



Arctic Express Can't Cool Down Record Swims and a Terrific Time at Bellevue Club Meet

By Steve Peterson,
PNA Vice President

Brrr! It was 22 degrees when I left my house in Poulsbo early February 19 to catch the ferry for the Bellevue Club meet. All week the media had been



Photo by Tom Foley

(From left): Gene Reese, Taylor Holmes and Ron Oren of the Lynnwood Sharks

warning of a record cold spell descending upon us from Canada—an “Arctic Express” sure to break pipes. But it never turned as cold as expected, and the morning of the 19th was clear and cloudless, fitting weather for a short course meters meet at one of our more luxurious meet venues.

What *did* show up from Canada at the Bellevue Club meet was six fast swimmers from two clubs, with the English Bay Swim Club (Vancouver, B.C.) particularly well represented. The meet also drew competitors from two NW Zone LMSCs: Oregon (five teams)

and Inland Northwest (three swimmers). Plus the meet had Olympian Gail Roper from Arizona and a swimmer from North Carolina, Elizabeth Nowak.

Once again, this meet was popular with local PNA swimmers—over 150 representing 30-plus teams. Host Bellevue Club had good participation in the persons of Jo Moore, John Sato, Gail Gladwell, Todd Doherty and Nick LeClerq.

Meet Director Cory Hilderbrand assembled his usual fine group of volunteers, who kept things moving smoothly. Meet Referee Kevin Fraley and Starter Linda Vicik headed up the volunteer officials staff, with Karen Dugan doing the announcing and Connie Soga-Milligan handling the computer work.

New World Record

Oregon Olympian Dave Radcliff had a great day, setting NW Zone records (70-74) in the 400 meter free (5:20.65) and 800 meter free (11:07.97). At the younger end of the age spectrum, Kyle Ciminski from North Whidbey Masters set four NW Zone records (19-24) in the 50 meter free (24.77) as well as the 100 meter breast (1:09.08), fly (58.97) and IM (1:01.27) events.

Kyle's teammate, Jim McCleery, continued his record-setting age-up by posting a new

ON THE INSIDE



Leading Off	Page 2
Masters Calendar	Page 3
Welcome New Swimmers	Page 4
PNA 2006 Budget and 2005 Results	Page 8
PNA Champs Entry Form	Page 11
NW Zone Entry Form	Page 13
PNA Registration Form	Page 14
PNA Team Registration Form	Page 15

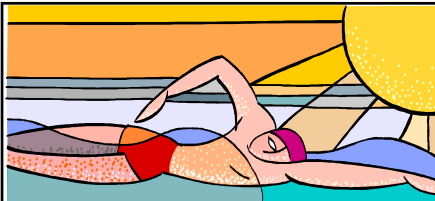


Looking for meet results, places to swim, past newsletters or other information about PNA? Check out our Web site at www.swimpna.org.

USMS mark in the 60–64 800 Free (9:58.99). But the most impressive metric from the male swimmers was the World record (60-64) of 5:25.65 set by Nick LeClerq in the 400 IM.

The women also did some

(Continued on page 4)



WET SET

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Safety: Kathy Casey

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Good news! ISHOF has been undergoing a revitalization.

In case you don't know much about ISHOF, the acronym stands for the International Swimming Hall of Fame. Founded in the 1960s, ISHOF is located in Ft. Lauderdale, Fla. Its mission is to educate the public about the importance of swimming by honoring individuals that have contributed to swimming and by serving as a museum for important memorabilia that document the history of swimming.

Hard Times at ISHOF

For a variety of reasons, ISHOF fell on hard times during the past decade. In fact, as recently as last year, the organization had only 210 members/contributors and 1,000 paid visitors. That's a far cry from ISHOF's peak in the 1970s, when it had tens of thousands of participants and a hundred thousand yearly visitors, including many world-renowned celebrities.

Back on Track

Fortunately, ISHOF is moving forward again. Evidence of this momentum is the appointment last May of Bruce Wigo as president/CEO of the organization. Bruce swam and coached swimming and served as executive director of USA Water Polo from 1991 to 2003.

Concurrently with Bruce's appointment, ISHOF's board of directors dissolved and Bruce was given the responsibility for creating a new board. And what an incredible group of people he's assembled. They include Herb Baum, the recently retired

LEADING OFF



By Paul Freeman,
Editor

president/CEO of Dial Corporation, a \$1.4 billion company; Rob O'Leary, chairman of the board of Valeant Pharmaceuticals, considered one of the most experienced senior executives in the healthcare industry; and Benita Fitzgerald Mosley, a two-time Olympian in track and field.

Probably the most well-known board member is the board chairman, Mark Spitz, who at the 1972 Olympic Games in Munich won an unprecedented seven gold medals, with each of his medal-winning performances breaking a world record.

New Exhibits

Over the past several months, ISHOF has spent a significant amount of time and energy evaluating its collection and putting some of the most important and significant pieces of memorabilia on display. For example, ISHOF has added seven new video screens that display profiles of such swimming greats as Johnny Weissmuller, Buster Crabbe and Mark Spitz. And there's a new presentation of old swimwear that highlights the role of women swimmers in the fight for equal rights in athletics. This exhibit takes visitors through the times when

(Continued on page 4)

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 2006 CALENDAR

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

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

March 28, 2006
PNA Board Meeting
6:45 p.m.
Yesler Community Center
917 E. Yesler Way, Seattle

April 8 & 9, 2006
SCY PNA Champs
Weyerhaeuser King County
Aquatic Center
Federal Way, Wash.
See page 11 for entry form.

April 21-23, 2006
Masters Swimming Association of
British Columbia
2006 Provincial Championships
Athens Pool, Kelowna, B.C.
www.okanaganmastersswimclub.com/swimchampionship2006.htm

April 25, 2006
PNA Board Meeting
6:45 p.m.
Yesler Community Center
917 E. Yesler Way, Seattle

April 28 to April 30, 2006
Northwest Zone Short Course
Championships - Boise, ID
SCY; Kristi Lee, (208) 895-0481,
kristidlee@aol.com; Shannon
Hamrick, (208) 855-2212,
sawtoothmasters@cablone.net;
See page 13 for entry form.

May 11 to May 14, 2006
USMS Short Course Nationals
Coral Springs, Fla.
Michael Lohberg, (954) 345-2121
mlohberg@aol.com

May 15 to September 15, 2006
USMS 5k and 10k Postal
Championships
PST-LD; Neil Salkind
(785) 841-0947
njs@sunflower.com

May 23, 2006
PNA Board Meeting
6:45 p.m.
Yesler Community Center
917 E. Yesler Way, Seattle

June 17, 2006
USMS 1-3 Mile Open Water
Championship (2.5 km), Hartwell
Lake, Clemson, S.C. OW
Jacque Grossman, (864) 646-8836
jelq@innova.net

June 27, 2006
PNA Board Meeting
Time to be Announced
Jan Kavadas' condo,
Edmonds

July 8, 2006
LCM Meet
South Kitsap High School
Port Orchard, Wash.

July 15, 2006
Fat Salmon Open Water Swim
1 and 3 miles
Lake Washington
www.fatsalmon.org

July 15, 2006
USMS 2 Mile Cable
Championships, Chris Greene
Lake, Charlottesville, Va.
OW; Dave Holland, (804) 282-6224,
dholland@rmc.edu
Mark Gill (480) 874-7112
markgill@usms.org;

July 22, 2006
Lake Padden
Open Water Swim, 2.5K and 5K
Lake Padden Park, Bellingham,
Wash.
Cory Chapin;
happychaps@comcast.net

July 29, 2006
USMS 1 Mile Open Water
Championships, Lake Erie,
Cleveland, OH
OW; Tom Spence, (216) 299-3858
talltom13@msn.com

August 4 to August 10, 2006
2006 XI FINA World Masters
Championships, Palo Alto, Calif.
LCM; see article on page 7.

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

Welcome New PNA Swimmers

Jof Abshire
Monica Allen
Jennifer Ambrose
Kristina Andrews
Michael Beckman
Molly Biehl
K. Zachary Brittle
Harmony Campbell
Mark Cederberg
Boon BC Chayavichitsilp
Joey Shaw Coté
Abigail W Cromwell
Karen Curry
Allison Demeritt
John Elliott
Alys Erickson
Rick Ferrero
Betsy Fine
Kennard Goodman
Meg Harris
Jess Howard
Ingrid Hutchinson
Jeff Jacobsen
Aleisha Jacobson

Carli Johnson
Kelly Lotts
Greg Mackem
Kristin Mowat
Ellen Novitski
Meghan Curry O'Connell
Grant Ogburn
Grady Paden
Kelly Prime
Terry Rodgers
Kerrie Sanson
Miyong Schuler
McGregor Snow
Sheri Somers
Elliott Taylor
Ian Teal
Allan Thorpe
Katie Tomarelli-Thompson
Tamara Tulou
Terry Utigard-Rathbun
Jeffrey Vasquez
Becky Watkins
John Weber
Victor Yagi

(Continued from page 2)

Leading Off

American women were required to cover their bodies from neck to wrist to ankle when bathing in public.

USMS and PNA Connection

USMS believes in the importance of ISHOF, so it supports ISHOF by annually contributing to it \$.50 per USMS swimmer. Another way USMS is linked to ISHOF is through the International Masters Swimming Hall of Fame, which in August, at FINA Masters World Swimming Championships in Palo Alto, will induct nine people connected with Masters swimming.

PNA also supports ISHOF, by providing a space on the PNA membership application for a voluntary ISHOF contribution.

Want to Help?

ISHOF is looking for people that want to become members, make a donation of money or memorabilia or volunteer time and energy. If you fit into one of these categories, or you just want to find out more about ISHOF, you can make contact with the organization at www.ishof.org.

PNA Board Meeting Summary for February

Twelve members of the PNA Board met at the Yesler Community Center in Seattle on February 28.

Significant actions included:

- Decided to continue printing *The WetSet* ten times each year.
- Approved a long course meters meet at South Kitsap on July 8.
- Approved an open water swim at Lake Padden on Saturday, July 22. This will be one week after Fat

Salmon.

- Meet results for all PNA sanctioned meets are available at www.swimpna.org. Paper copies can be obtained by contacting Walt Reid at walt.reid@comcast.net or (253) 588-4879.

(Continued from page 1)

Bellevue Club Meet

impressive record setting of their own.

Bellevue Club's Jo Moore set NW Zone records (50-54) in the 200 (2:32.52), 400 (5:17.79) and 800 meter freestyle (11:00.16)

events. Sally Dillon from North Whidbey Masters four PNA records (60-64) in the 50 (36.51), 100 (1:20.47), 200 (2:57.49) and 800 meter free (13:00.90) competitions.

"Overall I think the meet went great," says Cory Hilderbrand. "One world record, one national record and several PNA and Zone records were broken. And we ended up with nearly 180 participants. The club always enjoys hosting everyone and can't wait until next year!"



Bellevue Club Short Course Yards Meet Bellevue Club February 19, 2006

(Photos by Lee Carlson & Steve Peterson)



Nick Leclercq (BC) after swimming a world record in the 400 IM (60-64)



Steve Peterson (OOPS) and Beth Brewster (Brooks Swimming)



Cory Hilderbrand and Connie Soga-Milligan



Kyle Ciminski of North Whidbey Masters



Adam Clump from Northwest Whidbey Masters and a friend

Time to Nominate That Special Someone For Dawn Musselman Inspirational Award

PNA has presented the Dawn Musselman Inspirational Swimmer Award annually since 1986 in memory of our "ultimate Masters swimmer," Dawn Musselman (1913-1986).

A long-time PNA member, Dawn inspired others and encouraged them to do their best. She was a gifted swimmer as well—check PNA's records for ages 60 to 74!—but speed is not a criterion for this award.

Nominations are open to all PNA members. We're looking for

the candidate who:

- Is an inspiration to all PNA swimmers
- Willingly shares information, training, or coaching tips
- Offers encouragement to other swimmers
- Exhibits good sportsmanship at all times
- Shows a strong commitment to PNA Masters Swimming

You swim with someone who qualifies—compose a few paragraphs telling why! The award, consisting of a personal plaque and the perpetual trophy with the recipient's name added, will be presented at the PNA Champs meet, April 8 and 9, at King County Aquatic Center in Federal Way. Send your nomination to:

Steve Peterson
(360) 692-1669
11165 Central Valley Rd
NW
Poulsbo WA 98370-7014
speterson@bandwagon.net

Nominations must be received by March 29, 2006.



PAST DAWN MUSSELMAN RECIPIENTS

1986 - Dawn Musselman
1987 - Marlene Holmes
1988 - Maxine Carlson
1989 - Jim Penfield
1990 - Tom Foley
1991 - Karen Jost
1992 - Jan Kavadas
1993 - Robin O'Leary
1994 - Marion Mueller
1995 - Tammi Keeler
1996 - Ian Thompson
1997 - Suzanne Dills
1998 - Clark Pace
1999 - Dan Frost
2000 - Joan Davis
2001 - Paul Ikeda
2002 - Barb Gundred
2003 - Chaya Amiad
2004 - Kathy Casey
2005 - Gene Crossett

Hurry! There's Still Time to Nominate PNA's "Coach of the Year"

Some coaches stand out from the crowd.

To recognize these individuals, PNA will give its third annual PNA Coach of the Year Award. The recipient will be honored at PNA Championships in April and receive a personal plaque. In addition, the recipient's name will be engraved on a permanent trophy.

A three-member committee will review the nominations. The selection criteria may include:

- Improvement or enhancement of an ongoing program or establishment of a new program
- Sustained service over a long

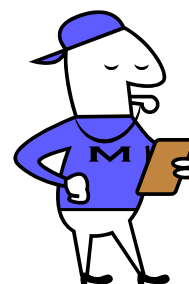
period of time

- Contributions to PNA
- Commitment to PNA
- Willingness to share coaching skills and information
- Loyalty of team members
- Inspiration to others and coaching accomplishments

Past recipients were (2004, 1st annual) Wendy and Malcolm Neely and (2005) Michael McKinlay.

To nominate someone, simply submit a completed nomination form, together with a letter of support explaining why you're nominating this person. **Nominations must be received by March 29, 2006.**

You can find a nomination form on the PNA website at www.swimpna.org. You also can have a copy of the form mailed to you by contacting Jeanne Ensign, 511 E Roy St. #314, Seattle WA 98102. Jeanne's telephone number is (206) 324-1354, and her e-mail is jeanne@raincity.com.





2006 XI FINA World Masters Less Than Six Months Away

The Local Organizing Committee (LOC) is continuing its work to make the championships, which will be held in early August, the best for the athletes and the best-remembered Masters Championship event. For information about the championships, go to <http://www.2006finamasters.org/v2/>.

To encourage athletes to enter the meeting, the first 1,000 competitors entering will receive a nylon bag with the meet logo on it. And to encourage camaraderie, the relays will all be held on one day.

Relay entries must be submitted by June 3, so if you want to swim in a relay, please notify Lisa Dahl ASAP at [lisaisswim-](mailto:lisaisswim-ming@hotmail.com)

ming@hotmail.com.

To make sure competitors have a place to stay, the LOC has blocked over 26,000 room nights in hotels on the San Francisco peninsula for the meet. Many of the Palo Alto hotels have already been booked, but there are still great deals on hotel rooms in Santa Clara and San Mateo. If you want rooms close to the meet venue, now is the time to book them if you haven't already done so.

Some discounts are available for airlines and car rentals. Information on the discounts can be found in the meet book; for a copy go to www.2006finamasters.org. The airlines are expecting a good summer this year, so seating may be tight, and you may want to book your flight early.

In addition to the competitions, the meet will have many social activities so that swimmers can gather and meet. It promises to be a terrific event, so consider attending and joining in the fun.

Time to Register Your Team

Has your team registered for 2006? Make sure your team registers before Champs, so it can compete for points. You can find a 2006 team registration form on page 14 or at www.swimpna.org.

Save the Date! Orcas Island Open Water Swim September 8 and 9

Looking for a new open water adventure?

A two-day Orcas Open Water Challenge will be held Saturday and Sunday, September 8 and 9. The challenge will feature four open water swim competitions in Cascade Lake at Moral State Park on Orcas Island.

You'll find more details in future issues of *The WetSet* and at www.islandathleticevents.com.

Hold the Dates April 15th and 16th

For the PNA Sponsored Stroke Clinic

"Focus on Fundamentals"

Visiting Expert Coach—Bob Bruce, Head of the USMS Coaches Committee, former USMS Coach of the Year and Head Coach for the COMA Team in Bend, Ore.

Location: Samena Club in Bellevue

Each clinic will consist of a review of fundamentals, video taping and individualized feedback (and personalized video tape returned by mail) for each swimmer then drills and feedback on stroke technique

Saturday, April 15 th	Freestyle/ Backstroke	10 am – 4 pm
Sunday, April 16 th	Breaststroke/ Butterfly	9 am – 3 pm

Registration Fee: One Day Only: \$50

Two Days: \$80

Coaches who want to observe and help with on deck coaching: no fee

For information and to obtain the registration form contact Sarah Welch at sarahwelch@comcast.net or phone at (206) 723-1814

Registration will be first come, first served.

Need Paper Copies of Meet Results?

The quickest way to get PNA meet results is at PNA's website: www.swimpna.org.

But paper copies of results are also available. To receive them, either for a particular meet or on an ongoing basis, contact Walt Reid. You can call Walt at (253) 588-4879 or e-mail him at walt.reid@comcast.net.

Five Reasons To Compete at Champs

Still not sure whether to sign up for the 2006 Steve Engle Memorial PNA Championship Meet on April 8 and 9? Well, here are five excellent reasons why you should:

- Champs provides an opportunity for you to bring your whole team together and support one another.
- Champs is the only PNA event during the year when team points count.



- Each individual on a team can and does make a difference. Four people swimming five events can score enough points to place in the small team division. Ten people swimming five events and participating both days can place in the top three in the intermediate division.
- Champs is held at the Weyerhaeser King County Aquatic Center, a world-class facility that brings out the best in swimmers. For many of us, Champs is the meet where we swim our best times.
- CHAMPS IS FUN, FUN, FUN!!!!



2006 PNA Budget and 2005 Results

Do you ever wonder where your PNA fees go? The table below shows PNA's budget for 2006 and actual expenses for 2005.

PNA sends \$20 of your registration fee to USMS, which provides each of us with insurance and *Swimmer* magazine. That \$20 also pays for the administration of USMS, its website, national meets, development and coaching programs and other services.

The remaining \$15 of the fee, plus a small amount of income from meets and clinics, stays with PNA. Among other things, this money is used to pay for PNA's website, office supplies, postage and mailings to members and sending PNA reps to the annual USMS convention. Our biggest administrative expense is *The WetSet*, currently published 10 times a year to inform our members of opportunities and activities.

Every clinic run by PNA is designed to generate enough revenue from participants to pay for the clinic's expense. Similarly, the local meets PNA hosts about 10 times a year also usually pay for themselves through fees from swimmers.

If you have any questions about PNA's budget, contact Sarah Welch, PNA Treasurer, at sarahwelch@comcast.net.

	2006 Budget	2005 Actual
Income		
Registration Fees	\$ 37,900	\$ 37,900
Meets & Awards	1,900	2,036
Clinic Income	4,000	1,500
Interest Earnings	800	1,175
Use of PNA Fund Balance	3,925	—
TOTAL INCOME	\$ 48,525	\$ 42,610
Expense		
USMS Registration Expense (“Swimmer” magazine, insurance, admin)	\$ 22,395	\$ 21,765
Meets & Safety Equipment	2,650	1,100
Clinics	4,000	2,593
Swimmer, Team, Coaches Support	1,150	1,109
<i>The Wetset</i> (printing, postage, mailing)	9,500	7,125
PNA Administration (postage, supplies, web, special mailings)	8,830	7,365
TOTAL EXPENSE	\$ 48,525	\$ 41,056
Net Income 2005		\$ 1,554



Make Your New Year's Weight Loss a Success

Health and Fitness

Editor's Note: This article, which was written by Ryan Hite, NSCA-CPT, appeared in the January/February 2006 issue of Splashmaster, the newsletter of Inland Northwest Masters.

With the holiday season behind us and a new year well underway, many people have started their attempt at a weight loss regime.

Here are five helpful tips to make your New Year's weight loss a success.

1. Perform the pantry shuffle!

Get rid of all the junk food that may be hanging around from the holidays. Select whole foods that are nutrient dense. These foods not only provide lots of nutrients and energy for your workouts, but they tend to fill you up quicker than their sugary counterparts.

2. Consume smaller portions.

Eat until you are satisfied, not until you are full. One of the easiest



Also, before sitting down to eat, put away all the leftovers. This will reduce your likelihood of continually going back for a second and third serving.

3. Eat more often. Do not let yourself go long periods of time without eating. This means eating every 2.5-4 hours starting from the time you wake up.

Remember that these are smaller quantities of food every 2.5-4 hours, not a five-course meal each sitting.

Eating whole foods more often will help to regulate your blood sugar and keep you from riding an energy roller coaster throughout the day. This will also minimize your cravings later in the day.

Individuals that skip breakfast or lunch are more likely to go home after school or work and grab whatever they can find rather than take the time to prepare a nutrient-rich meal.

4. Include resistance training. Most people tackle their New Year's weight loss with cardiovascular training alone. While cardiovascular training allows an individ-

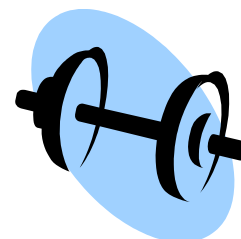
ual to burn a large amount of calories during a workout, resistance training can greatly increase one's calorie burning potential throughout the entire day. Try 2-3 days of resistance training and 3-5 days of cardiovascular training per week.

5. Select both short-term and long-term goals. Most people are really good at selecting how much weight they want to lose. The part they forget about is what they are going to do once they achieve their desired weight loss. Without a long-range goal after weight loss, individuals end up putting the weight back on.

If these five tips are followed in their entirety, your New Year's weight loss will be a success. With that said, hold nothing back, train hard and let your work ethic reign supreme. Best of luck to you in your training!

"While cardiovascular training allows an individual to burn a large amount of calories during a workout, resistance training can greatly increase one's calorie burning potential throughout the entire day."

ways to do this is to use a smaller plate. Most Americans tend to eat off of a plate the size of a horse trough. This usually leads to over-eating and weight gain.



Zen Balance

Editor's note: This article, written by David Samuelsohn, appeared in the October 2002 issue of The Golden Whale, the newsletter of Connecticut Masters Swimming.

Somehow when you speak of balance, the appellation, "Grasshopper," comes to mind...but I'm not going to use it.

As swimmers, when we think of balance, the idea of body roll, smooth and easy, comes to mind. But as Masters swimmers, as adults with complex lives and pressures, the idea of balance takes on more meaning.

Balance for us is more than getting your hips up and your head in line. Balance comes from taking a step away, from a broader perspective that encompasses more aspects of our life than just swimming, yet a perspective that profoundly influences the satisfaction we can derive from swimming.

Here then are some thoughts on balance and on its influence on and by swimming.

1. Body Roll: Okay, balance IS body roll, being sure that you roll equally to both sides and avoid the freestyle "limp" that tends to occur when we breathe only to one side. Learn to alternate breathe. See what your breath-side is doing and try to mirror that motion and the timing on your opposite side.

2. Front to Back: If your head comes up ...your hips go down—not one of Newton's more well-known laws—but it still holds water. If you're a flyer or a breaststroker, make sure your head comes up for only a short time, only when you're at the most powerful part of your pull, and only when your lower body is underwater.

3. Up and Down: Much of the leverage in freestyle and backstroke comes from timing your underwater pull with your over-water recovery. Balance your timing above and below the water for greater pulling power.



Technique

4. Stop and Go: The older we get, the longer the recovery time seems to be after stress. Balance those hard workouts with rest to allow for recovery—or—balance the type of work you do to stress different areas on different days, allowing others to recover.

5. Fast to Slow: Balance the long, hard yardage you do (and obsess over) with focused, short yardage, or, race-paced speed work. These focused race-rehearsals are essential because, remember: If you want to swim fast ...you've got to swim fast.

6. On-Off: Don't do freestyle all the time, even if you only compete in that stroke. Give yourself a whole-body workout by swimming off-strokes in workouts to work on strengthening your weaknesses.

7. With and Without: We love our toys: our fins, our paddles, our pull-buoys (you know who you are). We love them because a) we feel like we swim better with them...and b) it's just easier. Both are good reasons to use toys. ... And both are bad reasons to rely on them. Balance your pulling and fin-work with more, honest swimming.

8. Good and Not Good: Have the discipline to work hard—make it hurt. But balance this with swims that also feel good and reinforce your confidence and the reasons you love swimming.

9. Mind and Body: Work your body hard. But work your mind equally hard. Think about your strokes, your streamline and your strengths and weaknesses. Think to exhaustion and build the habits that will get you better at swimming.

10. Two Worlds: You're very lucky. You have an opportunity to live in another world—the world of the pool—and give yourself psy-

chological relief from the stresses of that other world of day-to-day life. (You may even have more than two worlds.) Live in them separately and use them to rest from one another. Balance and compartmentalize.

11. Time and Again: As adults, our lives are complex with many responsibilities: family, work, etc. Workouts are important but one, single workout is not. You're just not going to be available for every workout you expect to be at. Don't worry about it. The broad sweep will offer ample opportunity for enough workouts. Likewise, don't stress over a "bad" workout. For many reasons, you will have good days and bad days. Do what you can and don't obsess. Enjoy your swimming as one aspect of your balanced life.

Now you know more about balance and why it is one of the important aspects to manage and benefit from in our lives. Use it and enjoy it, think back on it, and take strength from it when you step up to the blocks for the next "big race."

Oh, and watch your balance there, too!

Peace, grasshopper.

Editor's Note: There was a classic TV show in the 60's called "Kung Fu"—about a Chinese prince wandering through America's old west and accomplishing amazing, sometimes mystical feats. From time to time he would recall in a flashback the wisdom of the blind and aging master of his youth in China. The master would teach him a roundabout lesson steeped in allegory, and when its wisdom finally dawned on the young prince, the master would say something poetic which invariably began with: "And so, grasshopper..." The appellation, "grasshopper" meaning eager student, continues to be a 60s icon.

Additional Information:

In Memory of Steve Engel
June 17, 1943 - February 17, 1996

PNA's annual Championship meet is dedicated to the memory of the co-founder and first president of the PNA. Steve lost his battle with complications from leukemia, but his energy and enthusiasm will long be remembered by those of us fortunate to have known him.

"Across America, there are now more than 30,000 of us. And one of the pioneer associations in the nation was right here in Steve Engel land. Thank You, Steve. Your vision long ago became a solid reality that will endure. It was not a false start. You have swum the entire distance to heaven."

- From Tom Taylor's tribute in the March 1996 WetSet

Individual Awards: PNA Championship ribbons will be awarded first through 8th place in every age group in every event. PNA first, second and third place medals can be purchased for \$2 each.

Club/Team: PNA members must indicate the team that they plan to score points for during the meet. Non-PNA swimmers should indicate the club that they are registered with.

PNA Team Eligibility: To be eligible for team awards, teams must submit a 2006 team registration by the meet entry deadline. PNA team registration forms are available in the WetSet and on the PNA website, www.swimpna.org.

PNA Team Categories: Eligible PNA teams will be divided into three categories, (Large, Medium, and Small), based upon the number of swimmers entered from each team in the meet. Category assignments will be made after the meet entry deadline and announced during the meet.

Scoring: The meet shall be scored from places 1 through 12 in every age group for every event. Individual events will be scored 13-11-10-9-8-7-6-5-4-3-2-1. Relays score double the individual points. Non-PNA swimmers will not score points and will not displace PNA swimmers from scoring points.

PNA Team Awards: Plaques will be awarded to the top three teams in each category.

Website: Visit the PNA website at www.swimpna.org for updated information.

Motels: There are numerous motels within fifteen miles of the pool including

Name	Distance to Pool	City	Phone
Holiday Inn Express	1.4 miles	Federal Way	253-838-3164
Best Western Executel	5 miles	Federal Way	253-941-6000
Super 8 Motel	2.4 miles	Federal Way	253-838-8808
Motel 6	7 miles	Fife	253-922-1270

PNA Coach of the Year and Dawn Musselman Awards: The 2006 PNA Coach of the Year and the 2006 PNA Inspirational Swimmer Award, named in honor of Dawn Musselman, will be presented on Sunday at the conclusion of event #19.

T-shirts. T-shirts are available for \$15, but must be ordered with your entry. The meet t-shirt design can be found on the Federal Way Masters website at www.fwmasters.com.

Mail entry & fees to:

Northwest Zone Meet
Dee Turner
2279 UA Ave.
Emmett, ID 83617

2006 Northwest Zone Short Course Meet Official Entry Form YMCA & Boise Aquatic Center Boise, ID April 28-30, 2006

Sanctioned by the Snake River LMSC for USMS, Inc. – Sanction number 596-001



Name _____ Print name as it appears on USMS registration card.

 Last First Middle Initial

Address _____

 Street City State ZIP Country

E-Mail _____ Day Phone _____ Eve..Phone _____

 A/C A/C

Emergency _____ Age _____ Birthdate _____ Sex _____

 Name Phone (on 4/30/06) (Month/Day/Year) M/F

Club Name or Unattached _____ USMS or International Reg. # _____

MEET DIRECTOR: Dee Turner 208/365-1166
or dee@bigskytel.com

FACILITY: The Boise Aquatic Center pool provides 8 competition lanes and 4 warm-up lanes.

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all year 2006 USMS registered swimmers age 18 and above on the day of competition. Age groups will be based on the swimmer's age as of April 30, 2006.

ORDER OF EVENTS: (Seeding will be slow to fast/Deck enter relays at the meet.)

Event #	Event	Seed Time
Friday April 28: 4PM Warmup, Start at 5PM		
1	1000 Freestyle*	_____
2	1650 Freestyle*	_____
3	400 Individual Medley	_____
Saturday April 29: 7:45-8:45AM Warmup, Start at 9AM		
4	500 Freestyle	_____
5	50 Freestyle	_____
6	200 Butterfly	_____
7	100 Backstroke	_____
break		
8	200 Individual Medley	_____
9-11	Mixed Freestyle Relay	Deck Seeded
12	100 Freestyle	_____
13	50 Backstroke	_____
14	200 Breaststroke	_____
15-16	Medley Relay	Deck Seeded
Sunday April 30: 7:45-8:45AM Warmup, Start at 9AM		
17	200 Backstroke	_____
18	50 Breaststroke	_____
19	100 Butterfly	_____
break		
20-22	Free Relay	Deck Seeded
23	100 Individual Medley	_____
24	200 Freestyle	_____
25	100 Breaststroke	_____
26	50 Butterfly	_____
27-28	Mixed Medley Relay	Deck Seeded

INDIVIDUAL ENTRY LIMITS: A swimmer may enter no more than 6 individual events for the entire meet and no more than 5 individual events on one day. *A swimmer can enter either the 1000 or 1650, not both.

RELAY ENTRY LIMITS: A swimmer may enter only one Freestyle Relay, one Mixed Freestyle Relay, one Medley Relay, and one Mixed Medley Relay.

CHECK-IN: Check-in required for all events. On Friday by 4:30PM, Saturday and Sunday by 8:30AM for that days events.

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

ENTRY FEE: \$14.00 Surcharge (includes NW Zone surcharge)
Individual events + _____ \$4 per event. No charge for relays

TOTAL: \$_____ Make checks payable to "YMCA Sawtooth Masters"

A COPY OF SWIMMER'S USMS REGISTRATION CARD MUST BE ATTACHED.

Entries must be Postmarked by April 10, 2006 or received by April 14, 2006.

Mail entry form, copy of USMS card, and fees to:
Northwest Zone Meet
Dee Turner
2279 UA Ave.
Emmett, ID 83617

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

SIGNED: _____ DATE _____

Pacific Northwest Association of Masters Swimmers

2006 Local Team Registration

To register your team for 2006, 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 Organization and Bylaws. Please indicate who should receive the USMS Rule Book

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		
Rule Book		

Below are the abbreviations currently in use. Names with **BOLD** have already registered for 2006.

Mail this form and check to:

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

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

- | | | |
|---|--|--|
| <p>BAM: Bainbridge Area Masters
 BC: Bellevue Club
 BEST Bellevue Eastside Masters
 BBST: Bellingham Bay Swim Team
 BMSC: Bellingham Masters Swim Club
 BS: Brooks Swimming
 CAC: Columbia Athletic Masters
 DSYM: Downtown Seattle YMCA Masters
 ESCM: Evergreen Swim Club Masters
 FSJ: Fins of the San Juans
 FTSW: Ft. Steilacoom - WAKO
 FWM: Federal Way Master
 GACM: Gateway Athletic Club
 GCMS: Gold Creek Masters (GCM)
 GLAD: Greenlake Aquaducks
 HMST: Husky Masters
 ISST: Issaquah Swim Team
 JAM: Juanita Aquatic Masters
 LUNA: Team Luna
 LWS: Lynnwood Sharks
 MIR: Mercer Island Redwoods</p> | <p>MMST Meredith Mathews E Madison
 YMCA Mudskippers
 NEO: North End Otters
 NHM: Newport Hills Masters
 NSYG: Northshore Y's Guys
 NWM: North Whidbey Masters
 OOPS: Old Olympic Peninsula Swimmers
 ORCA: Orca Swim Club
 PAC: Poseidon Aquatic Club
 PAM: PAMS
 PRO: Pro Sports Club
 PSC: Phinney Ridge Swim Club
 PTMS: Port Townsend Master Swimmers
 QASC: Queen Anne Swim Club
 RAH: Redmond Aqua Hotshots
 RTB: Raise the Bar
 SAC: Seattle Athletic Club
 SAMM: Samena Club
 SSEA: Swim Seattle
 STRM: Storm Lake Aquatics
 SVY: Skagit Valley YMCA
 SWIM: South Whidbey Island Masters</p> | <p>TACM: Thunderbird Aquatic Masters
 TACY: Tacoma Pierce County YMCA
 TIG: Tigers
 TSC: Tacoma Swim Club
 TMS: Thorbecke's Masters Swimming
 UNAT: Unattached to a Team
 UPAC: University Place Aquatic Club
 VAM: Vashon Aquatic Masters
 VAST: Valley Aquatic Swim Team
 VFC: Valley Fitness Center
 WAC: Washington Athletic Club
 WCY: Whatcom County YMCA
 WEST: West coast Aquatics Masters
 WSAS: West Seattle All-Stars
 WSYD: West Seattle YMCA Dolphins
 WWUS: Western WA U Masters
 Swimming
 YNOT: Y Nauts</p> |
|---|--|--|

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



2006 Membership Application
Pacific Northwest Association of Masters Swimmers

New Swimmer

Returning USMS Swimmer
 (Old Number _____)

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 please print carefully

Telephone: (____) _____

If you coach a Masters swim team check here
If you are an Official please check here
I am interested helping the PNA committee

CLUB: Pacific NW Aquatics (PNA) **AND** **Team :** _____
 Or Unattached **OR** Unattached

2006 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. (There is no discount for those not wishing to receive the national publication).

Choose a membership level A, B, or C below.

A. Regular: 11/01/05 thru 12/31/06	\$35	Make check payable to: PNA
B. Need-based or Seniors (65 & over):	\$25	Mail to: Arni H. Litt, Registrar
C. End of Year 09/01/06-12/31/06	\$20	1920 10th Ave E
Foreign address, add	\$10	Seattle, WA 98102-4253

Optional Donations:

USMS Endowment Fund \$ _____
 International Swimmers Hall of Fame \$ _____
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. 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** _____

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

TEAMS

- | | | |
|--|---|--|
| BAM: Bainbridge Area Masters | MIR: Mercer Island Redwoods | SVY: Skagit Valley YMCA |
| BC: Bellevue Club | MMST: Meredith Mathews E Madison | SWIM: South Whidbey Island Masters |
| BEST: Bellevue Eastside Masters | YMCA Mudskippers | TACM: Thunderbird Aquatic Masters |
| BBST: Bellingham Bay Swim Team | NEO: North End Otters | TACY: Tacoma Pierce County YMCA |
| BMSC: Bellingham Masters Swim Club | NHM: Newport Hills Masters | TIG: Tigers |
| BS: Brooks Swimming | NSYG: Northshore Y's Guys | TSC: Tacoma Swim Club |
| CAC: Columbia Athletic Masters | NWM: North Whidbey Masters | TMS: Thorbecke's Masters Swimming |
| DSYM: Downtown Seattle YMCA Masters | OOPS: Old Olympic Peninsula Swimmers | UNAT: Unattached to a Team |
| ESCM: Evergreen Swim Club Masters | ORCA: Orca Swim Club | UPAC: University Place Aquatic Club |
| FSJ: Fins of the San Juans | PAC: Poseidon Aquatic Club | VAM: Vashon Aquatic Masters |
| FTSW: Ft. Steilacoom - WAKO | PAM: PAMS | VAST: Valley Aquatic Swim Team |
| FWM: Federal Way Master | PRO: Pro Sports Club | VFC: Valley Fitness Center |
| GACM: Gateway Athletic Club | PTMS: Port Townsend Master Swimmers | WAC: Washington Athletic Club |
| GCMS: Gold Creek Masters (GCM) | QASC: Queen Anne Swim Club | WCY: Whatcom County YMCA |
| GLAD: Greenlake Aquaducks | RAH: Redmond Aqua Hotshots | WEST: West coast Aquatics Masters |
| HMST: Husky Masters | RTB: Raise the Bar | WSAS: West Seattle All-Stars |
| ISST: Issaquah Swim Team | SAC: Seattle Athletic Club | WSYD: West Seattle YMCA Dolphins |
| JAM: Juanita Aquatic Masters | SAMM: Samena Club | WWUS: Western WA U Masters Swimming |
| LUNA: Team Luna | SSEA: Swim Seattle | YNOT: Y Nauts |
| LWS: Lynnwood Sharks | STRM: Storm Lake Aquatics | |



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 _____

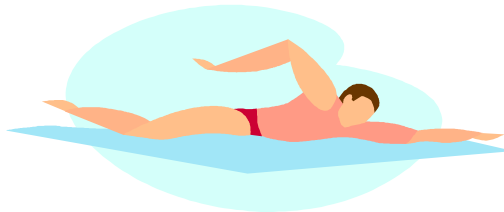
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E-MAIL _____

Change of Address

New Subscription

March 2006 Issue



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

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