



At Anacortes, the Masters Show How It's Done

Editor's Note: Author Leslie Baca is a junior at Anacortes High School interested in journalism. She wrote this article for the "Anacortes American" as part of her senior project and graciously offered it to *The WetSet*. Leslie is the daughter of TACM swimmers Terri Porter and Jon Baca. *The WetSet* editor has added a few items to the article.

Uniform looks of gaping incredulity on the faces of high school students, 60-year old men proudly sporting Speedos and children of all ages cheering on their parents (or grandparents) are not the typical sights at swim meets. But then again, a Masters meet is not exactly a typical swim meet.

The most recent PNA meet was on January 20 at the Fidalgo Pool and Fitness Center in Anacortes. This annual meet is hosted by a coalition of the three teams that share the pool: the Thunderbird Aquatic Club, an age group swim team whose coach Myke Lund was meet director; TAC Masters, the Masters division of the same team; and the Anacortes High School Boys' Swim Team.

Big Turnout

Together these teams put on a meet that remains popular in its fourth year—this year there were 105 swimmers entered from as far away as Oregon, a big jump from

last year's field of 85.

North Whidbey made its usual strong showing with about 18 swimmers. Other teams fielding sizeable complements of participants were Skagit Valley Y, Western Washington University, Whatcom County YMCA and Bellingham.

Masters Motivate Age Group Swimmers

PNA president Jeanne Ensign, who didn't swim but attended the meet to lend moral support to the swimmers, dubbed the Anacortes event an "enthusiastic meet." This is due in no small part to the work force of the Anacortes High School boys, who served as everything from timers to announcer. "Masters love to see age group teams participating," Jeanne said, "and it is great for them [age groupers] to see that there is life in swimming after high school."

The high school swimmers certainly echoed that sentiment. For them this Masters meet is not only a fundraiser, but an inspiration. Andrew Jenssen, team co-captain, stated "Masters is a great example of commitment," an attribute that would be welcome on the high school team. The other co-captain, Ian Reeves, exclaimed abashedly "These people are fast!"

(Continued on page 8)



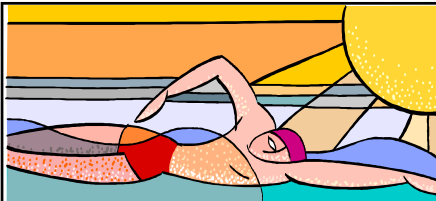
Nancy Speser (PTMS) shows the latest in racing swimsuit wear at the Anacortes meet.

Photo by Steve Peterson

INSIDE



Leading Off	Page 2
Masters Calendar	Page 3
Coach of the Year Nomination Form	Page 12
Briggs YMCA Meet Entry Form	Page 15
Champs Meet Entry Form	Pages 16-17
PNA Team Registration Form	Page 18
PNA Registration Form	Page 19



THE WET SET

Volume 27 • Issue 1
February 2007

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
sarahwelch@comcast.net

Secretary

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

Board Members at-Large

Kathy Casey (253) 588-4879
kathyjcasey@comcast.net
Tom Foley (206) 937-5585
lilmot@hotmail.com
Toby Coenen (425) 836-8943
tcoenen@wilsonengineering.com

PNA Volunteers

Registrar

Arni Litt (206) 849-1387
1920 10th Ave E
Seattle WA 98102-4253
arni@qwest.net

Awards: Kelly Crandell

Coaches: Wendy Neely

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: Rondamarie Smith

An opportunity to expand your swimming horizons comes this spring when PNA hosts USMS Short Course Nationals at the Weyerhaeuser King County Aquatic Center in Federal Way. I have already heard from fellow swimmers "Oh, I am not fast enough to swim in that meet." While there is a requirement that you meet qualifying times in order to swim six events, you can swim three events without meeting those times.

We will not know until registration closes April 12th how many swimmers we will have, but we estimate between 1,200 and 1,600. To put on a meet this size takes many volunteers, and we need your assistance. Having worked at national meets before – this is the fourth time that PNA has hosted Nationals – I know that I won't be swimming my best times but that won't keep me out of the water. Maybe because I didn't get enough warm up in or soon enough, or that I was distracted by visiting with an old friend, or that I filled in for another volunteer while he or she was swimming an event, but I cannot imagine going to the meet and not swimming.

If you have been to Nationals before, you know the excitement surrounding the entire meet. If you have not been before you are in for a treat. Take my advice: plan on coming, plan on volunteering, and plan on swimming! You won't be sorry. Online entry is now available at www.usms.org, and also the complete entry form and meet information, including qualifying times, are in the January/February issue of "USMS SWIMMER."

LEADING OFF



By Jeanne Ensign,
PNA President

To be ready to compete at Nationals, you may need more practice. Ask your coach to work with you, or find some time on your own, to practice starts using the starting blocks. Ensure that your strokes and turns are legal. Practice getting the most out of your finishes—reach for the wall at the finish and keep your head down all the way in. If you have questions ask your coach, see the USMS Rule Book (available online at www.usms.org/rules/) or contact our own Kathy Casey, USMS Rules Chair at rules@usms.org.

What better place to practice than at a meet? March, Briggs YMCA in Olympia; April, PNA Champs at WKCAC and NW Zones in Bend; and all of a sudden you have had practice and you are ready. Dust off your competition goggles, squeeze into that sleek suit, and show up. We would love to have you.

Sarah Welch, our volunteer coordinator, would love to have you come as well. She has focused some of the larger PNA teams in specific areas but she has a place and a job for everyone.

Please join in and help make our meet a success—both as a swimmer and a volunteer. I look forward to seeing you.

United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers are now, as they always have 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 2007 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**.*

January 1 to December 31, 2007
Fitness Check-Off Challenge
Le Tour de Pool
Hugh Moore
swimmooore@comcast.net
Visit www.usms.org/fitness for entry form.

March 24, 2007
SCY Meet
Briggs YMCA
Lacey, Wash.
Entry form on page 15.

March 27, 2007
PNA Board Meeting, 6:45 p.m.
Yesler Community Center
917 E. Yesler Way, Seattle

April 14 & 15, 2007
SCY PNA Champs
Weyerhaeuser King County Aquatic Center
Federal Way, Wash.
Entry form on pages 16-17.

April 20 to April 22, 2007
Oregon Association/NW Zone SCY Championships - Bend, Ore.

April 24, 2007
PNA Board Meeting, 6:45 p.m.
Yesler Community Center
917 E. Yesler Way, Seattle

May 15 to September 15, 2007
USMS 5 and 10 km Postal Championships
Susan Ingraham; (210) 493-0388
aquatex101@aol.com

May 17 to May 20, 2007
USMS Short Course Championships
Weyerhaeuser King County Aquatic Center
Federal Way, Wash.
Jane Moore, (253) 759-4956
swimmooore@comcast.net

May 19, 2007
USMS 3-6 Mile Open Water Championships (5 km) - Gulf of Mexico, Ft. Myers Beach, FL

May 27, 2007
USMS 1 Mile Open Water Championships
Lake Audubon, Reston, VA
Gordon Gerson (703) 845-SWIM
rmst@restonmasters.org;
www.restonmasters.org;

July 1, 2007
Canada Day OW
1km, 2km & 4km
Sasamat Lake, B.C.
www.vovsa.bc.com

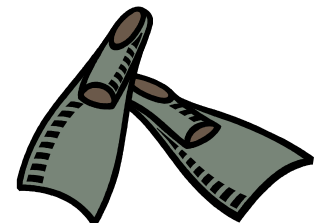
July 14, 2007
Fat Salmon OW
1 & 3 miles distances
Lake Washington
fatsalmonswim@gmail.com

July 14, 2007
USMS 6+ Mile Open Water Championships (10 km) - Huntington Bay, Huntington, N.Y.

July 14, 2007
Lake Padden OW

July 22, 2007
Bay Challenge OW
10km-solo and team
Sandy Cover to Kits Beach. B.C.
www.vovsa.bc.com

July 28, 2007
Kits Challenge OW
1km, 2km & 4km
Kits Beach, B.C.
www.vovsa.bc.com



Web Guide

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

PNA Masters Swimming
US Masters Swimming
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



Anacortes Meet Short Course Yards January 20, 2007

PNA
01-20-07
SHORT COURSE YARDS
P = P.N.A. RECORD
Z = NORTHWEST ZONE RECORD
N = NATIONAL RECORD
W = WORLD RECORD
S = SPLIT TIME
U = UNOFFICAL TIME (1 WATCH)

MICHELLE MCRAE 31 BADD 2:14.46
500 YD. FREE
MICHELLE MCRAE 31 BADD 6:05.86
200 YD. I.M.
MICHELLE MCRAE 31 BADD 2:37.65

C.RODEHEFER 40 NWM 2:50.74
500 YD. FREE
C.RODEHEFER 40 NWM 7:31.30
WHEELER-MCINVAILL 44 SWIM 7:42.54
200 YD. BACK
WENDY HOFFMAN 44 UNAT 3:04.15
50 YD. BRST
WHEELER-MCINVAILL 44 SWIM 45.28
100 YD. BRST
RENEE QUISTRF 42 NEO 1:32.68
100 YD. FLY
BECKY KLIEMAN 43 NWM 1:17.59
100 YD. I.M.
RENEE QUISTRF 42 NEO 1:17.10
BECKY KLIEMAN 43 NWM 1:18.16
200 YD. I.M.
BECKY KLIEMAN 43 NWM 2:50.53
400 YD. I.M.
RENEE QUISTRF 42 NEO 6:10.06
C.RODEHEFER 40 NWM 7:08.15

WOMEN 18-24

50 YD. FREE
MARION GALLAGHER 23 UNAT 25.33
ERIN JACOBSON 22 WWUS 26.88
ANDREA SMITH 21 WWUS 27.79
LAUREN SMITH 20 WWUS 29.73
ELISHA NAYLOR 20 WWUS 29.96
EMIKO MAR 20 WWUS 30.69
MARY WELCH 24 PTMS 33.59
KARA SHAFER 22 SVY 34.19
100 YD. FREE
MARION GALLAGHER 23 UNAT 55.76
ERIN JACOBSON 22 WWUS 1:00.63
KARA SHAFER 22 SVY 1:18.92
MARY WELCH 24 PTMS 1:22.86
200 YD. FREE
MARY WELCH 24 PTMS 2:37.98
50 YD. BACK
ANDREA SMITH 21 WWUS 32.85
MARY WELCH 24 PTMS 42.19
50 YD. BRST
MARION GALLAGHER 23 UNAT 32.12 Z
ANDREA SMITH 21 WWUS 36.61
KARA SHAFER 22 SVY 43.11
MARY WELCH 24 PTMS 47.93
100 YD. BRST
MARION GALLAGHER 23 UNAT 1:09.35 Z
50 YD. FLY
ANDREA SMITH 21 WWUS 29.93
LAUREN SMITH 20 WWUS 30.43
ERIN JACOBSON 22 WWUS 30.68
EMIKO MAR 20 WWUS 32.62
ELISHA NAYLOR 20 WWUS 34.12
100 YD. I.M.
ANDREA SMITH 21 WWUS 1:09.04
ERIN JACOBSON 22 WWUS 1:10.59
LAUREN SMITH 20 WWUS 1:14.62
EMIKO MAR 20 WWUS 1:22.90

WOMEN 25-29

100 YD. FREE
KELEY CRANDELL 26 UPAC 1:03.01
50 YD. BRST
ERIN BUNKER 27 TACM 38.08
100 YD. BRST
KELEY CRANDELL 26 UPAC 1:21.40
ERIN BUNKER 27 TACM 1:23.85
50 YD. FLY
KELEY CRANDELL 26 UPAC 32.30
100 YD. I.M.
KELEY CRANDELL 26 UPAC 1:13.22
ERIN BUNKER 27 TACM 1:15.59

WOMEN 30-34

50 YD. FREE
MICHELLE MCRAE 31 BADD 28.27
100 YD. FREE
MICHELLE MCRAE 31 BADD 1:00.90
200 YD. FREE

WOMEN 35-39

50 YD. FREE
JENNY WARD 35 WSYD 26.49
M.MCCONNELL 39 PTMS 29.95
KATHY MOORE 39 UNAT 33.39
KATHERINE ROGERS 39 SWIM 33.52
RUTH MASTERS 39 TACM 35.98
CRISTINA COOK 37 SVY 58.61
100 YD. FREE
LINDA HEGERBERG 36 BMSC 1:01.13
MEGAN BUSSART 36 BMSC 1:03.37
M.MCCONNELL 39 PTMS 1:07.98
KATHERINE ROGERS 39 SWIM 1:12.26
RUTH MASTERS 39 TACM 1:26.37
200 YD. FREE
M.MCCONNELL 39 PTMS 2:29.81
SHANNON SINGER 36 SVY 2:56.19
500 YD. FREE
KATHERINE ROGERS 39 SWIM 7:07.59
HELENE KALE 36 SVY 7:44.32
SHANNON SINGER 36 SVY 7:48.91
50 YD. BACK
JENNY WARD 35 WSYD 31.90
KATHY MOORE 39 UNAT 39.45
SHANNON SINGER 36 SVY 41.58
HELENE KALE 36 SVY 45.59
CRISTINA COOK 37 SVY 55.61
100 YD. BACK
LINDA HEGERBERG 36 BMSC 1:08.57
MEGAN BUSSART 36 BMSC 1:13.83
RUTH MASTERS 39 TACM 1:39.43
200 YD. BACK
MEGAN BUSSART 36 BMSC 2:40.69
50 YD. BRST
LINDA HEGERBERG 36 BMSC 33.74
JENNY WARD 35 WSYD 40.52
KATHY MOORE 39 UNAT 45.12
HELENE KALE 36 SVY 50.15
CRISTINA COOK 37 SVY 56.07
100 YD. BRST
MEGAN BUSSART 36 BMSC 1:22.03
200 YD. BRST
LINDA HEGERBERG 36 BMSC 2:36.60
50 YD. FLY
JENNY WARD 35 WSYD 30.85
KATHY MOORE 39 UNAT 36.76
HELENE KALE 36 SVY 46.43
100 YD. I.M.
JENNY WARD 35 WSYD 1:09.79
KATHERINE ROGERS 39 SWIM 1:27.96
SHANNON SINGER 36 SVY 1:31.33
HELENE KALE 36 SVY 1:32.78
200 YD. I.M.
LINDA HEGERBERG 36 BMSC 2:24.92

WOMEN 40-44

50 YD. FREE
RENEE QUISTRF 42 NEO 30.66
100 YD. FREE
WENDY HOFFMAN 44 UNAT 1:14.85
C.RODEHEFER 40 NWM 1:17.49
WHEELER-MCINVAILL 44 SWIM 1:20.40
200 YD. FREE
RENEE QUISTRF 42 NEO 2:30.34
WENDY HOFFMAN 44 UNAT 2:44.42

WOMEN 45-49

50 YD. FREE
TERRI PORTER 45 TACM 29.31
DEBBY SPENCE 45 NWM 29.78
100 YD. FREE
NANCY SPESER 49 PTMS 1:27.62
50 YD. BACK
DEBBY SPENCE 45 NWM 36.73
50 YD. BRST
TERRI PORTER 45 TACM 36.71
DEBBY SPENCE 45 NWM 39.71
NANCY SPESER 49 PTMS 45.63
100 YD. BRST
TERRI PORTER 45 TACM 1:23.15
50 YD. FLY
DEBBY SPENCE 45 NWM 32.55
100 YD. I.M.
DEBBY SPENCE 45 NWM 1:15.45
NANCY SPESER 49 PTMS 1:44.14

WOMEN 50-54

50 YD. FREE
L.VONROSENSTIEL 52 SWIM 29.78
JANET JOHNSON 52 PTMS 34.09
JULIE WILSON 54 NWM 36.86
MARSHA HANSON 52 SVY 40.39
SANDRA SMITH 54 SVY 1:01.41
100 YD. FREE
L.VONROSENSTIEL 52 SWIM 1:08.61
JULIE WILSON 54 NWM 1:24.13
REBECCA LOGSDON 52 SAC 1:45.15
SANDRA SMITH 54 SVY 2:31.46
200 YD. FREE
JULIE WILSON 54 NWM 2:58.06
500 YD. FREE
REBECCA LOGSDON 52 SAC 10:04.45
50 YD. BACK
REBECCA LOGSDON 52 SAC 55.20
100 YD. BACK
REBECCA LOGSDON 52 SAC 1:55.67
200 YD. BACK
REBECCA LOGSDON 52 SAC 4:02.51
50 YD. BRST
JANET JOHNSON 52 PTMS 42.59
MARSHA HANSON 52 SVY 49.98
100 YD. BRST
JANET JOHNSON 52 PTMS 1:34.80
MARSHA HANSON 52 SVY 1:50.60
200 YD. BRST
JANET JOHNSON 52 PTMS 3:24.90



50 YD. FLY		
ANN BAILEY	50 PTMS	36.87
100 YD. FLY		
ANN BAILEY	50 PTMS	1:23.69
200 YD. FLY		
ANN BAILEY	50 PTMS	3:12.70
100 YD. I.M.		
JANET JOHNSON	52 PTMS	1:32.32

WOMEN 55-59

50 YD. FREE		
JANE MOORE	56 UPAC	41.72
500 YD. FREE		
BRENDA BECKETT	57 FSJ	7:08.97
50 YD. BACK		
KATHRINE CASEY	58 FTSW	39.73
100 YD. BACK		
KATHRINE CASEY	58 FTSW	1:24.32
TANN DONOSO	55 WCY	1:52.31
200 YD. BACK		
KATHRINE CASEY	58 FTSW	3:01.08
50 YD. BRST		
TANN DONOSO	55 WCY	59.09
JANE MOORE	56 UPAC	59.34
50 YD. FLY		
SARAH WELCH	59 NEO	35.85
KATHRINE CASEY	58 FTSW	41.16
BRENDA BECKETT	57 FSJ	42.45
TANN DONOSO	55 WCY	51.58
JANE MOORE	56 UPAC	57.11
100 YD. FLY		
SARAH WELCH	59 NEO	1:28.51
200 YD. FLY		
KATHRINE CASEY	58 FTSW	3:35.93
200 YD. I.M.		
SARAH WELCH	59 NEO	3:02.58
TANN DONOSO	55 WCY	3:58.00
JANE MOORE	56 UPAC	4:05.47

WOMEN 60-64

50 YD. FREE		
SALLY DILLON	60 NWM	32.45
PINKY WALKER	64 TACM	33.46
100 YD. FREE		
SALLY DILLON	60 NWM	1:12.34
JOAN DELGADO	61 NWM	1:20.29
ARNI LITT	60 GLAD	1:20.55
200 YD. FREE		
SALLY DILLON	60 NWM	2:40.06 P
ARNI LITT	60 GLAD	2:52.02
500 YD. FREE		
JOAN DELGADO	61 NWM	8:01.40
50 YD. BACK		
PINKY WALKER	64 TACM	39.01
100 YD. BACK		
PINKY WALKER	64 TACM	1:24.79
200 YD. BACK		
JOAN DELGADO	61 NWM	3:40.43
50 YD. BRST		
ARNI LITT	60 GLAD	45.19
100 YD. BRST		
ARNI LITT	60 GLAD	1:41.35
200 YD. BRST		
ARNI LITT	60 GLAD	3:33.88
100 YD. I.M.		
PINKY WALKER	64 TACM	1:27.22
200 YD. I.M.		
PINKY WALKER	64 TACM	3:17.54

WOMEN 65-69

50 YD. FREE		
DOLORES DINNEEN	69 UNAT	51.01
100 YD. FREE		
DOLORES DINNEEN	69 UNAT	1:57.99
500 YD. FREE		
DOLORES DINNEEN	69 UNAT	10:41.20

WOMEN 75-79

50 YD. FREE		
BERNICE PHILLIPS	79 BAM	57.69

100 YD. FREE		
BERNICE PHILLIPS	79 BAM	2:15.15
500 YD. FREE		
JANET KAVADAS	75 NEO	11:20.78
50 YD. BACK		
BERNICE PHILLIPS	79 BAM	54.04
100 YD. BACK		
BERNICE PHILLIPS	79 BAM	1:58.73
JANET KAVADAS	75 NEO	2:05.71
200 YD. BACK		
BERNICE PHILLIPS	79 BAM	4:42.49
50 YD. BRST		
JANET KAVADAS	75 NEO	1:10.79
50 YD. FLY		
JANET KAVADAS	75 NEO	1:33.41

MEN 18-24

50 YD. FREE		
JORDAN RICE	22 RAT	23.92
100 YD. FREE		
JORDAN RICE	22 RAT	53.86
MARK FANNING	21 WWUS	54.44
ADAM CLUMP	23 NWM	1:02.03
200 YD. FREE		
ADAM CLUMP	23 NWM	2:19.11
50 YD. BACK		
MARK FANNING	21 WWUS	28.99
100 YD. BACK		
MARK FANNING	21 WWUS	1:03.03
50 YD. BRST		
JORDAN RICE	22 RAT	31.14
ADAM CLUMP	23 NWM	35.65
100 YD. BRST		
JORDAN RICE	22 RAT	1:09.11
100 YD. I.M.		
JORDAN RICE	22 RAT	1:02.02

MEN 25-29

50 YD. FREE		
ROSS LINDERMAN	29 ORCA	24.75
100 YD. FREE		
ROSS LINDERMAN	29 ORCA	54.99
50 YD. BACK		
ROSS LINDERMAN	29 ORCA	31.33
GARY KAMIKAWA	29 NSYG	32.07
200 YD. BACK		
ROSS LINDERMAN	29 ORCA	2:27.39
50 YD. FLY		

ROSS LINDERMAN	29 ORCA	26.80
GARY KAMIKAWA	29 NSYG	27.09
100 YD. FLY		
GARY KAMIKAWA	29 NSYG	1:03.38

MEN 30-34

50 YD. FREE		
STEVEN ROSARIA	32 PRO	24.82
MARIO DELAGRO	34 UNAT	27.23
JASON LASSEN	34 BMSC	33.01
100 YD. FREE		
MARIO DELAGRO	34 UNAT	1:00.58
200 YD. FREE		
STEVEN ROSARIA	32 PRO	2:05.01
500 YD. FREE		
STEVEN ROSARIA	32 PRO	5:54.58
50 YD. BRST		
JASON LASSEN	34 BMSC	37.76
100 YD. BRST		
STEVEN ROSARIA	32 PRO	1:11.78
JASON LASSEN	34 BMSC	1:24.61
200 YD. BRST		
JASON LASSEN	34 BMSC	2:59.02
100 YD. I.M.		
JASON LASSEN	34 BMSC	1:30.08

MEN 35-39

50 YD. FREE		
KERRY NESS	37 SVY	32.31
100 YD. FREE		
TROY HUSBAND	37 SVY	58.57
50 YD. BACK		
KERRY NESS	37 SVY	43.38
100 YD. BACK		
TROY HUSBAND	37 SVY	1:07.80
50 YD. BRST		
KERRY NESS	37 SVY	40.20
100 YD. BRST		
KERRY NESS	37 SVY	1:31.00
100 YD. I.M.		
TROY HUSBAND	37 SVY	1:06.73
KERRY NESS	37 SVY	1:22.49

MEN 40-44

50 YD. FREE		
SCOTT ELLIOTT	42 SVY	25.77
100 YD. FREE		



Debby Spence (NWM), left, and Lisa Dahl (BAM)

Photo by Steve Peterson

Photo by Steve Peterson



Several members of the South Whidbey Island Masters

SCOTT ELLIOTT	42 SVY	57.85
50 YD. BACK		
SCOTT ELLIOTT	42 SVY	30.10
50 YD. FLY		
SCOTT ELLIOTT	42 SVY	28.78
100 YD. I.M.		
SCOTT ELLIOTT	42 SVY	1:07.92

MEN 45-49

50 YD. FREE		
JAY LEIGH	48 UNAT	23.68
JON BACA	46 TACM	23.90
COLIN CHINN	48 NWM	25.33
ERIC VALLEY	45 TVA	25.82
JAMES UNDERBRINK	46 WSYD	26.13
PERRY MORIN	48 GLAD	26.34
DALE HERRINGSTAD	45 TACM	27.14
100 YD. FREE		
JAY LEIGH	48 UNAT	53.42
STEVE FINNEY	47 WSYD	54.95
COLIN CHINN	48 NWM	56.57
DALE CARY	49 UNAT	58.06
DALE HERRINGSTAD	45 TACM	59.19
JAMES UNDERBRINK	46 WSYD	1:01.01
200 YD. FREE		
ERIC VALLEY	45 TVA	2:04.56
DALE HERRINGSTAD	45 TACM	2:09.17
DALE CARY	49 UNAT	2:09.94
STEVEN WADE	48 SVY	2:38.35
500 YD. FREE		
ERIC VALLEY	45 TVA	5:37.08
COLIN CHINN	48 NWM	5:49.53
KEVIN AMES	49 PTMS	5:57.05
STEVEN WADE	48 SVY	7:02.24
50 YD. BACK		
JAMES UNDERBRINK	46 WSYD	32.22
200 YD. BACK		
DALE HERRINGSTAD	45 TACM	2:20.57
50 YD. BRST		
JON BACA	46 TACM	30.01
PERRY MORIN	48 GLAD	35.03
JAMES UNDERBRINK	46 WSYD	35.07
100 YD. BRST		
JON BACA	46 TACM	1:06.61
KEVIN AMES	49 PTMS	1:13.96
DALE CARY	49 UNAT	1:15.48
50 YD. FLY		
JAY LEIGH	48 UNAT	26.31
JON BACA	46 TACM	26.40

STEVE FINNEY	47 WSYD	27.05
JAMES UNDERBRINK	46 WSYD	29.01
PERRY MORIN	48 GLAD	30.18
100 YD. FLY		
STEVE FINNEY	47 WSYD	1:01.42
DALE CARY	49 UNAT	1:05.32
100 YD. I.M.		
JAY LEIGH	48 UNAT	1:02.02
KEVIN AMES	49 PTMS	1:06.56
DALE CARY	49 UNAT	1:07.59
200 YD. I.M.		
DALE HERRINGSTAD	45 TACM	2:32.44

MEN 50-54

50 YD. FREE		
JAMES KENDRICK	54 SVY	26.24
JIM GROSS	52 SVY	27.22
100 YD. FREE		
JAMES KENDRICK	54 SVY	58.76
JIM GROSS	52 SVY	1:00.65
JOHN DEWIT	54 PTMS	1:00.80
KURT JOHNSON	53 SWIM	1:07.90
JEAN FANKHAUSER	52 SWIM	1:20.83
200 YD. FREE		
JOHN DEWIT	54 PTMS	2:17.21
JIM GROSS	52 SVY	2:17.26
JAMES KENDRICK	54 SVY	2:18.18
JEAN FANKHAUSER	52 SWIM	3:06.55
500 YD. FREE		
JOHN DEWIT	54 PTMS	6:13.11
JIM GROSS	52 SVY	6:15.18
JAMES KENDRICK	54 SVY	6:30.66
KURT JOHNSON	53 SWIM	7:07.09
JEAN FANKHAUSER	52 SWIM	8:11.32
50 YD. BACK		
BILL KNOWLTON	54 WSYD	32.45
200 YD. BACK		
JOHN BAILEY	51 PTMS	2:19.59
BILL KNOWLTON	54 WSYD	2:28.29
100 YD. BRST		
KURT JOHNSON	53 SWIM	1:24.88
200 YD. BRST		
JOHN BAILEY	51 PTMS	2:33.84
50 YD. FLY		
KURT JOHNSON	53 SWIM	32.25
100 YD. FLY		
JEAN FANKHAUSER	52 SWIM	1:55.26
200 YD. I.M.		
JOHN BAILEY	51 PTMS	2:16.23

MEN 55-59

50 YD. FREE		
MICHAEL SPENCE	55 NWM	35.33
100 YD. FREE		
GORDON CLARK	55 UNAT	59.96
MIKE KOENIG	55 BADD	1:06.58
CRAIG CARLSON	59 NWM	1:13.78
MICHAEL SPENCE	55 NWM	1:24.80
200 YD. FREE		
CRAIG CARLSON	59 NWM	2:44.91
RON HANSEN	57 SVY	2:56.97
JOHN YAEGER	58 SVY	3:07.31
500 YD. FREE		
CRAIG CARLSON	59 NWM	7:21.17
RON HANSEN	57 SVY	7:47.42
JOHN YAEGER	58 SVY	8:15.37
MICHAEL SPENCE	55 NWM	8:32.20
50 YD. BACK		
GORDON CLARK	55 UNAT	32.32
MIKE KOENIG	55 BADD	35.49
RON HANSEN	57 SVY	45.40
100 YD. BACK		
GORDON CLARK	55 UNAT	1:10.33
MIKE KOENIG	55 BADD	1:18.68
200 YD. BACK		
GORDON CLARK	55 UNAT	2:38.06
MIKE KOENIG	55 BADD	2:52.95
50 YD. BRST		
CRAIG CARLSON	59 NWM	40.86
100 YD. BRST		
CRAIG CARLSON	59 NWM	1:30.56
RON HANSEN	57 SVY	1:37.16
MICHAEL SPENCE	55 NWM	1:49.79
100 YD. I.M.		
RON HANSEN	57 SVY	1:38.26

MEN 60-64

50 YD. FREE		
STEVEN PETERSON	60 OOPS	29.97
DON SCHAEFER	62 SWIM	31.56
100 YD. FREE		
JAMES MCCLEERY	61 NWM	59.21 P
DON SCHAEFER	62 SWIM	1:17.59
JEFF JACOBSEN	62 SWIM	1:18.57
200 YD. FREE		
JAMES MCCLEERY	61 NWM	2:06.38 P
JEFF JACOBSEN	62 SWIM	2:52.13
500 YD. FREE		
JAMES MCCLEERY	61 NWM	5:34.03
JEFF JACOBSEN	62 SWIM	7:45.14
200 YD. BACK		
JAMES MCCLEERY	61 NWM	2:32.95
200 YD. BRST		
STEVEN PETERSON	60 OOPS	2:41.75 Z
50 YD. FLY		
PAUL MONOHON	61 TACM	29.65
100 YD. FLY		
PAUL MONOHON	61 TACM	1:15.13 P
200 YD. FLY		
STEVEN PETERSON	60 OOPS	2:58.59 P
100 YD. I.M.		
PAUL MONOHON	61 TACM	1:16.47
200 YD. I.M.		
JEFF JACOBSEN	62 SWIM	3:31.99

MEN 65-69

50 YD. FREE		
ALLEN MCDUGALL	65 NWM	30.51
MICHAEL NORDBY	65 NEO	30.75
BOB DAVIS	65 WAC	34.49
500 YD. FREE		
ALLEN MCDUGALL	65 NWM	6:53.80
BOB DAVIS	65 WAC	8:02.70
50 YD. BACK		
LEE CARLSON	66 TACM	39.53
100 YD. BACK		
ALLEN MCDUGALL	65 NWM	1:18.30
LEE CARLSON	66 TACM	1:28.35
200 YD. BACK		
LEE CARLSON	66 TACM	3:14.96
50 YD. BRST		



ALLEN MCDUGALL	65 NWM	37.76
100 YD. BRST		
ALLEN MCDUGALL	65 NWM	1:22.52
50 YD. FLY		
MICHAEL NORDBY	65 NEO	33.19
100 YD. FLY		
MICHAEL NORDBY	65 NEO	1:22.81 P
200 YD. FLY		
MICHAEL NORDBY	65 NEO	3:16.21 P
400 YD. I.M.		
MICHAEL NORDBY	65 NEO	6:10.23

MEN 70-74

50 YD. FREE		
GORDON HALLY	70 UNAT	34.12
HI BRONSON	72 SVY	37.34
DICK LEVIN	74 BAM	48.48
100 YD. FREE		
DICK LEVIN	74 BAM	1:57.43
50 YD. BACK		
HI BRONSON	72 SVY	58.77
50 YD. BRST		
DON REHFELDT	72 UNAT	47.24
200 YD. BRST		
DON REHFELDT	72 UNAT	3:54.17
50 YD. FLY		
GORDON HALLY	70 UNAT	41.72
DICK LEVIN	74 BAM	1:08.93

MEN 75-79

50 YD. FREE		
BOB DORSE	75 TIG	32.45 P
100 YD. FREE		
BOB DORSE	75 TIG	1:15.08 P
HARVEY PROSSER	78 NWM	1:19.81
500 YD. FREE		
HARVEY PROSSER	78 NWM	7:51.29
50 YD. FLY		
BOB DORSE	75 TIG	47.81

RELAYS-WOMEN 200 YD.**FREE**

18 +		
MARY WELCH	24 PTMS	2:14.40
NANCY SPESER	49	
JANET JOHNSON	52	
M.MCCONNELL	39	
35 +		
SHANNON SINGER	36 SVY	2:44.58
CRISTINA COOK	37	
MARSHA HANSEN	52	
HELENE KALE	36	

RELAYS-WOMEN 200 YD. MED-**LEY**

18 +		
ERIN JACOBSON	22 WWUS	2:10.40
ANDREA SMITH	21	
LAUREN SMITH	20	
ELISHA NAYLOR	20	
MARY WELCH	24 PTMS	2:32.47
JANET JOHNSON	52	
ANN BAILEY	50	
M.MCCONNELL	39	
35 +		
JOAN DELGADO	61 PNNW	2:34.83
JULIE WILSON	54	
BECKY KLIEMAN	43	
DEBBY SPENCE	45	

RELAYS-MEN 200 YD.**FREE**

18 +		
MICHAEL SPENCE	55 PNNW	2:02.85

COLIN CHINN	48
ADAM CLUMP	23
CRAIG CARLSON	59

25 +		
MARIO DELAGRO	34 SVY	1:50.44
JIM GROSS	52	
KERRY NESS	37	
SCOTT ELLIOTT	42	

45 +		
JOHN DEWIT	54 SWIM	2:05.42
KURT JOHNSON	53	
JEAN FANKHAUSER	52	
DON SCHAEFER	62	

RELAYS-MEN 200 YD. MED-**LEY**

18 +		
CRAIG CARLSON	59 PNNW	2:28.61
ADAM CLUMP	23	
COLIN CHINN	48	
MICHAEL SPENCE	55	

RELAYS-MIXED 200 YD.**FREE**

25 +		
DALE HERRINGSTAD	45 TACM	1:48.95
TERRI PORTER	45	
ERIN BUNKER	27	
JON BACA	46	

SHANNON SINGER	36 SVY	2:05.04
TROY HUSBAND	37	
HELENE KALE	36	
MARIO DELAGRO	34	

35 +		
PINKY WALKER	64 TACM	2:16.70
RUTH MASTERS	39	
LEE CARLSON	66	
PAUL MONOHON	61	

45 +		
DEBBY SPENCE	45 PNNW	2:10.38
HARVEY PROSSER	78	
JULIE WILSON	54	
COLIN CHINN	48	

55 +		
MICHAEL SPENCE	55 PNNW	2:15.79
SALLY DILLON	60	
JOAN DELGADO	61	
CRAIG CARLSON	59	

RELAYS-MIXED 200 YD. MED-**LEY**

18 +		
MARK FANNING	21 BMSC	2:06.30
MEGAN BUSSART	36	
JASON LASSEN	34	
LINDA HEGERBERG	36	

HELENE KALE	36 SVY	2:25.46
KARA SHAFER	22	
JIM GROSS	52	
JAMES KENDRICK	54	

25 +		
LEE CARLSON	66 PNTA	2:25.73
ERIN BUNKER	27	
PAUL MONOHON	61	
RUTH MASTERS	39	

35 +		
DEBBY SPENCE	45 PNNW	2:20.05
CRAIG CARLSON	59	
BECKY KLIEMAN	43	
COLIN CHINN	48	

CRISTINA COOK	37 SVY	2:40.09
TROY HUSBAND	37	
SCOTT ELLIOTT	42	
MARSHA HANSON	52	

45 +		
PINKY WALKER	64 TACM	2:12.53
TERRI PORTER	45	
JON BACA	46	
DALE HERRINGSTAD	45	

55 +		
JOAN DELGADO	61 PNNW	2:26.73
ALLEN MCDUGALL	65	
JAMES MCCLEERY	61	
SALLY DILLON	60	

JANE MOORE	56 UNAT	2:44.54
RON HANSEN	57	
STEVEN PETERSON	60	
ARNI LITT	60	

Steve Peterson on Records Broken

At Anacortes, I counted 12 PNA records and three zone records set by seven individuals. Among the PNA record setters: Sally Dillon, NWM (60-64, 200 Free, 2:40.06); Jim McCleery, NWM (60-64, 100 Free: 59.21, 200 Free: 2:06.38); and Bob Dorse, TIG (75-79, 50 Free: 32.45, 100 Free: 1:15.08).

Mike Nordby, NEO (65-69, 100 Fly: 1:22.81, 200 Fly: 3:16.21) and yours truly, OOPS (60-64, 200 Fly: 2:58.59) broke Gene Caddey's 200 Fly record that had stood for three decades. Also, Paul Monohon, TACM (60-64), broke the PNA 100 Fly record I'd just set in October, bettering my time of 1:16.72 with a 1:15.13.

All three Zone records were set in the Breaststroke. Marion Gallagher (23, UNAT) set new marks in the 18-24 50 and 100 Breast (32.12 and 1:09.35, respectively). In the 200 Breast, I broke Aulis Kahkonen's 2:51.68 mark, set in 1992, with a 2:41.75.

I met up with Aulis at the SC Nationals last May at Coral Springs. I told him I'd always admired his speed and was still trying to match his times. In broken Finnish-English he said he and his wife had retired to Florida's Gold Coast where he's still swimming, "but not as fast any more."

(Continued from page 1)

Anacortes Meet

He draws his own inspiration from the Masters example, confessing that "it gives me something to strive for when I'm 60." Well, 60 or over.

Senior Swimmers Shine

The oldest swimmer at this meet was Bernice Phillips, 79, who was first in her age group for every event she entered. She was closely followed by Harvey Prosser, 78, a member of the North Whidbey Masters team. Harvey refers to himself as an "elite" swimmer, though his coach Neil Romney would just call him an elite competitor, as well as "an inspiration for the whole team." Harvey took first in his age group for the 500 yard freestyle, an event that most youngsters quake at the mention of. An ex-fighter pilot, Harvey hurt his back in the Korean War when he had to make an emergency ejection from his plane, but still is an avid competitor.

Different Kind of Competition

Competition in Masters has a very different feel than competition in any other arena or, rather, pool. Terri Porter, a relatively new Masters swimmer who had not swum in a meet since her college competitions 20 years previously, was relieved with the "less stressful" Masters meet. "It was very fun. Everybody was positive and motivating, though it was a bit weird to have your kids urging you on. I had to fight the desire to stop swimming and just order them to stop shouting at me to 'Go!'" said Terri. Pinky Walker, a veteran Masters swimmer of 30 years as well as both a former age group and Masters coach, supplied the reason for the general lack of pressure at Masters meets. "You

Welcome to New PNA Teams

Welcome to the following new teams for 2007:

Bellevue Aquatic Divas & Dudes (BADD). Team rep is Cynthia Hirst (thehirsts@comcast.net), and the coach is Scott Armstrong (sarmstrong@ci.bellevue.wa.us). BADD swims at Bellevue Aquatic Center around noon.

Briggs YMCA Masters Swim (BYMS). Team rep and coach is Mel Smith (melcomplynow@msn.com). BYMS swims at the Briggs Community YMCA early in the morning and is hosting a PNA swim meet in March (see page 15).

Emerald City Multisport Team (ECMT). Team rep and coach is Mary Lassiter (superstar_tri@yahoo.com). Mary is still looking for a pool and works with her triathletes.

Gordon Club (GC). Team rep and coach is Gordon Clark. GC swims at the William Shore Pool in Port Angeles. All you unattached North Peninsula swimmers should contact Gordon (sempervirens@olympen.com).

Logger Masters (LOGS) swims at the WAC and Sand Point Country club (summer). Coach and team

truly are only racing for yourself, against the clock," she said, an assertion that should ring true for all swimmers.

No matter how old one is, no matter what venue one competes in, when all the extraneous distractions are stripped away, the essence of swimming, and competing, remains unchanged. It is just between the swimmer, the stopwatch and the unavoidable Speedo.

rep Robert Moore can be contacted at bob.moore@publicis-usa.com.

Mercer Island Country Club (MICC) swims at the Mercer Island Country Club 6:00 a.m. – 7:00 a.m. on Monday, Wednesday and Friday. Team rep is Wendy Hoffman; coach is Chris Simpson (aquatic@merceraislandCC.com).

South Sound Titans Masters (SSTM). Team rep is Shawn Jones (sstheadcoach@comcast.net); coach is by Diana Ekstrom (coachdiana@comcast.net). SSTM swims at Sumner High School at 5:45 a.m. – 7:00 a.m. Monday through Friday.

New Coaches and Reps

The Skagit Valley YMCA has a new coach and rep, Shannon Singer (ssinger70@aol.com). This team was 14-plus strong at the Anacortes meet and looked real sharp in their matching suits, caps and shirts.

The West Seattle YMCA Dolphins welcome Jenny Ward (ward.jenny@gmail.com) as the new coach and team rep. Many thanks to Chaya Amiad, who coached the team for many years and was awarded the Dawn Muselman Inspirational Swimmer Award in 2003.

The Bellingham Masters Swim club (BMSC) welcomes Coach Lisa Kaufman (lissakco@earthlink.net).

The Fins of San Juans are now represented by Brenda Beckett (bb@beckett.us).

A complete list of registered teams will be published in the April or May-June issue of *The WetSet*. Be sure to get your team registered so that each team can compete for points in the April PNA Championship Swim Meet.





Briggs Community YMCA Masters **Beat the Clock Meet**

Saturday, March 24, 2007
Olympia, Washington

1. Must be a registered Master Swimmer. USMS 2007 Membership form available at <http://www.swimpna.org/regform.pdf>.
2. Meet entry forms available at <http://www.swimpna.org>.
3. Entry fee \$13 + \$1.00 per event (max events = 5).
4. Please send entries postmarked no later than March 14, 2007.

**THIS IS THE LAST CHANCE TO SWIM AN EVENT
IN A PNA MEET BEFORE THE ENTRY DEADLINE
FOR USMS NATIONAL SHORT COURSE
CHAMPIONSHIPS IN FEDERAL WAY, WASH.,
MAY 17-20, 2007.**

For additional information contact:

Mel Smith
melcomplynow@msn.com

Kathy Morris
swimgal51@comcast.net

Welcome New PNA Swimmers

Anika Ahmed
Luis Alonso
Jill Barrett
Heather Biermann
Joshua Blackmer
Paige Boyer
David Bray
Paul Broderick
Erin Bunker
Ilan Caron
Carter Case
Patricia Charles
Shannon Chong
Cristina Cook
Evin Cramer
Mario DelNagro
Luis Diaz
Jan Elsasser

Kelly Farrell
Thomas Gibson
T.R. Gratz
Diane Griffin
Coralie Gustafson
Merry Henneberger
Dale Herrigstad
Christopher Hinds
Tuyen Hoang
Gary Hundrup
Jennifer Johnston
Christy Jones
David Keith
Brita Kiffney
Brian Knittle
Martha Layzer
Jay Leigh
Dick Levin
Mary Lindsley
Heidi Ludwig
Ruth Masters
John Maulding
Michelle McConnell
Andrew McEachern

Coach Wanted for Centralia Community Pool

A Masters Group in Centralia, which has been inactive for a couple of years, wants to restart and is looking for a coach.

ASCA certification and two or more years of swim coach experience preferred

To apply, or for more details, please contact
Gloria Tolaro;
jato_92@earthlink.net

Mike McGoorty
Keely Mcllwain
Michelle McRae
Albert (AL) Morrow
Lyle Nalli
Anne Olson
Beverly Parnell
Graeme Parnell
Laura Petrini
Terri Porter
Robert Powers
Cathy Raymond
Tracy Richardson
Samuel Scott
Jennifer Severin
Siobhan Sloan-Evans
Melvin Smith
Andrea Smith
Sandra Smith
Ken St. John
Amanda Suchanek
Bob Thome
Mirtha Vega
Milan Vidakovic
Madeline Vitek
Mary Welch
David Whitbeck
Mark Yang
Joanna Zagelow

Call for Nominations Dawn Musselman Inspirational Swimmer Award



PNA has presented the Dawn Musselman Inspirational Swimmer Award annually since 1986 in memory of our “ultimate Masters swimmer,” Dawn Musselman (1913-1986). Dawn, a long-time PNA member, 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.

Past recipients of the **Dawn Musselman Inspirational Swimmer Award** are:

1986 - Dawn Musselman	1993 - Robin O’Leary	2000 - Joan Davis
1987 - Marlene Holmes	1994 - Marion Mueller	2001 - Paul Ikeda
1988 - Maxine Carlson	1995 - Tammi Keeler	2002 - Barb Gundred
1989 - Jim Penfield	1996 - Ian Thompson	2003 - Chaya Amiad
1990 - Tom Foley	1997 - Suzanne Dills	2004 - Kathy Casey
1991 - Karen Jost	1998 - Clark Pace	2005 - Gene Crossett
1992 - Jan Kavadas	1999 - Dan Frost	2006 - Jeanne Ensign

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 14 and 15, at King County Aquatic Center in Federal Way.

Send your nomination to:

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

Please submit your nomination by March 28, 2007.



It's Time to Nominate PNA's "Coach of the Year"

Some coaches stand out from the crowd.

To recognize these individuals, PNA will give its fourth 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 are (2004, 1st annual) Wendy and Malcolm Neely, (2005) Michael McKinlay and (2006) Neil Romney.

To nominate someone, simply submit a completed nomination form or a one-page letter of support. **Nominations must be received by March 30, 2007.**

A nomination form is on the following page. You can also find one on the PNA website at www.swimpna.org. If you're going to submit a letter, please review the instructions in the opening paragraph of the form.



Important Information About Your Membership Number and Permanent ID

Swimmers, here is your annual reminder about your membership number and your permanent ID. The format of your ID is AABC-DDDDD. AA=36=PNA; B=7=2007, C=a computer generated authentication number/letter, and DDDDD=your personal 5 digit permanent ID number. Membership numbers never contain the letters O, I, L, or Q; letters that look like that are always the numbers zero or one.

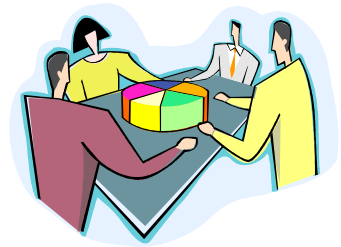
And if you still cannot remember where you put your membership card or your number, you can find it on the labels of *The WetSet* and "USMS SWIMMER" magazine and on the PNA website:

www.swimpna.org, then PNA Info, then scroll to the bottom and find PNA lists and members (<http://www.swimpna.org/php/teamMembersSelect.php>).

Attention all you unattached swimmers. PNA has many workout groups or teams. If you are looking for a group to swim with, check out the new teams mentioned in the article on page 8 or contact any board member, who will help you find a group that fits your needs. To receive updates on PNA activities that are sent to coaches and reps, please notify the registrar, who will add you to the distribution list. Contact arni@qwest.net.



PNA Board Meeting Summary for January



Eleven members of the PNA board met on January 23 at the Yesler Community Center in Seattle.

Most active board members are also members of the organizing committee for this May's USMS Short Course Nationals. However, the board is also making sure that there are plenty of other activities for PNA members.

A series of new projects were approved in December and reviewed at the January meeting. The nominating committee has nearly completed recruiting a slate of officers for this spring's election. Three open water events are being planned by PNA teams for this summer: Fat Salmon on July 14, Lake Padden on July 21 and Orcas Island events on September 8 and 9. Approved minutes from meetings are available at http://www.swimpna.org/pna_info.htm.

2007 PNA Coach of the Year Nomination Information

PNA recognizes a coach annually for outstanding contributions to local Masters swimming programs. If you'd like to nominate a coach, submit either the attached nomination sheet (one page only) or a one-page letter of support addressing any or all of the following selection criteria: improvement or enhancement of 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; coaching accomplishments; and/or inspiration to others. Please print or type legibly

Candidate

Nominator

Team _____ Address _____

Number years coaching this team _____ Phone _____

Average number of team members during this coach's tenure _____ Email _____

Candidate's coaching experience:

Candidate's coaching accomplishments:

Candidate's improvement/enhancement of program or development of a new program:

Candidate's contributions to PNA:

Evidence of candidate's coaching skills and knowledge:

Impact of coach's efforts on others:

Please submit nomination by March 30, 2007 to:

Wendy Neely
5416 SW 326th Ct
Federal Way, WA 98024

Phone (253) 838-8408
wendymal@mac.com



Technique

Resistance in Swimming or Off-the-Wall Water Drills

Editor's Note: This article, written by Janie Harper, appeared in April 2005 on the USMS website.

It is amazing the number of products designed to increase resistance to build strength and speed for athletic training. In swimming, there are products galore, but we overlook a very effective one we have right with you, our own body.

In swimming, the idea is to minimize resistance of your body through the water and maximize your power and efficiency to increase speed. You can only do so much with your body type, so you work on your bodyline in the water, suit, cap, goggles, etc. To add strength we add resistance. Most often it is with a piece of equipment, such as paddles, gloves, pull buoy, drag suits, tether cords.

In water exercise, you also have options for additional equipment, but initially you learn moves without equipment. Here, the idea is to be aware how much or how little resistance you can create with just your body position. This enhances the persons "feel" for the water or ability to work the water. However, it does not happen immediately, and the use of equipment quickly demonstrates the effect of resistance.

I have been teaching both water exercise and swimming for 30 years. As youngster I did not im-

mediately have perfect strokes or breathing technique, but I was determined to find out what worked. Science was my love, so I poured over Counselman's books and articles. I used builder wall-board foam for paddles for water exercise classes.

Over years of teaching water exercise to non-swimmers, it was interesting to see them develop a sense of the water. Swimmers take this for granted. They know that you pull the arm back to make the body go forward. Instinctively, you might see that swimming in the

"I used a variety of drills, crossing from swimming to water exercise and from water exercise to swimming depending whether more or less resistance is needed."

horizontal position is easier than trying to move forward in the vertical position.

Water exercise wants to make it more work. Your body must recruit other parts to effectively move that way. To stay in the vertical position in deep water, you must do effective kicking, or sculling. A straight arm through the water is less effective than a bent. The curved path is more efficient than a straight. The principles of physics are the same only the application varies. I used a variety of drills, crossing from swimming to water exercise and from water exercise to swimming depending whether more or less resistance is needed. This practice has led to great water exercise fun as well as more water worthy Masters and triathletes.

Coaching swimmers, particularly Masters, many of these body resistance ideas are helpful. Kids



learn to swim by trial and error and do all kinds of silly looking moves in the water, even if they are in instructions. In doing these other moves they actually develop a repertoire of water sense that adults do not automatically have.

Our group did an open water swim with a deep water start and commented later how easy it was for them and how uncomfortable others looked struggling to tread water waiting for the start.

I give my swimmers the opportunity to test themselves and develop a more varied repertoire of skills in the water than just the basic swimming strokes. Any skill you add to your bag of tricks can only enhance that which you can recruit in a race or swim.

Kids usually try anything you ask. Masters might resist a bit. If it doesn't look like an official stroke, they want an explanation. Why use their precious time in such a frivolous manner. I know what I want to see and why, and have the explanation ready. Now, other than my favorite attorney swimmer, most just try anything I ask. (I think his questions are usually a ploy for more rest more than for knowledge.)

Another purpose for using some of these type drills, particularly for Masters and older adult swimmers is that the resistance can be controlled. A hand paddle may be too much for the shoulders, but many gut it out to finish

the set and risk injury. As joints become less forgiving, smarter training is crucial.

In a typical practice, the initial swimming or warm up is for ther-

"In a typical practice, the initial swimming or warm up is for thermal muscle warm up with swimming, kicking, pulling, and some drill work. I will then throw in some cardio warm up with sprints, some of these resistance drills or a combination of both."

mal muscle warm up with swimming, kicking, pulling, and some drill work. I will then throw in some cardio warm up with sprints, some of these resistance drills or a combination of both. Having to think as well as function is always an interesting feat as well.

Examples of some of these fun drills:

Jog

Our pool is gradual slope to deep water. We use an underwater arm recovery and jog until you can no longer touch the bottom. Keep jogging into deep water keeping the body in a vertical position. This is a lot of resistance with the full frontal position of the body. You are forced to find an efficient arm and hand position to make forward locomotion. I emphasize recruiting the core muscles by driving leg and arm together with head still facing forward.

This can also be done across the deep end of the pool, vary the resistance by altering position vertical to horizontal.

Vertical kick

In a vertical position in deep water, you can kick in a flutter style, breast, dolphin, scissor, a march. For swimmers, I focus on competitive strokes, and add the scissor for glut work and variety.

Sample Sets*

—2 deep bobs/ EZ flutter for

15 sec / Fast 15 sec/ All out fast, shoulders out of water for 10 sec/ and repeat.

—Cross country skiing or large scissor with legs using arms along side in forward and back press 15 sec / dolphin kick big 15 sec / dolphin kick quick 15 sec/ arm scull only 15 sec. Once able to do sets, add time to intervals.

—Vertical scull- In a vertical position in deep, start with easy scull out to the side, T-position. As scull is more productive, bring arms down towards side. Body in pencil or vertical position, only hands scull along side hips close to body.

—Head up freestyle- This position drops the hips and the increases body drag

—Head up breast - Arm only or with a jog or flutter, work the breaststroke arms. Alternate one arm drills, or two rights, two lefts and two full.

—Reverse scull- Feet first, hold gluts tight and press hips up to reduce drag; sit up to increase it

—Double touch push off- This is a double foot touch, forcing you to quickly recruit abdominals to touch the wall with feet, extend them back out then touch again and push off. This core work is resistance training for quick reverse on touch turns for breast and fly.

—V's or T's underwater dolphins- In a stream line you squeeze arms along head, one hand over the other, stretch out and explode off the wall, add a few dolphin kicks and break out. Vary the arms by opening up the streamline to a 'V' then a 'T'. Try to work the dolphin kick to against the wide spread arms. Try the push off and open up the arms and see how far you get with the same kick, or, how much more effort it takes to reach the same point with arms out.

—Upper body press outs- At deep end of pool, touch wall, slide both hands, shoulder width apart

up on deck. Lift body out until arms straight. Bend elbows and drop down and press up again. Slowly drop and slowly lift to recruit maximum muscle fibers. Sample set* 4-6 press outs and climb out on deck on last on. Try to press out and lift until feet on deck. Dive in. Repeat swim set/ press outs/ step up and dive in.

—Front to back reverse swims- This is a "center of the pool" reverse, bringing the feet under you and extend out in the reverse direction and swim back. Obviously, this can be free, or breast, quick reverse and swim back in the opposite direction. This is fun on the whistle, if they can hear the whistle. First one back, a bit like red rover, is the test. Of course, you can alternate with back to front changes. The reverse requires core fitness and kicking like crazy to pick up momentum. Your whole weight has to be redirected so I would call that a bit of resistance.



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

OLYMPIA MEET

SHORT COURSE YARDS MEET HOSTED BY THE BRIGGS MASTERS SWIM TEAM

Sanctioned by the Pacific Northwest Association of Masters Swimmers (PNA) for USMS, Inc. Sanction #0367-04

EVENTS (ORDER #4)	
#	Event
Saturday, March 24	
1	400 IM
2	500 Free
Warm-up	
3	200 Free relay
4	50 Breast
5	100 Fly
6	200 Free
7	50 Back
8	100 IM
Break	
9	200 Mixed Free Relay
10	100 Breast
11	50 Fly
12	100 Free
13	200 Back
Break	
14	200 Medley Relay
15	200 Breast
16	200 Fly
17	50 Free
18	100 Back
19	200 IM
Break	
20	200 Mixed Medley Relay

DATE: Saturday, March 24,
TIME: Warm-up: 8:30 AM; Meet starts 9:30 AM
 A 30 minute warmup will be held after the 500 free. Earliest starting time for remainder of the meet is 10:30 AM.

LOCATION: Briggs YMCA 1530 Yelm Hwy SE Olympia WA 98501. Phone: (360) 753- 6576

MEET DIRECTOR: Mel Smith
melcomplynow@msn.com
 (360) 970-9466

FACILITY: Six-lane 25-yard competition pool; separate warm- up pool next to the main pool. Water temperature; 81.5 degrees F

CONCESSIONS: Available throughout the meet.
RULES: Current USMS Rules will govern the meet.
ELIGIBILITY: Open to all USMS 2007 registered swimmers, 18 and above as of *March 24, 2007*.
SEEDING: Slow to fast **TIMING:** Electronic
AWARDS: Available for purchase at the Meet

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.

Check-In. Positive check-in required for the 400 IM and 500 Free. Deadline for both is 9:10 AM

DIRECTIONS: From the North-- take I-5 South to Exit 109, Martin Way. Turn Right and then in about one quarter mile turn Left on College. Take College about 3 miles to the Yelm Highway. Turn Right on the Yelm Highway and go approximately 2.5 miles to Henderson. There is a light at Henderson and the

Briggs YMCA is on that corner.

From the South--take I-5 North to Exit 101, Air Industrial Way. Turn Right onto Air Industrial Way and follow it until it dead ends at Henderson Blvd. Turn Left and down a long hill, back up the other side to a light at the Yelm Highway. The Briggs YMCA is on that corner.

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

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

OLYMPIA MEET

Short Course Yard Meet March 24, 2007 Hosted by Briggs Masters Swim Team

NAME: _____ M F AGE: _____

ADDRESS: _____

E-MAIL: _____ PHONE: _____

BIRTHDATE: _____ USMS# _____ - _____ LMSC _____ (PNA,Oregon,etc.)

Include a copy of your current Masters Registration card if you are not a PNA member

TEAM _____ or UNATTACHED _____

AGE GROUP (determined by your age as of March 24, 2007):

18 - 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 plus relays. Circle if your **first Masters meet: Y**

EVENT NUMBER	EVENT	SEED TIME

ENTRY FEES: \$ 13.00 (includes LMSC & electronic timing fees)

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

Total: \$ _____ [from \$13.00 (relays only) to \$18.00 (five events)]

Please make checks payable to: Aquatics Department, Briggs YMCA
 Mail this entry form and fees to: Mel Smith, Masters Coach
 c/o Aquatics Department
 1530 Yelm Highway SE
 Olympia, WA 98501

*****Please send entries postmarked no later than March 14, 2007**

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: _____

2007 STEVE ENGLE MEMORIAL PNA CHAMPIONSHIP MEET

Hosted and Sanctioned by the Pacific Northwest Association of Masters Swimmers for USMS, Inc. Sanction # 0367-05

DATE: **Saturday, April 14th and Sunday, April 15th, 2007**

TIMES: **Saturday, April 14th: Warm-up: 11:00 – 11:50 AM, Meet starts: Noon**
Sunday, April 15th: Warm-up: 8:00 – 8:50 AM, Meet starts: 9:00 AM

PLACE: WEYERHAEUSER KING COUNTY AQUATIC CENTER, 650 SW Campus Drive, Federal Way, WA 98023 (206)296-4444

MEET DIRECTOR: Jane Moore (253)759-4956 / swimmoore@comcast.net

FACILITY: The venue is an indoor facility with spectator seating for 2500 people and elevator access to the deck level. It includes a 50-meter championship pool set up as two 25-yard courses, each with eight nine-foot-wide lanes and a water depth range of nine feet to ten and one-half feet; and a seven-lane, 25-yard diving tank for continuous warm-up during the meet. Two championship courses will be used for all events except relays. The championship pool is rated one of the fastest pools in the world. Deck-level, concrete surge gutters and lane lines minimize wave action. An Omega timing system is linked to a state-of-the-art, eight-lane readout scoreboard

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all year 2007 USMS or foreign registered swimmers age 18 and above as of April 15th. Age groups will be based upon the swimmer's age as of April 15, 2007.

DIRECTIONS: From North or South Bound I-5 take exit 142 B, which directs traffic west on S 348th (a continuation of westbound Highway 18). Continue west on S 348th across Pacific Highway S (Highway 99) and across 1st Ave S (NOTE: 348th becomes SW Campus Drive after crossing 1st Ave S). The pool is on the right about 1/2 mile past 1st Ave S.

ORDER OF EVENTS (ORDER #CC) (Seeding slow to fast / Deck enter relays at the meet.)

	Saturday, April 14th: Noon		Sunday, April 15th: 9 AM
1	400 Individual Medley	13	500 Freestyle
2	50 Freestyle	14	200 Backstroke
3	200 Butterfly	15	50 Breaststroke
4	100 Backstroke	16	100 Butterfly
5	Women's 200 Medley Relay	17	200 Individual Medley
6	Men's 200 Medley Relay	18	Women's 200 Freestyle Relay
7	100 Freestyle	19	Men's 200 Freestyle Relay
8	50 Backstroke		Special Awards Presentation
9	200 Breaststroke	20	200 Freestyle
10	100 Individual Medley	21	100 Breaststroke
11	200 Mixed Freestyle Relay	22	50 Butterfly
12	1000 Freestyle	23	Mixed 200 Medley Relay
		24	1650 Freestyle
			PNA Team Awards

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

Entry Confirmation: If entry confirmation is desired, include a self-addressed, stamped envelope or postcard with your entry. Swimmers should keep a copy of the completed entry form.

Check-in: Check-in is required for the 1000 Freestyle (Deadline end of event 6), the 500 Freestyle (Deadline: Sunday at 8:30 AM), and the 1650 Freestyle (Deadline: end of event 19). Swimmers who do not check in by the deadline may be scratched from the event. **Relay check-in deadlines:** events 5&6, end of event 1; event 11 end of event 6; events 18-19 end of event 13; and event 23 end of event 19.

2007 STEVE ENGLE MEMORIAL PNA CHAMPIONSHIP MEET
Saturday, April 14th and Sunday, April 15th, 2007

NAME: _____ M F AGE: _____

ADDRESS: _____

PHONE _____ Email _____

BIRTHDATE: _____ USMS #: _____ - _____ Circle if first Masters meet **Y**

Include a copy of your Masters registration card if you are not a PNA member

LMSC _____ (PNA, Oregon, Inland NW, etc.) Club _____ (non-PNA members only)

TEAM _____ (note: PNA teams must register with PNA by 4/4/07)

AGE GROUP (**Determined by your age as of April 15th, 2007**):

18 - 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: 6 INDIVIDUAL EVENTS (5 per day) PLUS RELAYS

EVENT NUMBER	EVENT	SEED TIME

Emergency Contact: _____ Phone Number: _____

ENTRY FEE: \$ 17.00 Surcharge
 Individual Events: + _____ \$2 per event. No charge for relays.
 No charge for need-basis or seniors (65 & over).
 T-shirts @ \$17 indicate size (M ___ L ___ XL ___)
 Women's indicate size (S ___ M ___ L ___ XL ___ 2XL ___)

Total: \$ _____ **Please make checks payable to PNA**

Mail this entry form and fees to: Holly Bork
 6233 S 233rd St
 Kent, WA 98032

Questions? Email Holly at holly.d.bork@boeing.com

Entries must be postmarked no later than Saturday, March 31st or received by April 4th, 2007. All swimmers must have a valid 2007 USMS (or foreign) registration prior to meet entry or submit an application accompanying the entry.

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 _____:

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 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 2007 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 2007 PNA Coach of the Year and the 2007 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 \$17, but must be ordered with your entry. The meet t-shirt design can be found on the PNA website at www.swimpna.org.

New PNA Swimmers: if this is your first Masters Swim Meet please contact Lisa Dahl lisaisswimming@hotmail.com (206) 251-1278) by 4/4/07. She will help you at the meet and has a PNA gift for you.

Pacific Northwest Association of Masters Swimmers

2007 Local Team Registration

To register your team for 2007, 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	Please send to:	

Below are the abbreviations currently in use. Teams written in **BOLD** have registered for 2007.

Mail this form and check to:

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

Application fee: \$12
 Make check payable to: **PNA Masters**

- | | | |
|--|--|--|
| BAM: Bainbridge Area Masters
BADD: Bellevue Aquatic Divas & Dudes
BC: Bellevue Club
BEST: Bellevue Eastside Masters
BBST: Bellingham Bay Swim Team
BMSC: Bellingham Masters Swim Club
BYMS: Briggs YMCA Masters Swim
BS: Brooks Swimming
CAC: Columbia Athletic Masters (All)
DSYM: Downtown Seattle YMCA Masters
ECMT: Emerald City Multisport Team
ESC: Evergreen Swim Club Masters
FWM: Federal Way Master
FSJ: Fins of the San Juans
FTSW: Ft. Steilacoom - WAKO
GACM: Gateway Athletic Club
GLAD: Greenlake Aquaducks
GCMS: Gold Creek Masters (GCM)
GC: Gordon Club
HMST: Husky Masters
ISST: Issaquah Swim Team
JAM: Juanita Aquatic Masters
LOGS: Logger Masters
LUNA: Team Luna | LWS: Lynnwood Sharks
MICC: Mercer Island Country Club
MIR: Mercer Island Redwoods
NHM: Newport Hills Masters
NEO: North End Otters
NSYG: Northshore Y's Guys
NWM: North Whidbey Masters
OOPS: Old Olympic Peninsula Swimmers
ORCA: Orca Swim Club
PAC: Poseidon Aquatic Club
PAM: PAMS
PSC: Phinney Ridge Swim Club
PTMS: Port Townsend Master Swimmers
PRO: Pro Sports Club
QASC: Queen Anne Swim Club
RAH: Redmond Aqua Hotshots
RAT: Rice Athletic Team
RFST: Redmond Foothills Swim Team
SAMM: Samena Club
SAC: Seattle Athletic Club
SVY: Skagit Valley YMCA
SSTM: South Sound Titans Masters
SWIM: South Whidbey Island Masters
STRM: Storm Lake Aquatics | SSRM: Swim Seattle Redhawk Masters
TACY: Tacoma Pierce County YMCA
TACM: Thunderbird Aquatic Masters
TMS: Thorbecke's Masters Swimming
TIG: Tigers
TVA: Tumwater Valley Authority
UNAT: Unattached to a Team
UPAC: University Place Aquatic Club
VFC: Valley Fitness Center
VAM: Vashon Aquatic Masters
WAC: Washington Athletic Club
WEST: West Coast Aquatics Masters
WSAS: West Seattle All-Stars
WSYD: West Seattle YMCA Dolphins
WWUS: Western WA U Masters Swimming
WCY: Whatcom County YMCA
YNOT: Y Nauts |
|--|--|--|

Don't see your team? Have your coach or Team Rep, fill out and mail the form.

United States Masters Swimming, Inc

2007 Membership Application

Pacific Northwest Association of Masters Swimmers

New Swimmer

Returning USMS Swimmer

(Old Number if available _____)

2007 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.)

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: _____
Address: _____ Age: _____ Male Female (circle one)
E-Mail: _____ please print carefully

Telephone: (____) _____

If you coach a Masters swim team check here

2nd Phone: (____) _____

I am interested helping the PNA committee

CLUB: Pacific NW Aquatics (PNA)

AND

Team : _____

OR Unattached

OR Unattached

Choose a membership level A or B below.

A. Regular: 11/01/06 thru 12/31/07 \$35

B. Need-based or Seniors (65 & over): \$25

Canada & foreign addresses, add \$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 \$ _____

International Swimmers Hall of Fame \$ _____

TOTAL \$ _____

Questions: (206) 849-1387, arni@qwest.net

On rare occasions, USMS may need to inform you of important issues. I DO / DO NOT wish to receive these.

A USMS sponsor may wish to offer you information emailed from the USMS National Office. I DO / DO NOT wish to receive this.

(Email addresses are not supplied to the sponsor.)

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
BADD: Bellevue Aquatic Divas & Dudes
BC: Bellevue Club
BEST: Bellevue Eastside Masters
BBST: Bellingham Bay Swim Team
BMSC: Bellingham Masters Swim Club
BYMS: Briggs YMCA Masters Swim
BS: Brooks Swimming
CAC: Columbia Athletic Masters
DSYM: Downtown Seattle YMCA Masters
ECMT: Emerald City Multisport Team
ESC: Evergreen Swim Club Masters
FWM: Federal Way Master
FSJ: Fins of the San Juans
FTSW: Ft. Steilacoom - WAKO
GACM: Gateway Athletic Club
GLAD: Greenlake Aquaducks
GCMS: Gold Creek Masters (GCM)
GC: Gordon Club
HMST: Husky Masters
ISST: Issaquah Swim Team
JAM: Juanita Aquatic Masters

- LOGS: Logger Masters
LUNA: Team Luna
LWS: Lynnwood Sharks
MICC: Mercer Island Country Club
MIR: Mercer Island Redwoods
NHM: Newport Hills Masters
NEO: North End Otters
NSYG: Northshore Y's Guys
NWM: North Whidbey Masters
OOPS: Old Olympic Peninsula Swimmers
ORCA: Orca Swim Club
PAC: Poseidon Aquatic Club
PAM: PAMS
PSC: Phinney Ridge Swim Club
PTMS: Port Townsend Master Swimmers
PRO: Pro Sports Club
QASC: Queen Anne Swim Club
RAH: Redmond Aqua Hotshots
RAT: Rice Athletic Team
RFST: Redmond Foothills Swim Team
SAMM: Samena Club
SAC: Seattle Athletic Club

- SVY: Skagit Valley YMCA
SSTM: South Sound Titans Masters
SWIM: South Whidbey Island Masters
STRM: Storm Lake Aquatics
SSRM: Swim Seattle Redhawk Masters
TACY: Tacoma Pierce County YMCA
TACM: Thunderbird Aquatic Masters
TMS: Thorbecke's Masters Swimming
TIG: Tigers
TVA: Tumwater Valley Authority
UNAT: Unattached to a Team
UPAC: University Place Aquatic Club
VFC: Valley Fitness Center
VAM: Vashon Aquatic Masters
WAC: Washington Athletic Club
WEST: West Coast Aquatics Masters
WSAS: West Seattle All-Stars
WSYD: West Seattle YMCA Dolphins
WWUS: Western WA U Masters Swimming
WCY: Whatcom County YMCA
YNOT: Y Nauts



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 _____

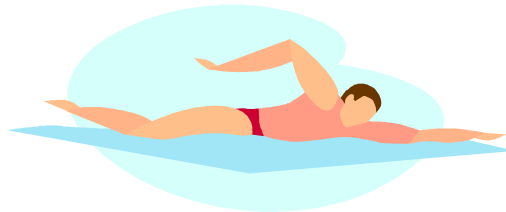
Phone _____ USMS # _____

E-MAIL _____

Change of Address

New Subscription

February 2007 Issue



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

CHANGE SERVICE REQUESTED

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