



Focus-on-Fundamentals Clinic Does Exactly That

By Lee Carlson and Sarah Welch

As anyone who attended the Mentor Coach Clinic in mid-December will tell you, this was a worthwhile event.

Sponsored by PNA with financial support from USMS, the clinic was run by Bob Bruce, 2003 USMS Coach of the Year, along with Barb Harris and Sara Quan. Twelve coaches or self-coached swimmers and 37 swimmers attended, including the two of us.

Coaches' Clinic

Approximately a dozen people attended this session, which was held on Friday night at the Seattle Parks Headquarters. One of the highlights was seeing Bob, who

coaches COMA (Central Oregon Masters) in Bend, Ore., become more and more excited as he talked about coaching and swimming.

At this session, Bob concentrated on three points.

The first was *drills to skills*. He recommended that coaches be precise in what they do by paying attention to drills. They're important, he said, because perfect practice makes for perfect swimming.

Bob's second point was that coaches should develop an *annual plan*. As a coach, Bob has a plan that he divides into quarters, months, weeks and days along with meets and fun events. He works with his swimmers to help them develop goals, and he creates workouts that enable them to reach those goals. He asks each swimmer to do the team workout so that everyone stays "on the same page." Bob described his team members as "ordinary people doing ordinary things very well."

Bob's third point was that a growing number of Masters swimmers are *triathletes*, who bring both assets and challenges to traditional Masters teams. On the positive side, triathletes have a terrific work ethic, enthusiasm, an appreciation for any help they

NOT TO BE MISSED !!!!



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receive and an ability to listen. But they usually are self-taught, frequently have poor lane etiquette and have difficulty with flip turns and warm-up. In addition, they're interested primarily in freestyle. Overall, though, Bob and others at the coaches' session agreed that triathletes are a positive addition to Masters swimming.

Swimmers' Clinic

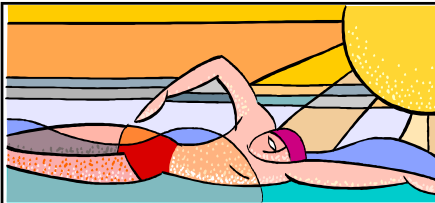
Freestyle Session

This session was held at Seattle University's Connolly

(Continued on page 5)



Bob Bruce



WET SET

Volume 24 • Issue 1
January 2004

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I volunteered to write "Leading Off" in this issue because I love new beginnings and goal setting. In fact, this is the second time you've heard from me in a January "Leading Off" since I've been on your PNA Board.

So Where Does The "Postal" Fit In?

Each January Masters Swimmers can participate in the "One Hour Postal Swim." And, as a PNA member, you can send your entry form into PNA and be matched with other swimmers in a "postal" relay.

A teammate of mine asked me, "What's the 'postal' part of the swim and relay?" The only answer I had: you put a stamp on your entry form.

This One Hour Postal Swim gives you a chance to swim for an entire hour and see how far you can swim in that time. Whether you are a self-coached swimmer or swim with a team, you can participate. All you need is a pool, an hour and a 'counter' to log your time per lap. The swim is a great chance to challenge yourself and measure your progress from one year to the next.

What About New Year's Resolutions?

What a bunch of bunk! Too much is made of resolutions. I say set your swimming goals in January and check back throughout the year to see how you're doing. Goals can come in many forms—your sustained swim time at a set interval is a great measure. You might also set goals for distance, speed, endurance or just your own fitness and well being.

LEADING OFF



By Sarah Welch,
PNA
Treasurer

I recommend measuring your progress throughout the year so you stay in touch with your January goals. I recommend keeping a log of your workouts and keeping some measurement of your progress toward your goals.

What About Your Goals?

What goals do you want to accomplish this year? Last month 37 of us participated in a clinic coached by Bob Bruce, Barb Harris and Sara Quan from Bend, Ore. Bob has his swimmers swim a paced 30-minute swim by 100's every 2 weeks to measure their progress.

During the clinic I realized that this would be a good goal-setting tool for me. I'll be 57 this month and am pretty confident I can hold a set of 100's on the 1:40 over a 30-minute period with a 10 second rest per hundred. But can I hold those 100's at a 1:35 pace? Probably not. But maybe, with a bit more focus on skills and technique, I can hold them at a 1:37 pace. So that 1:37 pace may be a good goal for me to reach by March.

(Continued on page 8)

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.



MASTERS 2004 CALENDAR

**OPEN
POSTAL SWIMS
MEETS** **CLINICS**

*Events in Washington, Oregon, British Columbia, Idaho and Alaska, plus USMS Championship events. PNA Events, including Board meetings, are listed in **bold**.*

January 1-31, 2004
USMS One-Hour Postal
Championship
Nancy Ridout (415) 892-0771
nancyridout@mindspring.com
Chris Foote (415) 457-9645
dummy4me80@hotmail.com

January 10, 2004
PNA Retreat (and brief Board Meeting) 9:00 a.m.-5 p.m.
1920 10th Ave. E., Seattle
(206) 323-4712

January 18, 2004
SCY PNA Meet
Fidalgo Pool
Anacortes, WA
Leslie Mix (360) 293-0673 (day)
Tbirds@Fidalgo.net

February 15, 2004
SCM Meet
Bellevue Club, WA
Cory Hilderbrand
(425) 688-3127
cory@bellevueclub.com

February 24, 2004
PNA Board Meeting
Federal Way Regional Library

March 14, 2004
SCY Mercer Island Sprint Meet
Mary Wayte Pool
Mercer Island, WA
Lee Carlson (360) 466-0127
leedee17340@msn.com

March 23, 2004
PNA Board Meeting
Seattle Parks & Recreation

April 9-10, 2004
SCY PNA Champs
WKCAC
Federal Way, WA

April 22-25, 2004
USMS Short Course
Championships
Indianapolis, IN
Mel Goldstein (417) 253-8829
goldstein@mindspring.com

April 28, 2004
PNA Board Meeting
Seattle Parks & Recreation

May 5-September 30, 2004
USMS 5K & 10K Postal
Championship
Bruce Hopson (314) 569-2220
(314) 569-0382
bhopson@swbell.net

May 25, 2004
PNA Board Meeting
Seattle Parks & Recreation

June 3-13, 2003
FINA Masters World Champs
Riccione, Italy

June 12, 2004
USMS 5K Open Water
Championship
Fernandina, FL
Edward Gaw
edginc@att.net

June 22, 2004
PNA Board Meeting
Edmonds

June 27, 2004
USMS 2-Mile Cable Championship
Eagle Creek Reservoir
Indianapolis, IN
Mel Goldstein (317) 253-8289
goldstein@mindspring.com

June 28, 2004
USMS 1 Mile Open Water
Championship
Wildwood, NJ
Vicki Anders (410) 502-5395
andervi@jhmi.edu

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
USMS Northwest Zone
Oregon Masters
Alaska LMSC
Utah Masters
Masters Swimming of BC

www.swimpna.org
www.usms.org
www.northwestzone.org
www.swimoregon.org
www.akmswim.org
www.utahmasters.org
www.mastersswimming.bc.ca

There's Still Time to Take Advantage Of This Terrific Deal !! \$\$\$\$

PNA WILL ENTER YOU IN A POSTAL SWIM TEAM EVENT FOR THE USMS NATIONAL CHAMPIONSHIP ONE HOUR POSTAL SWIM **AND PAY YOUR TEAM EVENT FEE.**

- ◆ Team events are "postal relays" where the swimmers don't need to be in the same pool.
- ◆ You can find an official entry form for the One Hour Postal Swim at www.usms.org/longdist or in the December *WetSet* on pages 10-11. A copy of the December *WetSet* is also on PNA's Web site at www.swimpna.org. *Read the directions carefully.*
- ◆ Your USMS registration must be current (2004).
- ◆ Team coordinators will form the best teams possible.

TEAM COORDINATORS:

Sally Dillon (360) 679-5038, salswmr@earthlink.net
Sarah Welch (206) 723-1814, sarah.welch@seattle.gov

For complete details on what you need to do to take advantage of this fabulous offer, see page 4 of the December *WetSet*. **IMPORTANT DEADLINES:** Your entry form and One Hour Postal Swim fees must be received by **Tuesday, February 4.**

PNA Membership Statistics Both Like and Unlike USMS Stats

Interested in knowing how PNA membership statistics stack up against USMS stats?

Here are a few numbers you can mull over while working out in the pool. All the numbers are as of October 30.

- PNA had 1,170 swimmer registered. That's PNA's largest membership ever. It represents 2.8 % of USMS total membership of 41,775.
- USMS divides its membership into five categories, based on age. For both PNA and USMS, the category with the largest number of members is the "career" category, whose members range from 30 to 44. Of PNA's 1,170 members, 472 of them fell into this category,

which means this group represents 40% of PNA's total membership.

- When it comes to the sexes, PNA and USMS part ways. PNA had more women than men: 609 women (52.1%) versus 561 men (47.9%). For USMS, the situation was reversed: 19,098 women (45.7%) versus 22,677 men (54.3%).

**Do the February
Fitness Challenge
Entry Form,
page 10**

**Want to compete?
Here's your chance.**



Anacortes, January 18. Lots of events—20—will challenge your endurance and give you an opportunity to test some of those New Year's resolutions. This pool is fast.

Bellevue, February 15. First short course meters meet of 2004. The new Bellevue Club pool was the site of several short course national records last year.

Mercer Island, March 14. A sprint meet with no event longer than a 200. The meet is over by 1:00 pm and then the fun begins at the historic Roanoke Tavern.

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Fundamentals Clinic

Center.

Bob introduced the session with a lecture on hydrodynamics and the physics of swimming. He emphasized reducing resistance, increasing propulsive power or a combination of the two. To reduce resistance, he explained, swimmers need to be level in the water and not create drag, stay long in the water and rotate sideways as long as possible.

To illustrate these points, Bob used the image of a racing boat with a deep hull. That's what swimmers should emulate. They don't want to swim flat like a barge, which is stable but slow.

Bob also talked about rhythm,

tempo and propulsion. The fundamentals, he said, include hands entering the water to a depth of 6-to-12 inches, keeping a high elbow position and



Barb Harris

getting a feel for the water from the hand through the forearm. Hand pitch and leverage—that is, anchoring the hand and pushing back, not down, against the water—are the keys to propulsion and acceleration.

Backstroke Session

The backstroke portion of the swimming clinic followed a format similar to the freestyle portion. Backstroke, Bob explained, is freestyle reversed. Backstrokers need to concentrate on keeping their head low and their body position level. Plus, they need to push their shoulders forward immediately before the catch. Keeping the head still and rotating

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Mike Torchie: Surfer, Traveler, Swim Coach

Masters Coach Profile

Surfer. Traveler. Swim Coach.

That's how Mike Torchie, who coaches the Downtown Seattle YMCA Masters (DSYM) and is also known as "Torch" to his friends, describes himself.

Surfer

Mike learned to surf at Westport, Wash., and along the Oregon coast. In recent years he's surfed in exotic locales like Bali and Portugal.

Traveler

Mike's first big travel adventure was in 1999, when he spent four months backpacking through Europe. He took an even longer trip beginning in 2000, spending three months in Australia followed by 10 months in Bali.

Swim Coach

After this 13-month trip, Mike returned to Seattle and took a job with the Downtown Seattle YMCA, which wanted to start a Masters team. "I was more than happy to do that," says Mike, who, in addition to coaching DYSM, teaches swimming to children and adults at the Downtown Y and leads the arthritis exercise program.

DYSM is not a big team; the number of members ranges from 15 to 20. Mike's approach to his Masters swimmers is ...well, adult-like. "They're not like age-group swimmers where you have to yell and scream to get them going," he

says. "As adults, they either put in the work or they don't. I try to keep the practices interesting by varying the workouts."

Raised primarily in Spokane, Mike swam competitively in that city's summer leagues. In 1991 he moved to Seattle and took a job life guarding and teaching swimming at the Weyerhaeuser King County Aquatic Center in Federal Way. Later he became an assistant coach at Highline Swim Club, then took a similar position at the Puyallup Club



(since disbanded) under Rick Benner, who coached Olympian Magan Quann.

"I learned a great deal working under Rick," says Mike. "My whole philosophy of workouts and stroke techniques pretty much comes from him."

On the Road Again

Though Mike enjoys coaching swimming, he's also been bitten badly by the travel bug. So, at some point in the future, he wants to take another long trip overseas. Possible destinations for this surfer, traveler and swim coach include Turkey, Thailand, Cambodia and Vietnam—and maybe even Australia again.

Health and Fitness

Fast Food....If You Gotta Have it, Have These!

Editor's Note: This article appeared in the February 2003 issue of Oregon's Aqua-Master newsletter. It's from a monthly column called "Get Fit with Jani and Sara."

The Center for Science in the Public Interest has just released a new report on the best and worst fast foods. If you find yourself traveling to a lot of pool meets this winter and need to eat on the run here are their top five choices:

1. Subway's seven low-fat subs. Calories: a 6-inch low-fat sub ranges from 200 to 300 calories including lettuce, tomatoes, onions, green peppers, olives and pickles. The seven choices include roasted chicken breast, sliced ham, roast beef, Subway club, turkey breast, turkey breast and ham, and the veggie delight.



2. Burger King Chicken Whopper Jr. Calories: 350. Make sure it's a junior. A regular Chicken Whopper increases the calories to 580. The junior Whopper is actually a regular size sandwich.

3. Wendy's Mandarin Chicken Sandwich. Calories: 420. Leave off the Oriental sesame dressing to lower the caloric content even more.

4. McDonald's Fruit 'n Yogurt Parfait. Calories: 380 with granola, 280 without granola. You'll get plenty of nutrients in this low fat vanilla yogurt and berry treat and only 2 grams of fat.

5. Burger King Veggie Burger. Calories: 330. The BK Veggie Burger is the first meatless sandwich made of vegetables and grains in the fast food market. It has only 2 grams of fat and if you hold the mayo you'll eliminate even more fat and calories.

Carbohydrates Revisited!

Once again carbs are getting a bad rap with the new message being eat more fat and protein and less carbs to lose weight. But ex-

"Excess carbohydrates aren't the culprit for weight gain. Excess calories are."

cess carbohydrates are not to blame for weight gain. Excess calories are!! To lose weight you must burn more calories than you eat.

According to numerous studies a low calorie diet that is full of fiber rich foods such as fruits, vegetables, beans and whole grains is the key to losing weight and keeping it off.

These fiber rich foods are also high carbohydrate foods and they help keep hunger away. Beware of high carbohydrate foods such as fat free cookies and other sweets. Foods with a high sugar and low



fiber content can actually trigger hunger pangs.

A recent study verified that people who eat approximately 55 percent of their calories from carbohydrates have a lower calorie intake and weigh less than people who get just 40 percent of their calories from carbohydrates. People who eat a low carb diet tend to eat more fat. And fat has twice as many calories per gram as carbs do so it's easy to exceed your needs.

To lose weight, eat a lower calorie diet with at least half of your calories coming from high quality carbohydrates. The new government guidelines are 45 to 65 percent of calories from carbohydrates, 20 to 35 percent from fat and the rest from quality protein sources. The new guidelines have ranges instead of specific amounts to account for family histories (heart disease, diabetes and other chronic diseases).

An active swimmer needs 2 to 5 grams of carbohydrates for every pound of body weight.

Not all nutrients are listed on food packages. You can find out more info on 6,000 different foods at the U.S. Department of Agriculture's online database at www.na.usda.gov/fnic/foodcomp/.





Technique

Developing Good Technique

Editor's Note: This article by Bonnie Pronk appeared in the Nov/Dec issue of Great Lengths, the newsletter of the Masters Swimming Association of British Columbia. It has been shortened and edited.

Masters come in all ages and shapes, with different backgrounds, work ethics and experiences in swimming, and varying reasons and motivation for swimming. But with all this diversity there is one thing that is truly important and beneficial to all: *good swimming technique.*

How do you develop good technique? If you have a coach, she/he is there to help you. The coach can point out more efficient ways to swim. If your coach does not do much stroke correction, start asking about this. It is also up to you to learn about strokes and what are the latest thoughts on the best way to do each stroke.

Learning Sources

You can access articles on the Web, get books at the library, buy or borrow videos, go to clinics, watch better swimmers swim, etc.

"You can access information about technique from the Web, the library, videos and clinics."

Once you know what should be done, practice your strokes by looking in a mirror. You can get a buddy in the pool to look for certain things.

Ask a swimmer, lifeguard or coach if you are, for example, keeping your elbows high on your free pull or bending your arms on the back-stroke pull.

Work on one thing at a time, be it for a length, a set or a practice.

Using Drills Wisely

The use of drills to get a better feel for some technique point is very important. Know why you are doing drills so that you can focus on that technique and get something out of them. How many times have you just done a drill in a mindless fashion because it is a drill you have learned and is supposed to be good for you? Is it what you need or is there some better drill? Be knowledgeable.

Different drills work better for some individuals than others. Find out which work for you and try new ones. However, give the drills a chance and be sure you know why you are doing them. Drills, once learned, can be done at a faster pace that simulates the stroke more.

Drills and Full Strokes

As you do drills it is a good idea to follow them up with the full stroke that the drill is meant to help. I like to start every practice with a 400 I.M., doing two or three lengths drill and one swim for all the strokes. This warms up all the muscles for all the strokes and gets me thinking about stroke form or areas where I need practice.

Technique and Aging

As one flows through the age groups, it is even more important to work on technique. If you have better technique and are efficient in the water it takes less effort

(YES!) and you can go faster! As you become more efficient, you can get more done and you look better in the water, too.

Because swimming takes place in a different medium, the feel for the water is a very elusive thing that needs to be developed and honed. We are often surprised when we see ourselves swim on a video because we may have "felt right." This elusive feel is so important.

"The more you age up, the more important good technique becomes."

To feel the pressure of the water against your hand as you swim and sense the flow of the water past the body is something that continually needs to be developed. We can focus our senses more on each part of our strokes.

We can watch our arm as it passes by and see what it is doing and try to attach the feel to the visualization. We can practice the stroke in the shallow water bending over at the waist to watch our arm pull and feel what we are doing at the same time. Our coach can tell us when we hit it right and it is up to us to remember how that felt. Instant replay from videos are useful here, too, especially if you can watch the underwater action.



(Continued from page 2)

Leading Off

For some of you, the goal might be 1:20; for others 1:50. The point is, pace training like this is an excellent tool. You use it to both set a goal and measure your progress--and that's the way to improve.

Masters Swimming Is Flexible

Masters swimming is fitness and fun. It's also an activity that affords you significant flexibility. You can swim on your own or with a group. You can swim a couple of days a week or daily. You decide!

Now that 2004 is here, think about your swimming goals for this year. Make one of your goals the One Hour Postal swim. (You can find an entry form in your SWIM Magazine and December's *The WetSet*.) And join us for a "postal" relay by swimming and submitting your times to PNA.

For me, personal goal setting makes Masters swimming a significant part of my goal to continue learning throughout my life. I hope Masters swimming does the same for you.

For Complete Swim Meet Results, see www.swimpna.org



Summary of Actions Taken by PNA Board at November Meeting

PNA finances were the focus for the November meeting.

At this meeting, the PNA board approved:

A report by Sarah Welch, Treasurer, showing current assets of \$38,345

A budget of \$49,580 for 2004

Applying \$2,040 from the general fund to balance the 2004 budget.

The Board also noted the LCM Zone meet at the King County Weyerhaeuser Aquatic Center was \$559 in the red and that so far in 2003 1,179 swimmers had registered with PNA.

For the full minutes of the November PNA Board meeting, go to www.swimpna.org.

(Continued from page 5)

Fundamentals Clinic

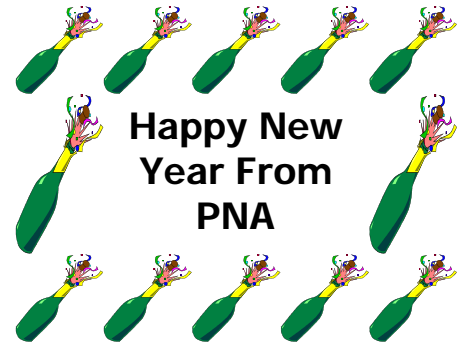
the shoulders and hips helps maintain a streamlined sideways profile as long as possible.

During the swimming clinic, Barb Harris lead the group in water drills emphasizing each new skill. In addition, each swimmer was video taped. Bob analyzed each swimmer's strokes and gave each of us a list of the three most important skills to focus on in future practices.



Feedback

Participants at the swimming session agreed it was instructive. Bob provided the spark and analysis, Barb demonstrated the swimming drills in a positive fashion and Sara worked us in dry land drills to develop core strength. One area for improvement was too few coaches participating in the on-deck portion of the clinic. This was offset by on-deck feedback from Barb and Sara and the freestyle and backstroke sessions, which were complete, clearly explained and solidly reinforced.



Welcome New PNA Swimmers

- Bridgette Austin
- Pandey Bibek
- James Davidson
- Priscilla Farrington
- Terri Franklin
- Pamela Helm
- Jane Hutchison
- Phillip Hutchison
- Sarah Kelly
- Jessica Klein
- Mary Lear
- Elaine Mathews
- Jeff Nyman
- David Peterman
- Barbara Schaeffler
- Laurie Shepherd
- Rachel Smith
- Michael Turcott
- Kerry Wilson
- Juliana Wilson



S w i m m i n g

Places to Swim in the Pacific Northwest*

**Some pools are private clubs and do not accept single-time swimmers. Call for details.*

If you find any information below out of date, please e-mail the updated information to the newsletter editor or the registrar.

Anacortes:

Fidalgo Pool 1603 22nd St (360) 293-0673

Auburn:

Auburn Pool 516 4th Ave NE (252) 939-8825

Bainbridge Island:

Ray Williamson Pool/
Bainbridge Island Aquatic Ctr HS Rd & Madison Ave (206) 842-2302

Bellevue:

Bellevue Aquatic Center 601 143rd Ave NE (425) 452-4444
Bellevue Club 11200 SE 6th St (425) 455-1616
Bellevue Eastside YMCA 14230 Bel-Red Rd (425) 746-9900
Newport Hills Pool 5474 119th Ave SE (425) 746-9510
Pro Club 4455 148th Ave NE (425) 885-5566

Bellingham:

Arne Hanna Aquatic Ctr 1114 Potter St (360) 647-7665
Bellingham YMCA 1256 N State St (360) 733-8630

Bothell:

Northshore Pool 9815 NE 188th St (206) 296-4333
Northshore YMCA 11811 NE 195th (425) 485-9797

Bremerton:

Bremerton Municipal Pool 50 Magnuson Way (360) 478-5376
Olympic Aquatic Center 7070 Stampede Blvd (360) 662-2888

Burien:

Burien Swim Club 626 SW 154th (206) 433-7900
Evergreen Pool 606 SW 116th St (206) 296-4410

Des Moines:

Mount Rainier Pool 22722 19th Ave S (206) 296-4278

Edmonds:

Yost Pool (summer only) 9535 Bowdoin Way (425) 775-2645

Enumclaw:

Enumclaw Pool 420 Semanski St S (360) 825-1188

Everett:

Forest Park Swim Center 802 E Mukilteo Blvd (425) 257-8312

Federal Way:

Federal Way Pool 30421 16th Ave S (253) 839-1000
Weyerhaeuser King Co AC 650 SW Campus Dr (253) 296-4444

Fife:

Fife Community Pool 5410 20th St E (253) 922-7665

Issaquah:

Julius Boehm Pool 50 SE Clark St (425) 837-3350

Kent:

Kent-Meridian Pool 25401 101st Ave SE (206) 296-4275
Tahoma Pool 18230 SE 240th St (206) 296-4276

Kirkland:

Juanita High School 10601 NE 132nd St (425) 823-7627
(evenings)
Peter Kirk Pool (Jun-Sep) 340 Kirkland Ave (425) 828-1217

Lynnwood:

Lynnwood Pool 18900 44th Ave W (425) 744-6455

Mercer Island:

Mercer Island Pool 8815 SE 40th St (206) 296-4370

Mount Vernon:

Skagit Valley YMCA 215 E. Fulton St (360) 336-9622

North Bend:

Mt Si View Pool 41600 SE 122nd (425) 888-1447

Oak Harbor:

John Vanderzicht Pool 85 SE Jerome St (360) 675-7665

Olympia:

Discover Aquatics 110 Delphi Rd (360) 867-9283
Evergreen State College Campus Rec Center (360) 866-6000
North Thurston HS (360) 412-4800

Poulsbo:

North Kitsap Community Pool 1881 NE Hostmark St. (360) 598-1070

Redmond:

Redmond Pool 17535 NE 104th St. (206) 296-2961

Renton:

Hazen Pool 101 Hoquiam Ave NE (425) 204-4230
Lindberg Pool 16740 128th Ave SE (206) 296-4335

Seattle:

Ballard Pool 1471 NW 67th St (206) 684-4094
Colman Pool (summer only) 8603 Fautleroy Wy SW (206) 684-7494
Evans Pool 7201 E Green Lk Dr N (206) 684-4961
All Star Fitness 700 5th Ave, 14th Flr (206) 343-4692
Helene Madison Pool 13401 Meridian Ave N (206) 684-4979
Meadowbrook Pool 10515 35th Ave NE (206) 684-4989
Medgar Evers Pool 500 23rd Ave (206) 684-4766
Mounger (summer only) 2535 32nd Ave W (206) 684-4708
Queen Anne Pool 1920 1st Ave W (206) 386-4282
Rainier Beach Pool 8825 Rainier Ave S (206) 386-1944
Seattle Athletic Club 333 NE 97th St (206) 522-9400
Seattle University (Connolly) 14th & Cherry (206) 296-6441
Shoreline Pool 19030 1st Ave NE (206) 362-1307
South Central Pool (Foster) 4414 S 144th (206) 296-4487
Southwest Pool 2801 SW Thistle St (206) 684-7440
UW Pavillion Pool Hec Ed Pavillion Pool (206) 329-5296
West Seattle YMCA 4515 36th Ave SW (206) 935-6000
YMCA 909 4th (206) 382-5010

Sequim:

Sequim Aquatic Rec Center N 610 5th St (360) 683-6699

Silverdale:

Bangor Subase Pool Bldg 2700 (360) 692-1040
(ask for Frank)

Snohomish:

Hal Moe Pool 405 3rd St (360) 563-7330

Sumner:

Sumner HS Pool 1707 Main St (253) 863-8110

Tacoma:

Eastside Community Pool 3524 E 'L' St (253) 591-2042
Lakes High School 10320 Far West Dr SW (206) 588-4879
Morgan Family YMCA 1102 S Pearl St (253) 564-9622
University of Puget Sound Foss High School (253) 752-4511

Tukwila:

South Central Pool 4414 S 144th St (206) 296-4487

Vashon Island:

Vashon Pool (seasonal) 9526 SW 204th St (206) 463-3787

Woodinville:

College Lake (seasonal) 18831 NE WD-Duvall RD (206)296-2999



February Fitness Challenge 2004

Host: Tualatin Hills Barracudas, Beaverton, Oregon

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

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, 2004, record on the form below: either the number of **yards** completed each day (for lap swim, jog-a-lap, etc.), AND/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 29, 2004.

Awards & Results: All participants receive final results and an achievement certificate. Three female and three male swimmers in each age group with the highest monthly yardage totals receive awards. A special FFC pin will be given to every swimmer who swims each day. 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. 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 2004 Fitness Frog. Custom Latex swim caps with frog logo available for \$4.00.

Entry Deadline: Entries must be RECEIVED by March 12, 2004. 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: Check the Barracuda Web Page for a special February Fitness Challenge Workout Brochure. (Can be down loaded as a pdf file) **web page:** <http://www.barracudas.org>

February Fitness Challenge 2004: Entry Form (please Print)

NAME: _____ AGE(as of 2/29/04) _____ SEX: _____

ADDRESS: _____ CITY _____ STATE _____

ZIP _____ COUNTRY _____ PHONE _____

E-MAIL _____ NAME OF GROUP _____

RESULTS Electronic results via email address listed above Paper results via US Postal

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

| Yards/Days | | Yards/Days | | Yards/Days | | Yard/Days | |
|------------|-------|------------|-------|------------|-------|------------|-------|
| Sun Feb 1 | _____ | Wed Feb 11 | _____ | Sat Feb 21 | _____ | Thu Feb 26 | _____ |
| Mon Feb 2 | _____ | Thu Feb 12 | _____ | Sun Feb 22 | _____ | Fri Feb 27 | _____ |
| Tue Feb 3 | _____ | Fri Feb 13 | _____ | Mon Feb 23 | _____ | Sat Feb 28 | _____ |
| Wed Feb 4 | _____ | Sat Feb 14 | _____ | Tue Feb 24 | _____ | Sun Feb 29 | _____ |
| Thu Feb 5 | _____ | Sun Feb 15 | _____ | Wed Feb 25 | _____ | | |
| Fri Feb 6 | _____ | Mon Feb 16 | _____ | | | | |
| Sat Feb 7 | _____ | Tue Feb 17 | _____ | | | | |
| Sun Feb 8 | _____ | Wed Feb 18 | _____ | | | | |
| Mon Feb 9 | _____ | Thu Feb 19 | _____ | | | | |
| Tue Feb 10 | _____ | Fri Feb 20 | _____ | | | | |

MONTHLY TOTALS = _____ YDS _____ DAYS

Signature: _____ Date _____

(I attest that the above results are accurate and true)

| | | | | |
|---|--|---------------|-------|--------------|
| Fees: | 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 Tualatin Hills Barracudas) | | | | |

PNA LOCAL MASTERS SWIMMING COMMITTEE
 SHORT COURSE YARDS MEET: January 18, 2004 (Meet Sanction #043601)
 Hosted by TAC/AHS Boys Swim Team

| EVENTS | |
|--------|------------------------|
| # | Event |
| | Sunday, Jan. 19 |
| 1 | 200 Free Relay |
| 2 | 200 Fly |
| 3 | 200 Back |
| 4 | 50 Breast |
| 5 | 100 Free |
| | 5 minute break |
| 6 | 200 Mixed Free Relay |
| 7 | 200 IM |
| 8 | 50 Fly |
| 9 | 100 Back |
| 10 | 200 Breast |
| 11 | 50 Free |
| 12 | 400 IM |
| | 5 minute break |
| 13 | 200 Medley Relay |
| 14 | 100 Fly |
| 15 | 50 Back |
| 16 | 100 Breast |
| 17 | 200 Free |
| 18 | 100 IM |
| | 5 minute break |
| 19 | 200 Mixed Medley Relay |
| 20 | 500 Free |

DATE: **Sunday, January 18, 2004**
 TIME: Warm-up: **9:00 AM**; Meet starts **10:00 AM**

PLACE: Fidalgo Pool, Anacortes, WA
 1603 22nd
 Anacortes, WA
 Phone: **360-293-0673**

MEET DIRECTOR: Leslie Mix
 Tbirds@Fidalgo.net
 360-293-0673 (daytime)

FACILITY: Six-lane 25 yard pool
 Warm-up: 42 ft. by 23 ft.
 Water temperature: ~ 84 degrees F

CONCESSIONS: None

RULES: Current USMS Rules will govern the meet

ELIGIBILITY: Open to all USMS 2004 registered swimmers, 19 and above as of *January 18, 2004*.

SEEDING: Slow to fast TIMING: Electronic

RELAYS: Deck-enter relays at the meet. Mixed relays require 2 men and 2 women. Mark your relay entry card *carefully* to ensure correct intent and results.

DIRECTIONS: From I-5, take exit 230. Go west on highway 20 to its end in Anacortes. Turn right onto Commercial Ave. and go about ten block to 22nd street and turn left. Go up the hill to J Ave (about six blocks). Fidalgo pool is on the left.

M o t e l s :
 The Marina Inn 3300 Commercial 360-293-1100
 Anaco Bay Inn 916 33rd (kitchens) 360-299-3320
 Islands Inn 3401 Commercial (complimentary Dutch breakfast) 360-293-4644

NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES
EMERGENCY CONTACT _____
PHONE NUMBER _____

PNA LOCAL MASTERS SWIMMING COMMITTEE
 MEET ENTRY FORM: January 18, 2004 Meet Sanction #043601
 Hosted by TAC/AHS Boys Swim Team

NAME: _____ M F AGE: _____
 ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS #: _____
 CLUB/TEAM: _____ or UNATTACHED: _____ ASSOCIATION: _____

AGE GROUP (determined by your age as of JANUARY 18, 2004):
 19 - 24 25 - 29 30 - 34 35 - 39 40 - 44 45 - 49 50 - 54 55 - 59
 60 - 64 65 - 69 70 - 74 75 - 79 80 - 84 85 - 89 90 - 94 95+

ENTRY LIMIT: 5 EVENTS PER DAY plus relays. Circle if your **first Masters meet: Y**

| EVENT NUMBER | EVENT | SEED TIME |
|--------------|-------|-----------|
| | | |
| | | |
| | | |
| | | |

ENTRY FEES: \$ 9.00 (includes LMSC and electronic timing surcharges)
 Individual Events: + _____ (\$1 each; optional for age 65 and over)
 (No charge for relays)
 Total: \$ _____ [from \$9.00 (relays only) to \$14.00 (six events)]

Please make checks payable to: LESLIE MIX 360-293-0673 (w)
 Mail this entry form and fees to: Leslie Mix
 1603 22nd
 Anacortes, WA 98221

Questions? Email Tbirds@fdalgo.net
 Please send entries postmarked no later than Thursday, January 9th.

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

SIGNED: _____ DATE: _____

PNA LOCAL MASTERS SWIMMING COMMITTEE
 SHORT COURSE METERS MEET: February 15, 2004 (Meet Sanction #043602)
 Hosted by the Bellevue Club

| EVENTS | |
|--------|------------------------|
| # | Event |
| | Sunday, February 15 |
| 1 | 400 Free |
| 2 | 400 IM |
| 3 | 200 Free Relay |
| 4 | 50 Breast |
| 5 | 100 Fly |
| | 5 minute break |
| 6 | 200 Free |
| 7 | 50 Back |
| 8 | 200 Mixed Free Relay |
| 9 | 100 Breast |
| 10 | 50 Fly |
| 11 | 100 Free |
| 12 | 200 Back |
| | 5 minute break |
| 13 | 200 Medley Relay |
| 14 | 200 Breast |
| 15 | 200 Fly |
| 16 | 50 Free |
| 17 | 100 Back |
| 18 | 200 IM |
| | 5 minute break |
| 19 | 200 Mixed Medley Relay |
| 20 | 1500 Free |

DATE: **Sunday, February 15, 2004**
 TIME: Warm-up: **8:00 AM**; Meet starts **9:00 AM**

PLACE: Bellevue Club
 11200 SE Sixth ST
 Bellevue, WA 98004
 Phone: 425-637-4610

MEET DIRECTOR: **Cory Hilderbrand**
coryh@bellevueclub.com
 425-688-3127

FACILITY: Nine-lane 25 meter pool
 Warm-up: 2, 25 yard lanes.
 Water temperature: ~ 81 degrees F

CONCESSIONS: Espresso Bar Available

RULES: Current USMS Rules will govern the meet

ELIGIBILITY: Open to all USMS 2004 registered swimmers, 19 and above as of *December 31, 2004*.

SEEDING: Slow to fast TIMING: Electronic

RELAYS: Deck-enter relays at the meet. Mixed relays require 2 men and 2 women. Mark your relay entry card *carefully* to ensure correct intent and results.

DIRECTIONS: From I-405 take exit 12 (SE 8th Street). Go west of SE 8th Street. Turn right at 114th Ave. SE. Turn left on SE 6th Street. The Bellevue Club is on the right. Please enter at the Athletic Entrance.

NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES

EMERGENCY CONTACT _____

PHONE NUMBER _____

PNA LOCAL MASTERS SWIMMING COMMITTEE
 MEET ENTRY FORM: February 15, 2004 Meet Sanction #043602
 Hosted by the Bellevue Club

NAME: _____ M F AGE: _____
 ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS #: _____
 CLUB/TEAM: _____ or UNATTACHED: _____ ASSOCIATION: _____

AGE GROUP (determined by your age as of December 31, 2004):

19 - 24 25 - 29 30 - 34 35 - 39 40 - 44 45 - 49 50 - 54 55 - 59
 60 - 64 65 - 69 70 - 74 75 - 79 80 - 84 85 - 89 90 - 94 95+

ENTRY LIMIT: 5 EVENTS PER DAY plus relays. Circle if your **first Masters meet: Y**

| EVENT NUMBER | EVENT | SEED TIME |
|--------------|-------|-----------|
| | | |
| | | |
| | | |
| | | |
| | | |

ENTRY FEES: \$ 9.00 (includes LMSC and electronic timing surcharges)

Individual Events: \$ _____ (\$1 each; no charge for relays or if 65 and up; or if needs based);

Total: \$ _____ [from \$9.00 (relays only) to \$14.00 (five events)]

Please make checks payable to: BELLEVUE CLUB 425-688-3127 (w)
 Mail this entry form and fees to: **Cory Hilderbrand**
C/O Bellevue Club
 11200 SE Sixth ST
 Bellevue, WA 98004
coryh@bellevueclub.com

Please send entries postmarked no later than **Tuesday, February 10th**

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: _____

DRAFT

PNA LOCAL MASTERS SWIMMING COMMITTEE
 SHORT COURSE YARDS MEET: March 14, 2004 (Meet Sanction #043603)
 Hosted by Mercer Island Redwoods

| EVENTS | |
|--------|------------------------|
| # | Event |
| | Sunday, March 16 |
| 1 | 200 Free Relay |
| 2 | 50 Free |
| 3 | 100 Breast |
| 4 | 50 Fly |
| 5 | 200 Mixed Free Relay |
| | 10 minute break |
| 6 | 100 Free |
| 7 | 50 Back |
| 8 | 100 Fly |
| 9 | 200 Medley Relay |
| | 10 minute break |
| 10 | 50 Breast |
| 11 | 100 Back |
| 12 | 100 IM |
| 13 | 200 Mixed Medley Relay |
| | 10 minute break |
| 14 | 200 Free |

DATE: **Sunday, March 14, 2003**
 TIME: Warm-up: **8:30 AM**; Meet starts **9:30 AM**

PLACE: Mercer Island Pool (Mary Wayte Pool)
 8815 SE 40th ST, Mercer Island, WA

Phone: **206-296-4370**

MEET

DIRECTOR: **Lee Carlson & Steve Sussex**
 360-466-0127
 leedee17340@msn.com

FACILITY: Six-lane 25 yard pool
 Separate warm-up area
 Spectator seating for 200

CONCESSIONS: None

RULES: Current USMS Rules will govern the meet

ELIGIBILITY: Open to all USMS 2004 registered swimmers, 19 and above as of *March 14, 2004*.

SEEDING: Slow to fast TIMING: Electronic

RELAYS: Deck-enter relays at the meet. Mixed relays require 2 men and 2 women. Mark your relay entry card *carefully* to ensure correct intent and results.

DIRECTIONS: From I-90 east or west: Take Island Crest Way southbound exit. Proceed approximately one mile south on Island Crest Way to SE 40th St. (stop light) and turn left. Go ¼ mile on SE 40th St. Pool is on the right with ample parking available in adjacent lot.

Website: For more information, visit the PNA website (www.swimpna.org)

NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES

EMERGENCY CONTACT -----

PHONE NUMBER -----

DRAFT

PNA LOCAL MASTERS SWIMMING COMMITTEE
 MEET ENTRY FORM: March 14, 2004
 Meet Sanction #043603
 Hosted by Mercer Island Redwoods

NAME: _____ M F AGE: _____

ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS #: _____

CLUB/TEAM: _____ or UNATTACHED: _____ ASSOCIATION: _____

AGE GROUP (determined by your age as of March 14, 2004):

19 - 24 25 - 29 30 - 34 35 - 39 40 - 44 45 - 49 50 - 54 55 - 59

60 - 64 65 - 69 70 - 74 75 - 79 80 - 84 85 - 89 90 - 94 95+

ENTRY LIMIT: 5 EVENTS PER DAY plus relays. Circle if your **first Masters meet: Y**

| EVENT NUMBER | EVENT | SEED TIME |
|--------------|-------|-----------|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

ENTRY FEES: \$ 9.00 (includes LMSC and electronic timing surcharges)

Individual Events: + _____ (\$1 each; optional for age 65 and over or if needs based) (no charge for relays)

Total: \$ _____ [from \$9.00 (relays only) to \$14.00 (five events)]

Please make checks payable to: **TIM O'BRIEN**

Mail this entry form and fees to: 4591 E. Mercer Way
 Mercer Island, WA 98040

Please send entries postmarked no later than Friday, March 5th.

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: _____

Pacific Northwest Association of Masters Swimmers

Local Team Registration

To register your team for 2004, 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. (2004 Individual registration renewal forms will be mailed to each swimmer in October.)

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. They will be available in January.

| | | | | |
|----------------------|------------|--------------------------------------|--|--|
| Team Name: | | Abbreviation (4 letters max): | | |
| Team Rep | Name: | | | |
| | Address: | | | |
| | City: | Zip: | | |
| | Phone: | | | |
| | e-mail: | | | |
| Team Coach | Name: | | | |
| | Address: | | | |
| | City: | Zip: | | |
| | Phone: | | | |
| | e-mail: | | | |
| Workout Pools | Pool name: | | | |
| | Address: | | | |
| Workout Times | | | | |

Below are the abbreviations currently in use.

Mail this form and check to:

Arni Litt, Registrar
 1920 10th Ave East
 Seattle, WA 98102-4253
 Arni@qwest.net

Application fee: \$10

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

- | | | |
|--|--------------------------------------|--|
| AS: West Seattle All Stars | MIR: Mercer Island | TACM: Thunderbird Aquatic Masters |
| BAM: Bainbridge Area Masters | Redwoods | TACY: Tacoma Pierce County YMCA |
| BC: Bellevue Club | NEO: North End Otters | TIG: Tigers |
| BEST: Bellevue Eastside Masters | NH: Newport Hills Swim Team | TMS: Thorbecke's Masters Swimming |
| BLAM: Bellevue Lunchtime Aquatic Masters | NSYG: Northshore Y's Guys | TOSC: Thurston Olympians Swim Club |
| BMSC: Bellingham Masters Swim Club | NWM: North Whidbey Masters | TSC: Tacoma Swim Club |
| DSYM: Downtown Seattle YMCA Masters | OOPS: Old Olympic Peninsula Swimmers | TUMV: Tumwater Valley Masters |
| EM: Evergreen Masters | ORCA: Orca Swim Club | UNAT: Unattached to a Team |
| FTSW: Ft. Steilacoom - WAKO | PRO: Pro Sports Club | UPAC: University Place Aquatic Club |
| FWM: Federal Way Master | PTMS: Port Townsend master Swimmers | VAM: Vashon Aquatic Masters |
| GACM: Gateway Athletic Club | QASC: Queen Anne Swim Club | VAST: Valley Aquatic Swim Team |
| GCMS: Gold Creek Masters (GCM) | SAC: Seattle Athletic Club | VFC: Valley Fitness Center |
| GLAD: Greenlake Aquaducks | SAM: Samena Club | WIS: S Whidbey Island Swells |
| HMST: Husky Masters | SQM: SQMasters Swim Team | WSAS: West Seattle All-Stars |
| ISST: Issaquah Swim Team Masters | SSEA: Swim Seattle | WSYD: West Seattle YMCA Dolphins |
| JAM: Juanita Aquatic Masters | SVY: Skagit Valley YMCA | WWUS: Western Wa U Masters Swimming |
| LUNA: Team Luna | Chinooks | YNOT: Y Nauts |
| LYN: Lynnwood Sharks | | Don't see your team? Fill in the form and I will add it to the list. |
| MILL: Mill Creek Masters | | |

UNITED STATES MASTERS SWIMMING, INC.
2004 MEMBERSHIP APPLICATION
Pacific Northwest Association of Masters Swimmers

New Swimmer

Returning USMS Swimmer (Old Number _____)
 if available)

Please print clearly and fill out the entire form. Register with the same name you will use for competition. If your name has changed, please include old and new names.

Name: _____ Birth date: _____
Last First Initial Month Day Year
 Address: _____ Age: _____ Male Female (circle one)
Street or box number
 _____ E-Mail: _____
City State Zip+4

Telephone: (____) _____

If you coach a Masters swim team check here
 I am interested in serving on a PNA committee

CLUB: Pacific NW Aquatics (PNA)
 Sequim (SQM) Unattached

AND Team : _____
 Unattached

2004 Annual Fee: Your fee includes a subscription to *The WetSet* and to *SWIM Magazine*

Choose a membership level below

| | | |
|--|-------------------|----------|
| Regular: | \$35 | \$ _____ |
| Need-based or Seniors (65 & over): | \$25 | \$ _____ |
| Partial year after Sept. 1, 2004: | \$20 | \$ _____ |
| Canadian: | \$40 (US dollars) | \$ _____ |

Optional Donations:

| | | |
|-------------------------------------|-------------------|----------|
| USMS Endowment Fund | (\$1 or \$ _____) | \$ _____ |
| International Swimming Hall of Fame | (\$1 or \$ _____) | \$ _____ |

TOTAL \$ _____

Mail to: Arni H. Litt, Registrar
 1920 10th Ave East
 Seattle, WA 98102-4253

Make check payable to: **PNA**
 Questions: (206) 323-4712, arni@qwest.net

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, THE 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 _____

When the option becomes available, I would like to receive the PNA newsletter, *The WetSet*, by electronic mail (e-mail) or be informed by email that it is available on the PNA website **YES NO (Circle one)**

Please reenter your email address. _____



WetSet Subscription/Change of Address Form

The WetSet is PNA's official newsletter. Produced ten times a year, it 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 subscribe, please send this completed form to Arni Litt, PNA Registrar, 1920 10th Ave E, Seattle, WA 98102-4253.

***Important** — *The WetSet* is sent via bulk mail and is **not** forwarded by the US Postal Service. Please inform us of address changes.*

Attach old address label here (if available)

Name _____

Address _____

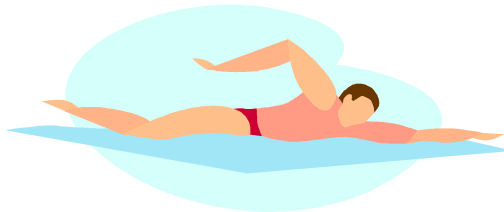
City / State / Zip Code _____

Phone _____ USMS # _____

E-MAIL _____

Change of Address

New Subscription



Pacific Northwest Association of Masters Swimmers
1920 10th Ave East
Seattle, WA 98102-4253

CHANGE SERVICE REQUESTED

Non-Profit Org.
US Postage
Paid
Seattle, WA
Permit No. 2334