



## Chalk Up Another Successful BAMFest

Once again Bainbridge Area Masters coach Lynn Wells and meet director Brian Russell, along with BAM team members and volunteers, presented a well-run and entertaining meet for their third annual BAMFest. Eighty entrants representing just over 20 teams from northern Washington to northern Oregon came to compete on a mixed-weather Saturday.

### High School Format

BAMFest features the “high-school” format, consisting of 11 events rather than the normal 20-plus, with a 200-yard “Fantasy Relay” as the concluding event. This year’s Fantasy Relay featured choices of underwater swims or sculling, attracting two teams for each category.

BAMfest participants, who ranged in age from 19 to 85, included returning Western Washington University Masters (four women) and Husky Masters (four men). “Husky Masters brought some studs,” notes Lynn, “with a super swim by Elliott Kolbe—48 seconds flat for the 100 Free!” Three older age groups, however, outnumbered the youngsters in attendance, with 45-49 (17%), 55-59 (14%) and 40-44 (13%) all exceeding 19-24 (12%).

*(Continued on page 6)*



Photo by Tom Foley

*(From left to right) Mike Torchie, Bracy Elton, Sarah Dublin (holding Jasper), Tom Farrell and Jim Doherty at BAMfest*



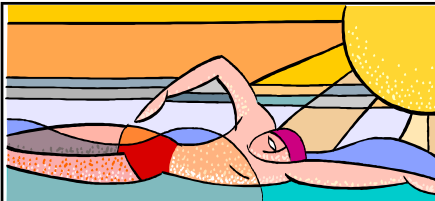
*Looking for meet results, places to swim, past newsletters or other information about PNA? Check out our Web site at [www.swimpna.org](http://www.swimpna.org).*

**Freestyle/Backstroke Clinic**  
**November 20 & 21**  
**See page 12 for details.**

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# WET SET

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## Editor

Paul Freeman (206) 283-3802  
515 West Raye St.  
Seattle WA 98119  
pwriter@blarg.net

## PNA Officers

### President

Jeanne Ensign  
511 East Roy Street #314  
Seattle WA 98102  
(206) 324-1354  
jeanne@raincity.com

### Vice President

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

### Treasurer

Sarah Welch (206) 723-1814  
sarah.welch@seattle.gov

### Secretary

Hugh Moore (253) 759-4956  
swimmoore@comcast.net

## Board Members at-Large

Kathy Casey (253) 588-4879  
Tom Foley (206) 937-5585  
Jerry Plunkett (425) 861-9451

## PNA Volunteers

### Registrar

Arni Litt (206) 323-4712  
1920 10th Ave E  
Seattle WA 98102-4253  
arni@qwest.net

**Awards:** Ellen Cullom

**Coaches:** Barb Gundred

**Constitution & Bylaws:** Jane Moore

**Fitness:** Jo Moore

**Historian:** Tom Foley

**Meets:** Lee Carlson

**Records/Top Ten:** Walt Reid

**Officiating:** Kathy Casey/Jan Kavadas

**Open Water:** Sally Dillon

**Publicity:** Lynn Wells

**Safety:** Kathy Casey

**Webmaster/Computer Apps:** Jim Williams

You faithfully read this column  
each month  
wondering what you're going to  
find next  
so in lieu of giving you any new  
news

let's appreciate all that our  
volunteers bring  
to the PNA Board who works  
always for you  
so you only need think about  
Swimming your best.

As volunteers they excel in their  
efforts  
to keep PNA swimming straight  
down the center  
though sometimes it feels just like  
the Channel  
they never get swamped no matter  
the rabble.

Their feats at the pool as well as  
the table  
is the stuff that is told and made  
into fables  
They're honored in the Zone and  
nationally, too.  
They're known near and far for all  
that they do.

So let me tell you a bit about  
each.

They all love their swimming and  
lots else they do.  
They're busy, have families and  
jobs that demand  
but swimming is first and they give  
us their all.

Give **Hugh** a computer and he  
takes minutes like mad  
as our PNA Secretary there's none  
better to be had.  
When its time for a meet, he's  
ready as director  
and he always finds time for a  
flight of a kind  
be it for Boeing or just a 200 fly

# LEADING OFF



By Jeanne  
Ensign,  
PNA  
President

**Jane** is our guide for policy and  
bylaws  
to keep us from committing a legal  
DQ.

Constitution and Bylaws, gosh  
what a title  
but it's clear to us all that she does  
it with mettle.

As a sports medicine doc she  
shares what she knows  
in articles written for swimmers like  
you.

Together with **Hugh**, she's part of a  
team  
who steps to the block for our  
Championship meets.

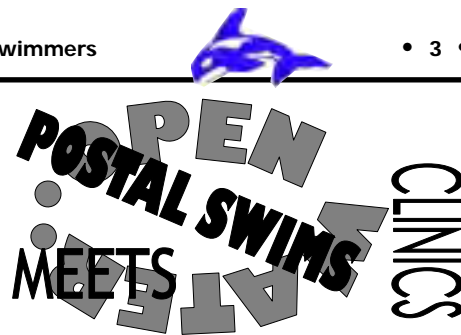
She swims and plays tennis along  
with the best  
and as Treasurer our **Sarah** is  
never at rest.  
Her schedule is busy and she likes  
to go south  
and though Parks & Rec. takes  
much of her time  
she promotes PNA to all swimmers  
around.

Give her a fly set and she won't  
turn it down  
and she's the best lane-mate you'll  
find in this town.

(Continued on page 5)

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 2004-2005 CALENDAR



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

□ November 6-14, 2004  
Pan Pacific Masters Games  
The Gold Coast  
Queensland, Australia  
Swimming, +61 7 3976 2822  
[gms@thehub.com.au](mailto:gms@thehub.com.au)  
Swimming competition Friday,  
November 12 through Sunday,  
November 14  
[www.aussimastersqld.com.au](http://www.aussimastersqld.com.au)

□ November 13-14, 2004  
SCM Zone Meet  
David Douglas High School  
Portland, OR  
Dennis Baker  
[bakeswim@yahoo.com](mailto:bakeswim@yahoo.com)

□ **November 20 and 21, 2004**  
**PNA-sponsored Long-axis  
Swim Clinic**  
See page 12 for details.

□ **December 7, 2004**  
**PNA Board Meeting**  
**Sarah Welch's home**  
**3704 Cheasty Blvd. S**  
**Seattle, WA 98144**

□ January 1 to 31, 2005  
2005 USMS One Hour Postal  
Championships  
Mel Goldstein  
(317) 253-8289  
[goldstein@mindspring.com](mailto:goldstein@mindspring.com)

□ **January 22, 2005**  
**SCY PNA Meet**  
**Fidalgo Pool**  
**Anacortes, WA**  
**Leslie Mix (360) 293-0673**  
See page 13 for entry form.

□ **February 20, 2005**  
**SCM Meet**  
**Bellevue Club**  
**Bellevue, WA**  
**Cory Hilderbrand**  
**(425) 688-3127**  
[cory@bellevueclub.com](mailto:cory@bellevueclub.com)

□ May 15 to September 30, 2005  
2005 USMS 5 & 10K Postal  
Championships  
Christine Swanson  
(813) 254-4514 (phone or fax)  
[ctswanson@yahoo.com](mailto:ctswanson@yahoo.com)  
Livia Zien  
(727) 821-8113  
[livia.zien@att.net](mailto:livia.zien@att.net)

May 19 to May 22, 2005  
USMS Short Course Nationals  
Ft. Lauderdale, FL  
Stu Marvin  
(954) 828-4580  
[smarvin@fortlauderdale.gov](mailto:smarvin@fortlauderdale.gov)

July 22 to July 31, 2005  
World Masters Games  
Edmonton, Alberta, Canada  
SCM; [www.2005worldmasters.com](http://www.2005worldmasters.com)

July 29, 2005  
2005 USMS 1-Mile Open Water  
National Championships - Elk Lake  
Bend, OR  
OW; Bob Bruce, 61200 Parrell Rd.,  
Bend, OR 97702  
(541) 317-4851  
[bobbruce13@attglobal.net](mailto:bobbruce13@attglobal.net)  
Pam Himstreet  
(541) 385-7770  
[himstreet@bendnet.com](mailto:himstreet@bendnet.com);  
Sanctioned by OR LMSC

August 7, 2005  
2005 USMS 5-Mi Open Water  
National Championships - La Jolla  
Bay, San Diego, CA  
OW; David Lamott, 2425 Palermo  
Dr, San Diego, CA 92106  
(619) 222-3436  
[JLamott@pacbell.net](mailto:JLamott@pacbell.net)  
Steve Dockstader  
[stevedocks@san.rr.com](mailto:stevedocks@san.rr.com);  
Sanctioned by SD LMSC



## 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](http://www.swimpna.org)  
[www.usms.org](http://www.usms.org)  
[www.northwestzone.org](http://www.northwestzone.org)  
[www.swimoregon.org](http://www.swimoregon.org)  
[www.akmswim.org](http://www.akmswim.org)  
[www.utahmasters.org](http://www.utahmasters.org)  
[www.mastersswimming.bc.ca](http://www.mastersswimming.bc.ca)

## Camille Thompson Brings Olympic Experience to Her Pro Sports Club Masters Team

### Masters Coach Profile

A decade ago, Camille Thompson had a problem. She had just moved from San Diego to the Seattle area and wanted to find a pool where she could work out. But as the mother of a one- and three-year-old, she also needed child care during her swim time. A friend suggested that Camille contact Bellevue's Pro Sports Club. She did and then cut a deal with the club: in exchange for a membership and child care at the club she would coach its Masters' group.

Ten years later, Camille is still coaching this group. "I found that I enjoyed it, so I continued to do it even though my kids can take care of themselves now," she says.

### Microsoft Masters

The Pro Sports Club Masters group, which works out for an hour on Tuesday and Thursday evenings, has approximately 35 members. About 80% of them are Microsoft employees. "We have lots of Microsoft people because a membership at Pro Sports Club is a Microsoft employee perk," explains Camille.

### 1976 Olympian

Born and raised in New Albany, Ind., Camille swam from the age of 12 through high school with the Lakeside Swim Club, an age group team in nearby Louisville, Ken.

After graduating from high school, she enrolled at Virginia Commonwealth University. But a year and a half later, she left school

and returned home to train with her Lakeside coach for the 1976 Olympics. She made the U.S. team in both the 100 and 200 Fly. And, as the first-place finisher in the 100 Fly at the Olympic trials, she earned the right to be on the women's 400 medley relay team.

Swimming events at the 1976 Olympics were dominated by



the East Germans, who later were found to have used performance enhancement drugs. "We ended up pretty much getting killed by the East Germans," says Camille,

who won a silver medal when her medley relay team captured second place. In the individual events, she came in fourth in the 100 Fly and ninth in the 200 Fly.

After the Olympics, Camille went to the University of Hawaii on a full swimming scholarship. Upon graduating, she obtained a teaching certificate and taught first and second grade for about 10 years.

### Staying Fit

Camille stays fit by working out at the Redmond City Pool with several other people, including Rick Colella, a breaststroker who also was a member of the 1976 U.S. Olympic team. "We do our own thing at the Redmond pool from six to seven in the morning," says Camille.

When Camille first started Masters swimming years ago, she competed in some meets. But it was tough, she says, not being able to swim as fast as she once did. So competition no longer holds any allure for her. But she understands why many Masters swimmers thrive on it. "I think Masters meets are great for people for whom swimming is a new sport or for people who swam as youngsters but never extended themselves."

## PNA Members Playing in the Sun



Orca Swim Club swimmers and friends enjoy the California sunshine at the LaJolla Rough Water Swim in September.



(Continued from page 2)

## Leading Off

With a nod and a peer over the top  
of his glasses  
he always asks questions and  
comes up with the answers.  
Vice Presidentially speaking **Steve**  
answers the call.  
He knows how to edit and  
proofread as well, and  
each month for the meeting when  
he's not with his band  
he jumps on the ferry and travels  
way 'cross the Sound.

And there at the ferry dock picking  
him up  
is **Tom**, our Historian and a board  
rep At-Large.  
He jokes and he twinkles and  
laughs as he swims  
that most daunting of all, the 400  
IM.  
He looks after PNA's pictures and  
albums  
with pictures of us when we were  
much younger.  
And better than that he knows all  
our stories  
so ask him, when you see him, to  
spin you a tale.

She registers you all with the ease  
of a pro  
and keeps track of your team and  
your address and more.  
She calls and emails you with  
answers galore  
to all of your questions including,  
"Where is my card?"  
Her taste is for water whether  
swimming or sampling.  
That would be **Arni**, your Registrar  
outstanding.

Editor **Paul** provides you with  
news  
and the calendar, interviews and  
pictures to boot.  
Your swimming is lauded in pools  
and outdoors  
and sent in *The WetSet* to each  
one of you.  
His English and grammar are

## Summary of PNA Board Action Taken at October Meeting

**N**ine PNA board members met at the Seattle Parks & Recreation office on October 19. Review of the Open Water/Long Distance policies was completed. Plans for the long-axis stroke clinic scheduled for November 20-21 are nearly complete. PNA currently does not have a meet scheduled in March. Anyone interested in hosting a meet should contact Lee Carlson at [leedee17340@msn.com](mailto:leedee17340@msn.com).

For the full minutes of this and past meetings, go to [www.swimpna.org](http://www.swimpna.org).

always correct  
and the layout, oh, layout it's  
always the best.

He knows all your times like the  
back of his hand  
whether meters or yards be it short  
pool or long.

He tracks all your times for the  
length of your life  
and the times for the length of PNA  
as well.

Even FINA believes that he does a  
good job  
but we had him first and we are so  
proud  
of our Top Ten Recorder and that  
would be **Walt**.

She doesn't say much but she  
knows that you treasure  
those medals and ribbons for  
winning by some measure.  
She counts and collects and  
makes sure she is there  
at all of those meets where you're  
swimming your best  
Awards are for winners and **Ellen**  
is, too.

**Jan** watches your stroke while  
you're swimming the length  
be it butterfly, back, breaststroke or  
free  
to see if you know how your stroke  
should be swum.

She's chair of Officials and an  
official herself  
and does it for Track where they  
love her as well  
but is happiest really when  
swimming breaststroke.

He sets up the Meets so that you

can compete  
to the very best of your ability.  
**Lee's** legacy is legion and he  
helped save the pools  
when the county wanted to close  
some of ours.  
Now he's retired and his time is  
demanded  
but still he finds time to make it to  
swimming.

The myth is she's human but we  
know that she isn't;  
she teaches, she coaches her high  
school girl swimmers.  
Then when she's done she hops in  
the pool  
to try out the workout and burn up  
those laps.

Her honors are many and her  
records are more.  
Both At-Large and Safety are part  
of her realm  
That **Kathy** she looks out for all of  
you well.

As a rep from At-Large which isn't  
a group  
he looks out for you who don't have  
a team.

Your interests are guarded for they  
are his, too  
so **Jerry's** your man who speaks up  
for you.

He learned how to dive and to try all  
the strokes  
And see how he loves it? He's  
come back for more.

That smile on her face is always in  
place and  
**Jo's** never without an encouraging  
word.

(Continued on page 8)



# Third Annual BAMfest SCY Swim Meet October 16, 2004

(Continued from page 1)

## BAMfest Meet

At the upper end of the age bracket, Hal Young (83) was probably the happiest of all swimmers to see Russell Knudsen (82) back in competition after a two-year sabbatical for health reasons. Remarkable recovery, Russ!

Oregon's Andrew Holden (85) swam the 200 IM, 100 Fly and 100 Back. Closely watched hometown swimmer Bernice Phillips (77) just returned from St. George, Utah, where she competed in the Huntsman 2004 World Senior Games. Bernice qualified in six of her nine events for Philadelphia next year. She even bettered her 100 Free time with a 1:52.82.

BAMFest featured six new Masters competitors: Tom Ferrell, Kasey Stewart, Doug Hawkins, Shona Pierce, Lynne Gallivan and Debbie Platz. Except for one DQ'd race, they established a total of 14 personal bests!

Informal team scoring resulted in BAM (748 points), Mill Creek (up from 3rd last year) (496) and Lynnwood Sharks (491) capturing the top three positions.

After the meet, many participants enjoyed food and laughs at Ye Public Harbor House Pub before heading home.

Whether or not you've traveled to Bainbridge Island for this meet before, plan on attending BAMFest IV next fall!



Lynn Wells and Rita Belsere

Photos by Tom Foley & Steve Peterson



Bob Dorse and Andy Holden



(Left to right) Back row: Laura Dowd, Jason Merryfield, Shona Pierce and Sofina Morales  
Front row: Erin Salman and Erin Jacobsen



Husky Masters Mark Arnold, Paul Glezen, Alden Kroll and Kirk Nelson



## Rose Rice: First Female Naval Officer to Swim the English Channel

One of the last things on Rose Rice's "to do list" for swimming was to swim the English.

The PNA member was able to cross that item off her list on August 28, when she swam the 21-mile span between Dover and Cap Griz-Nez, France, in 10 hours and 21 minutes. And she did it in 62-degree water without a wet suit, because wet suits can't be used for an official Channel swim.

In addition, Rose had to register in Dover with the Channel Swimming Association and be accompanied by a support boat and crew. Her support staff included her husband Doron Fields, her coach from Seattle Mark Van Huis, the boat captain and an observer from the Association.

By completing her swim across the Channel, Rose, a lieutenant in the Navy who is now stationed in Rota, Spain, became the first female U.S. naval officer to swim this body of water.

The swim also put her in an elite group. Fewer than 60% of swimmers that begin a Channel swim make it across. And fewer than 600 people have successfully swum the Channel since Matthew Webb paddled across in 1875 in 21 hours and 45 minutes.

Rose has thought about retiring from long distance swimming. But it may be hard for her to do that since she's stationed within easy traveling distance to the Straits of Gibraltar. And the Straits, she points out, are just eight or nine miles across. "It's a short, easy swim. I could knock that out in an afternoon."



*Rose Rice swimming her way across the English Channel this past August*

## Jim Penfield, Holder of Nine USMS Records, Dies at 96

PNA swimmer Jim Penfield, a retired Foreign Service officer and former ambassador who also holds nine USMS national records in the 90-94 age group, died in September. Jim was 96.

Jim entered the Foreign Service soon after graduating from Stanford University in 1929 and had a remarkable professional diplomatic career. His postings included Mexico, China, Greenland,

Prague, Vienna and Athens. From 1961 to 1966 he was U.S. Ambassador to Iceland.

In 1970 Jim retired with his wife to Longbranch, Wash. He was a member of the Washington Athletic Club, where he trained for international swimming competitions, winning many medals.

Jim's USMS national records in the 90-94 age group include the 50 back (SCY) (55.26), the 50 breast (SCY) (57.65) and the 100 breast (SCM) (2:45.20).

## PNA Members at USMS Convention



*PNA Members at the USMS Convention in August in Orlando (Left to right) Lee Carlson, Arni Litt, Jan Kavadas, Sarah Welch, Jeanne Ensign, Kelly Crandell, Kathy Casey and Walt Reid. Not pictured: Jane and Hugh Moore, Sally Dillon and Steve Peterson (photographer)*

(Continued from page 5)

### Leading Off

I'll bet if you looked when she's  
under the water  
you'd still see that smile shining all  
through her push-off.  
Her committee is Fitness and she  
knows how to do it;  
you can tell when you see her that  
she does it quite well.

Give **Sally** a task and you know it'll  
get done.

You won't have to remind her or  
wait a response.  
She's our Long Distance chair and  
knows all the ropes  
be it lake, river, ocean or pool.  
She swims like a fish and the longer  
the better  
and all the while making it look oh  
so, so easy

You've all seen his work when you  
look at the web  
at our very own site where you can  
go any time.

His work is first-class; you don't  
notice he's there  
but he sprints to the site to post  
your results  
along with all else that you need or  
could matter.

Our webmaster **Jim** keeps us  
looking quite good  
with the latest in tech and an eye on  
the swimmer.

If you hanker to join us just please  
let us know  
we want your ideas and your  
stamina as well.

Just give me a call and we'll find  
you a spot  
to join in the fun and help swimming  
a lot.

## Yep, It's USMS Registration Time Again

Time to renew your  
USMS membership.

As you know, your  
USMS registration is good  
through December 31, 2004.  
However, the 2005 registra-  
tion process starts Novem-  
ber 1. That way, everyone  
will be registered by the be-  
ginning of next year.

If PNA has your email  
address, you should have  
already received an email containing your 2005 registration renewal  
form. If PNA doesn't have your email address, you should have re-  
ceived the form in the mail.

Filling out the form is easy because certain information, like your  
birth date, team and other personal information, is included in the  
form.

Be sure to carefully review the club and team information.

One final thing: Teams should register for 2005 to be included in  
the "places-to-swim" issue of *The WetSet* that is published in the  
spring and to receive the 2005 USMS Rulebook.



## Support the USMS Endowment

**E**very year, each USMS  
member has an opportunity  
at registration time to add to his or  
her registration fee a dollar or more  
for the USMS Endowment fund.

The fund was started several  
years ago as a means of:

- Honoring and recognizing indi-  
viduals or organizations for a  
particular reason.
- Raising money for research  
and grants benefiting Masters  
swimmers.

As you register for the year  
2005, please keep this in mind:

your contribution to the Endowment  
Fund, added to all the other contri-  
butions, will provide the means by  
which important research can be  
conducted that will help us all un-  
derstand more about the benefits,  
risks and rewards of swimming.

If you want to find out more  
about the Endowment Fund, con-  
tact Doug Church, chair of the  
Fund (dchurch@cchalaw.com).







# Technique

## The Importance of Kicking

*Editor's Note: This article appeared in the Aug.-Oct. issue of Great Lengths, the newsletter of the Masters Swimming Association of BC. It's a Q-and-A with Aaron Dahl, who's been coaching competitive swimming since 1988.*

**Great Lengths (GL):** We understand that when you took over coaching an age group team two years ago, you were concerned that your swimmers were very poor kickers. How did you go about improving their kick?



**Aaron Dahl (AD):** When I took over that team a couple of years ago, I felt

that, generally, our kick needed to be better. The best sprinters have a kick like a big outboard motor and more and more, middle distance swimmers are swimming their races with strong kicks throughout the entire race. If we wanted to compete, we needed to be better in this area.

The first thing we addressed was the amount of kicking we did. At the start of the season, we spent a considerable amount of time kicking with long kick sets: 200's, 400's, 500's and four 30-minute kicks for distance over the course of the first six months to measure improvement.

After the kicking endurance improved, at a base aerobic level at least, we spent more time kicking with purpose. I'm a firm believer that kicking slow doesn't really help you improve your kick when you race because the speeds are so different. The kids spent a lot of time doing kicks at higher intensities and quality kick sets. Some sprint sets but mostly kicking

fast in spurts within a long kick set or some best average kick sets.

Finally, we spent the better part of a year teaching kids how to implement this kick into their stroke. There are lots of good board kickers that can't kick well when they swim because of their stroke and kick rhythm. Six-beat kick drills and other stroke drills with strong kicking helped. Overkicking was a

*"Be sure you do some kicking without a board, either in streamline or on your side."*

good tool for us, kicking fast while swimming slow and steady with their arms.

And finally, for the first six months I was here, the kids didn't use a kickboard. Body position is important and when we prop up on boards, we tend to have a very different body position than when we swim. Make sure you do some kicking without a board, either in streamline or on your side.

**GL: Did you have swimmers work on all four stroke kicks?**

**AD:** We started with freestyle but made sure to spend some time working with all four strokes, although across the board, freestyle seemed to be by far our worst. The breaststrokes seemed to really benefit from this program of kicking.

**GL: We know that you have also coached Masters swimmers. How would you get them to develop better kicking?**

**AD:** I think the template is the same for Masters swimmers, just making sure that you take skill level and things like mobility into account.

Youngsters tend to be more flexible so a Masters swimmer may have to take more time to make sure that the ankles stay flexible, which is a very common trait in good kickers.

**GL: How important do you feel the kick is for Masters swimmers?**

**AD:** In a sport that can be very tough on the upper body (that is, shoulders, neck, middle back, etc.) kicking should become more important as a swimmer gets older and stays in the sport longer. A great kicker will be able to train faster and longer with a great kick. Also, kicking helps develop the larger muscle groups (glutes, quads) and therefore will help develop aerobic capacity faster than training without a hard kick.

**GL: Do you recommend any out-of-the-water exercises for better kicking (that is flexibility ones, endurance)?**

**AD:** Vertical kicking is a great way to break up a workout and is a good way to develop a strong, technically proficient kick. It can be done with or without fins. The fins will also help ankle flexibility but you have to make sure not to



become dependent on your fins. There are lots of bad kickers out there that can beat the whole team wearing fins. If that's the case, it probably is a flexibility issue. Ankle rotations and manipulation of the ankle joint will help this.

**GL: Any final hints you wish to offer to Masters swimmers re kicking?**

*(Continued on page 11)*

# Health and Fitness

## Alcohol and Swimming

*Editor's Note: The following article appeared originally in Aqua Master, the monthly newsletter of Oregon Masters Swimming.*

As adults we often enjoy alcoholic beverages. Do you know the role alcohol plays in performance and recovery?

Alcohol is considered a drug. But unlike drugs it provides calories. These calories are empty because they are not used for energy in the same way as carbs, fat or protein are used. Beer and wine contain only small amounts of carbohydrates and only trace amounts

of vitamins, minerals and protein. Alcohol can actually interfere with how your body uses vitamins and minerals.



### Alcohol Calories

Alcohol originates from fermented carbohydrates. One-half ounce of pure ethanol is the equivalent of one drink. One drink is 12 ounces of beer (150 calories), 4 ounces of wine (100 calories) and 1.25 ounces of liquor (100 calories).

Alcohol is metabolized by the body as fat, even though it originates from carbohydrates. Alcohol by-products are converted to fatty acids, stored in your liver and sent to your bloodstream. If your goal is

to be a lean athlete, alcohol may not be the best nutrient choice.

### Benefits and Risks

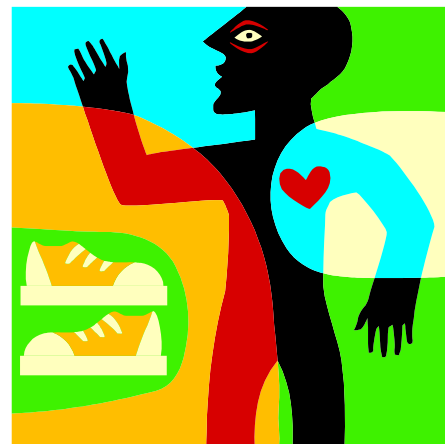
Alcohol has been said to have protective effects against heart disease. While moderate amounts may raise helpful (and protective) high density lipoprotein cholesterol (HDL), too much alcohol may actually increase the risk of heart disease. Too much alcohol can also raise your blood pressure and raise triglycerides, which are harmful blood fats. High triglyceride levels combined with low HDL makes for an increased risk of heart disease. Alcohol consumed in excess for a long period of time not only increases blood pressure, but also increases the risk of stroke and certain cancers, and can result in damage to the liver.

### Impeding Recovery

Drinking alcohol soon after training and racing can impede your recovery. Though you may hydrate well with other fluids, alcohol is a diuretic and diuretics cause your body to lose more fluid than it takes in. Thus you are losing any benefit of re-hydration.

### Glycogen Synthesis

Carbohydrates are stored in the liver and muscles in the form of glycogen. Glycogen fuels our muscles so we can swim. The body cannot use glycogen as a source of energy in its stored form in the muscles. The glycogen stored in muscles must undergo a chemical process (synthesis) before it can be used as energy. Alcohol may interfere with glycogen synthesis. Glycogen synthesis is necessary for athletic performance.



Alcohol is also a blood vessel dilator. If you bruise easily or have soft tissue damage, alcohol may aggravate bruising or swelling and impair healing. Soft tissue damage and swelling is treated with ice to reduce blood flow so alcohol acts in just the opposite way.

### Affecting Motor Skills

Excessive alcohol consumed the night before or alcohol consumed shortly before training can impair fine motor development and coordination. It can increase the risk of dehydration and impair fuel (glycogen) stores. Your brain's ability to process information is impaired and reaction times are delayed.

Everyone metabolizes alcohol differently; it depends on your body size. The average sized man can metabolize about one drink per hour. Smaller men and women take longer to metabolize this amount. Know your limits.



Alcohol can be part of a healthy sports diet if used in sensible amounts. Have a large glass of water with each drink. Remember that your top priority as an athlete is recovery and that too much alcohol can hinder your recovery.



## Caffeine and Swimming

*Editor's Note: The following article appeared originally in Aqua Master, the monthly newsletter of Oregon*

In the eyes of the Olympic Committee caffeine has been a controlled or restricted substance for many years. However, in 2004, the World Anti-Doping Agency removed caffeine from its prohibited list. Before this change took place, more than 12 micrograms of caffeine per millimeter in your urine was considered illegal.

To reach this prohibited level a person weighing 155 pounds would have to drink 5 to 6 cups of coffee (rapidly) right before competition. Those of us who sit around sipping espressos would never come close to that amount. Caffeine was always referred to as a potentially performance enhancing drug, which implied that high doses of caffeine are needed to improve one's performance.

Research has found that in well-trained athletes caffeine provides a small enhancement to exercise endurance. The amount of caffeine needed to affect performance is quite low, making higher amounts unnecessary. Lawrence Spriet, PhD., of the University of Guelph in Ontario, Canada, states: "The lowest dose reported to increase endurance during running and cycling is three milligrams per kilogram body mass or 210 mg for a 155-pound person when taken an hour before exercise."

### Caffeine Sources

A strong cup of coffee (10-12 oz) could contain 210 mg of caffeine. Other caffeine sources include tea (8 oz provides 25-50 mg caffeine), 12 oz of cola (50 mg

and chocolate (15-50 mg). Some energy drinks can provide caffeine, up to 80 mg, and caffeinated gels can provide 20-50 mg.

### Improving Performance

The amount of caffeine normally consumed in one's daily diet may be all that is needed to improve performance. Recent data also indicated that as little as 1-1.5 mg of caffeine per kg of body mass taken during exercise can improve performance. This data reinforces practices in cycling, running and triathlons of ingesting defizzed Coke. While not practical during pool meets it may have some benefit in long-distance swimming.

Currently no evidence exists that consuming higher amounts of caffeine (more than 1-1.5 mg per kg of body mass) before or during exercise provides more performance benefit. Prior research used very high levels of caffeine but athletes experienced adverse side effects with higher amounts. "Most people will feel little at 3 mg per kg if they do take caffeine sometimes, and more effects at 5 mg per kg, but side effects get problematic at 9 mg per kg body mass" says Spriet.

### Side Effects

Side effects may include gastrointestinal disturbances, jitters, headaches, rapid heartbeat and sleep disturbances. Female athletes should also be aware that since they have higher estrogen levels than men, they probably do not metabolize caffeine as quickly and ingestion will have a more prolonged impact.

In small amounts, caffeine poses no health advantages. The fact that caffeine is no longer on the banned list should help with the message that large amounts of caffeine provide no performance advantage. Says Spriet, "The most important information is that caffeine will not work for everyone and must be tried before competition."

And remember, the performance benefits of caffeine are not as high as the performance benefits of consuming fluid during exercise!

## Want to Improve Your Freestyle and Backstroke?

Sign Up for PNA's Long-Axis Clinic on November 20 and 21. See page 12 for details.



(Continued from page 9)

### Technique

**AD:** Remember to change your kicking routine. Kick one day with a board, one day without. Kick on your side a lot for freestyle to emulate the body position when swimming freestyle.

If you do long kick sets, add in some fast 25's or 50's to increase your speed. And, finally, remember that there is such a thing as kicking technique. Spend time working on the mechanics of the kick with your coach or fellow swimmers to make sure you have the technique you need.

## Want to Improve Your Freestyle and Backstroke Technique?

PNA is sponsoring a long-axis (freestyle and backstroke) clinic November 20 and 21 hosted by the Bellevue Club in Bellevue. Thank you to the Bellevue Club for hosting this event!

Bob Bruce, 2003 USMS Coach of the Year and a coach in Bend, Ore., and Barb Harris will team up for this clinic. Bob and Barb conducted a long-axis clinic last year and a short-axis clinic last month for PNA.

Each clinic day will run from 11:00 a.m. to 4:00 p.m. Saturday is the freestyle clinic, Sunday the backstroke one. Swimmers are encouraged to attend both days, but MAY sign up for one day. Registrations will be limited to 25 swimmers per day. If the clinic is oversubscribed, priority will be determined by the date your registration is received. PNA will confirm registrations by phone, mail or email.

Registration fees: One day \$45      Both Days \$80  
Bellevue Club Members receive a \$10 discount for either one or both days  
since the Bellevue Club is offering its facilities for this event.

Bring suit, towel, sweats, etc., so you're comfortable in and out of the water.

**PNA coaches who are interested in working on deck may attend without charge.**

You may not bring food to the Bellevue Club. If you want lunch, you'll need to purchase it at the Bellevue Club's Espresso Bar or Splash Café.

**Address: 11200 S. E. 6th Street. Bellevue, WA, 98004. 425-455-1616**

**Driving directions: From the North take I-405 South to SE 8<sup>th</sup> Exit (12) turn right onto SE 8<sup>th</sup> Street, right on 114<sup>th</sup> SE and take the first left onto SE Sixth. Club is on the right. From the South take I-405, Exit SE 8<sup>th</sup>, turn left onto SE 8<sup>th</sup> and follow the remaining directions above. Maps and other information are at [bellevueclub.com](http://bellevueclub.com).**

Each stroke clinic will include:

|          |  |
|----------|--|
| 1 Hour   | Introduction, change clothes and video taping (two groups) |
| 1 Hour   | Hydrodynamics and stroke presentation                      |
| 1 ¼ Hour | Video review (two groups one with each coach)              |
| 1 ½ Hour | Pool session for skills and drills, change clothes         |
| ½ Hour   | Ask-the-Coach Q&A and closing                              |

### Clinic Registration Form (Please detach and mail with your entry)

FOR Nov 20/21: \_\_\_\_\_Saturday only \_\_\_\_\_Sunday only \_\_\_\_\_Both Days

One day only \$45.00      Both Days \$80.00

If you're a Bellevue Club Member, deduct \$10 from your total fee

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First Name

Last Name

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Address--Street

City/State

Zip Code

---

USMS Registration Number (required)

email address

\$

paid

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Phone Number(s)

**Checks payable to PNA.** Mail to Sarah Welch, 3704 Cheasty Blvd. South, Seattle, WA 98144. For information call 206-723-1814 or contact [sarahwelch@comcast.net](mailto:sarahwelch@comcast.net)

**PNA LOCAL MASTERS SWIMMING COMMITTEE**

SHORT COURSE YARDS MEET: January 22, 2005 (Meet Sanction #053601)  
Hosted by TAC/AHS Boys Swim Team

| <b>EVENTS (ORDER #3)</b> |                        |
|--------------------------|------------------------|
| #                        | Event                  |
| Saturday, Jan. 22        |                        |
| 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: **Saturday, January 22, 2005**  
TIME: Warm-up: **9:00 AM**; Meet starts **10:00 AM**

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

MEET  
DIRECTOR: Leslie Mix  
Lesliemix@msn.com  
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 2005 registered swimmers, 18 and above as of *January 22, 2005*.

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.

**Motels:**

The Marina Inn 3300 Commercial 360-293-1100  
Anaco Bay Inn 916 33<sup>rd</sup> (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 22, 2005      Meet Sanction #053601  
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 22, 2005):

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 |
|--------------|-------|-----------|
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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 (five events)]

Please make checks payable to: **LESLIE MIX**      360-293-0673 (w)  
Mail this entry form and fees to: Leslie Mix  
1603 22<sup>nd</sup>  
Anacortes, WA 98221  
Questions? Email Lesliemix@msn.com.

Please send entries postmarked no later than Wednesday, January 12th.

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: \_\_\_\_\_



2005 Membership Application
Pacific Northwest Association of Masters Swimmers

Register with the same name you use for competition. If your name has changed, include old and new names.

Name: Last First Initial Birth date: Month Day Year
Address: Street or box number Age: Male Female (don't make me guess!)

City State Zip+4 E-Mail: print carefully
Telephone: ( )

If you coach a Masters swim team check here
If you are an official, please indicate the affiliation
I am interested in helping the PNA

CLUB: Pacific NW Aquatics (PNA) AND Team name: or
Sequim (SQM) Unattached Unattached

2005 Annual Fee: Of your membership fee, \$20 is sent to USMS and \$15 remains with PNA to support our programs. \$8 of the USMS portion is designated for the national publication.

Choose a membership level below.

Regular: 11/01/04 thru 12/31/05 \$35
Need-based or Seniors (65 & over): \$25
Foreign address, add US\$10

Make check payable to: PNA
Mail to: Arni H. Litt, Registrar
1920 10th Ave E
Seattle, WA 98102-4253

Optional Donations:
USMS Endowment Fund \$
TOTAL \$

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.

Signature Date

The United States Masters Swimming Policy on the privacy of member information is at: www.usms.org/admin/privacy.shtml

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 Maybe (Circle one)

# Pacific Northwest Association of Masters Swimmers

## 2005 Local Team Registration

To register your team for 2005, 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 each April. All team members competing in the meet must be currently registered with USMS.

PNA will provide each team with a USMS Rule Book, which contains rules for Swimming, Competition, Long distance Swimming, Athletes' Rights, and USMS Bylaws. Please indicate who should receive the USMS Rule Book.

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

Below are the abbreviations currently in use. Team abbreviations in **bold** were registered in 2004. Team with \* is new for 2005.

Mail this form and check to:

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

Application fee: \$10  
 Make check payable to: **PNA**

- |   |  |   |
|---|--|---|
| <p><b>BAM:</b> Bainbridge Area Masters<br/> <b>BC:</b> Bellevue Club<br/> <b>BEST</b> Bellevue Eastside Masters<br/> <b>BMSC:</b> Bellingham Masters Swim Club<br/> <b>DSYM:</b> Downtown Seattle YMCA Masters<br/> <b>EM:</b> Evergreen Masters<br/> <b>FSJ:</b> Fins of the San Juans<br/> <b>FTSW:</b> Ft. Steilacoom - WAKO<br/> <b>FWM:</b> Federal Way Master<br/> <b>GACM:</b> Gateway Athletic Club<br/> <b>GCMS:</b> Gold Creek Masters (GCM)<br/> <b>GLAD:</b> Greenlake Aquaducks<br/> <b>HMST:</b> Husky Masters<br/> <b>ISST:</b> Issaquah Swim Team Masters<br/> <b>JAM:</b> Juanita Aquatic Masters<br/> <b>LUNA:</b> Team Luna<br/> <b>LWS:</b> Lynnwood Sharks<br/> <b>MILL:</b> Mill Creek Masters<br/> <b>MIR:</b> Mercer Island Redwoods<br/> <b>NEO:</b> North End Otters<br/> <b>NHM:</b> Newport Hills Masters</p> | <p><b>NSYG:</b> Northshore Y's Guys<br/> <b>NWM:</b> North Whidbey Masters<br/> <b>OOPS:</b> Old Olympic Peninsula Swimmers<br/> <b>ORCA:</b> Orca Swim Club<br/> <b>PRO:</b> Pro Sports Club<br/> <b>PSC:</b> Phinney Ridge Swim Club<br/> <b>PTMS:</b> Port Townsend Master Swimmers<br/> <b>QASC:</b> Queen Anne Swim Club<br/> <b>RAH:</b> Redmond Aqua Hotshots<br/> <b>*RTB:</b> Raise the Bar*<br/> <b>SAC:</b> Seattle Athletic Club<br/> <b>SAM:</b> Samena Club<br/> <b>SQM:</b> SQMasters Swim Team<br/> <b>SSEA:</b> Swim Seattle<br/> <b>SVM:</b> Skagit Valley YMCA Chinooks<br/> <b>TACM:</b> Thunderbird Aquatic Masters<br/> <b>TACY:</b> Tacoma Pierce County YMCA<br/> <b>TIG:</b> Tigers</p> | <p><b>TMS:</b> Thorbecke's Masters Swimming<br/> <b>TOSC:</b> Thurston Olympians Swim Club<br/> <b>TSC:</b> Tacoma Swim Club<br/> <b>TUMV:</b> Tumwater Valley Masters<br/> <b>UNAT:</b> Unattached to a Team<br/> <b>UPAC:</b> University Place Aquatic Club<br/> <b>VAM:</b> Vashon Aquatic Masters<br/> <b>VAST:</b> Valley Aquatic Swim Team<br/> <b>VFC:</b> Valley Fitness Center<br/> <b>WCY:</b> Whatcom County YMCA<br/> <b>WIS:</b> S Whidbey Island Swells<br/> <b>WSAS:</b> West Seattle All-Stars<br/> <b>WSYD:</b> West Seattle YMCA Dolphins<br/> <b>WWUS:</b> Western Wa U Masters Swimming<br/> <b>YNOT:</b> Y Nauts</p> |
|---|--|---|

Don't see your team? Fill in the form and I will add it to the list.



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

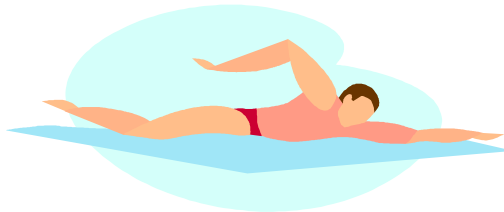
Phone \_\_\_\_\_ USMS # \_\_\_\_\_

E-MAIL \_\_\_\_\_

Change of Address

New Subscription

November 2004 Issue



Pacific Northwest Association of Masters Swimmers  
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Seattle, WA 98102-4253

CHANGE SERVICE REQUESTED

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