a program sponsoring coaches from underserved areas to attend national coaches clinics or meetings.

The USMS Endowment Fund has nearly \$50,000, but must contain \$100,000 before it can award grants. Two grant proposals are pending which will be looked at when the fund reaches \$100,000.

### Long Distance

The Long Distance committee voted against allowing a wet suit division in open water national championships. It was decided that if "full body" suits were approved for the pool, they would be approved for long distance.

The 2003 long distance championships were awarded, including a 3 and 6 mile open water swim put on by Central Oregon Masters August 2, 2003 and the one hour postal swim to be hosted by Tualatin Hills Barracudas.

## Wanted! You!

PNA is a great organization full of dedicated volunteers and swimmers, but there's always room for more helpers. Does one of the following jobs interest you? Contact one of the board members listed on page 2 of the *WetSet*. We would love to have you.

**Awards Chair:** The Awards Chair maintains a supply of awards for the PNA and keeps them inventoried. The specific awards handled by the chair are the ribbons used for SCY championships and the PNA medals that are sold at meets.

When necessary, the Awards Chair will order more ribbons and medals. Each director is responsible for handing out the awards at their meet but the Awards Chair needs to be sure the medals get to each meet and the ribbons get to the SCY championships.

**Publicity:** The Publicity Chair reports newsworthy activities of the PNA to the appropriate media and encourages the coverage of PNA events and the organization itself through the media.



## WetSet Subscription / Change of Address Form

The *WetSet* is PNA's official newsletter. It is produced ten 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:

**Cindy Martin**  
**PNA Registrar**  
 2427 NE 143rd St.  
 Seattle WA 98125

**Important** —The *WetSet* is sent via bulk mail and is **not** forwarded by the US Postal Service.

- Change of Address
- New Subscription
- Subscription Renewal

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 old address label here (if available)**

Name \_\_\_\_\_

Address \_\_\_\_\_

City / State / Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ USMS # \_\_\_\_\_



# HAPPY BIRTHDAY

to the following PNA swimmers!

01 15	TERI BROWNELL	01 25	ERIC TWEIT	02 05	JIM BRYAN
01 15	JOAN SMITH	01 25	WILLIAM ETNYRE	02 05	GREGORY HARRISON
01 15	PHILIPPA KRAUSEN	01 25	VICTORIA ZUKOWSKI	02 05	CHRISTINE CAPUTO
01 16	LESLIE HELM	01 26	CARRIE NORDBERG	02 05	ROBERT PARKER
01 17	NANCY PRICE	01 27	MAXINE CARLSON	02 06	CATIE RODEHEFFER
01 17	CHRIS LATHAN	01 27	CATHERINE DENARDO	02 06	JEFF COX
01 17	GISELA PAZ	01 27	JOHN SYLVESTER	02 06	MIKE BAILEY
01 17	IRA COOPER	01 27	LINDA BINGLER	02 07	MEGAN CONKLIN
01 17	AMY MARIE WEBBER	01 28	JENNIFER WHETHAM	02 07	ROBERT HERRIFORD
01 17	NANCY LAWRENCE	01 29	M. LEIGH JOHNSON	02 07	DAVID ADDLEMAN
01 17	JOHN PRIGGER	01 29	SELENA CALLAWAY	02 08	MARK NEWPORT
01 18	MATTHEW DELANEY	01 29	GREG SCHUMACHER	02 08	DAN PODZILINI
01 18	AARON BURBY	01 29	CHAD LUCKENBILL	02 08	REBECCA UCHIO
01 18	JIRO KUSUNOSE	01 29	JENNIFER CRUZE	02 08	BETSY HALE
01 19	MARC BECK	01 30	MARY LIPPOLD	02 08	JODI SKROCH
01 19	GAY HUNTER	01 30	DAVID SANTOS	02 08	JON PAUOLE
01 19	MARY SIPPLE	01 30	LOREN SPURGEON	02 09	KEVIN BERNADT
01 20	PAUL WILCOX	01 30	DAVID LANDES	02 10	MARY ANN WHITE
01 20	DIANE KENNEDY	01 30	JENNIE GOLDBERG	02 10	SARAH FOOTH
01 20	CORAL BERNIER	01 30	JAMES WEYAND	02 10	MARGARET WINNIE
01 21	SCOTT ALLEN	01 31	PAMELA BOSNYAK	02 10	KAETCHE MILLER
01 21	KATHRYN MOEN	01 31	JAMES JACOBSON	02 11	ANN ROEDER
01 21	KYLE HEATON	02 01	CINDY ALLEN	02 12	SEAN HILBERT
01 21	STEPHEN REESE	02 01	KIM SCHAD	02 12	MICHAEL EATON
01 21	DIANNE TAYLOR	02 01	SHEILA BURROUGHS	02 12	LESLIE MIX
01 21	BILL KILLEBREW	02 01	CHERYL TORNQUIST	02 13	JEANNE JOHNSTON
01 22	GENE REESE	02 01	ERIN LOVELL	02 13	CHIHO MIN
01 22	ANN BOYCE	02 02	PETE COLBECK	02 13	DEMPSEY DYBDAHL
01 22	MECHTHILD LUTZ	02 03	NANCY HUNN	02 13	MARK McELWAIN
01 23	LISA HALLMON	02 03	BRYAN ALBERT	02 13	PATRICIA DOTSON
01 23	JIM LASERSOHN	02 03	LINDA MATTESON	02 14	DONNA KEYSER
01 24	CHIP WATERBURY	02 04	SCOTT MCKAY	02 14	CYNTHIA HIRST
01 24	WILLIAM FURRER	02 04	JOHN THOMAS	02 14	LESLIE VANROMER
01 24	DEBBIE FISH	02 04	BRETT BUCKLEY		

## Health Fast Fact

### Do You Know...

Lack of exercise and poor dietary habits together are the second-largest underlying cause of death in Americans (smoking is the largest). Scientists recently confirmed this after studying the underlying causes (not counting genetic causes) of all deaths in the United States for the year 1990.

Source: *Exercise: A Guide From the National Institute on Aging*, <http://www.nia.nih.gov/health/pubs/nasa-exercise/>.

**This is your last issue  
if you have not  
renewed for 2002!  
(Registration form is  
on back page.)**

## It's time to renew your USMS membership for 2002!

The 2002 USMS Registration form for individuals is on the back page of the *WetSet*. To help you out, here's a few definitions of some of the terms on the registration form:

- LMSC (Local Masters Swim Committee): Pacific Northwest Association (PNA) is the division of United States Masters Swimming (USMS) that covers (roughly) western Washington.
- Clubs are part of the LMSC. Currently there are two clubs in the PNA LMSC. Those are Pacific Northwest Aquatics (also PNA) and Sequim. You may also swim as "unattached". You use your club affiliation any time you register for a meet. To swim as part of a relay at Zone or National meets, you must be registered with the same club. You use the club affiliation for this registration.
- Teams: A Team is the local group you swim with (e.g. Federal Way, Orca, GLAD). The only time team points are tallied is at PNA SCY Championships in the spring.



### Pacific Northwest Association of Masters Swimmers

## Local Team Registration

To register your team for 2002, please fill out and return the form below. Teams must be registered to compete as a team and to be eligible for team awards at the SCY PNA Championships held in the spring. All team members competing in the meet must be currently registered with USMS. (See back page for registration form.)

Team Reps: PNA will provide your team with a USMS Rule Book which contains rules for Swimming, Competition, Long Distance Swimming, Athletes' Rights, and Organization and Bylaws. Contact Jeanne Ensign if you would like one. They will be available in January.

Team Name:		Abbreviation (4 letters max):	
<b>Team Rep</b>	Name:		
	Address:		
	City:		Zip:
	Phone:		
	E-Mail:		
<b>Team Coach</b>	Name:		
	Address:		
	City:		Zip:
	Phone:		
	E-Mail:	Home Pool:	

Mail this form and check to:

*Jeanne Ensign*  
 511 East Roy, #314  
 Seattle, WA 98102  
 (206) 324-1354  
 Fax (206) 325-0632  
 E-mail [jeanne@raincity.com](mailto:jeanne@raincity.com)

Application Fee: \$10

Make check payable to: **PNA Masters Swimmers**



