

THE WETSET

Periodization - The Key To An Effective Annual Training Plan

by Ron Rhinehart

Is it possible to stay in peak racing shape all year? As much as we'd like to be at our best all the time, most physiologists say it isn't possible. Not only is it mentally exhausting to try and maintain that razor edge of fitness, but it may actually interfere with reaching your potential. Your body needs rest and recovery to fuel later performance gains. If you accept that peak fitness can only occur occasionally, the question becomes how to reach that peak when you want it the most.

The answer lies in the concept of periodization, resting on a foundation consisting of something any competitive athlete should do once a year - the development of an annual training plan.

The task begins with identifying your key competition(s) during the upcoming year. It might be the PNA SCY Champs in April, the annual meet at your home pool or a favorite open water event.

Once the key competition is identified, the year is broken into a series of cycles within cycles. The major cycles involve base aerobic fitness, muscular strength and endurance, speed, the infamous taper and a transition period. Within each cycle, there should be progressively increasing training loads followed by a recovery period. How long the

Pacific Northwest Association of Masters Swimmers



recovery period depends on a number of personal factors, including your age and athletic history.

The first two major cycles are the longest - for most individuals, they will be measured in months. The speed cycle is shorter, but still several weeks long, and the taper is relatively short. The transition cycle serves the same purpose as your recovery periods during major cycles - allowing your body and mind to relax and prepare for future intense training.

What about those of us who just swim with the Masters group to improve our fitness? The same basic principles apply to fitness swimmers, and the most often disregarded is the need for periodic recovery. Many fitness swimmers get in a rut of swimming the same distance, the same stroke, the same speed... all year long. Greater fitness gains can be obtained by varying the load, engaging a broader range of

muscles and cardiopulmonary function. Maybe you could alternate weeks of freestyle with weeks of 'anything but freestyle', or a month of your daily 1000-yard cruise followed by a month of 10 x 100 yards with 10 seconds rest. Your pace - and your enthusiasm for your morning workout - may suddenly increase!

A final consideration is whether to insert a new challenge into your annual plan. If you've never participated in an open water event, maybe this is the year to join the Fat Salmon party. Maybe this is the year to try that 1650 free or 400 IM.

Finally, make your plan more effective by discussing it with your coach. He or she can design or modify workouts to align with your goals, and remind you not to squeeze in that one last hard workout in the middle of your taper week!

Good luck in 2011. Remember the adage, plan the work and work the plan!

A world-class athlete recently stated, "Most age-groupers train too hard on their easy days and too easy on their hard days, but their biggest flaw is not getting enough recovery time. They show up at the starting line over-trained and fatigued."

LEADING OFF



BY PNA
PRESIDENT
STEVE PETERSON

Happy New Year! To plunge or not to plunge? Every year I read the archetypal New Years Day front-page articles on Polar Bear swims thinking, "Someday I might do that." So, awakening to a clear blue sky, instead of swimming '111 50s on a minute' at my local pool, I jumped off the bridge at the Olalla Polar Bear Plunge to kick off 2011. 36°F air, 46°F water! What form did your (athletic) celebration take?

Whether or not you swam into the new year, you still have time to do the annual One Hour Postal National Championships anytime this month. Find a pool and a friend (or better, a group) to count your laps to see how far you can go in 60 minutes. Submit your results online at www.clubassistant.com/club/meet_information.cfm?c=1308&smid=2508 by February 10 to see how you compare nationally. Also, send your result to PNA's OW/LD Coordinator Sally Dillon, who will assemble relay teams for additional rankings at the club

level. (See last month's issue, page 9, for more details.)

As election time approaches, two veteran members of the PNA Board have decided not to continue in their roles. Both have served PNA for many years, including in the top position. **Tom Foley** was our second president in the mid-70s and is our official historian. Tom rarely missed a meet, competing as a member of the Tigers and always in the tougher events, but these days he's had to scale back. After nine years as an At Large Representative Tom says it's time for someone new. **Lee Carlson** served as president 1999 – 2003 and since then has helped coordinate our Meets and Sanctions. Lee's other interests now call for closer attention, although he assures me he will continue to compete and officiate. Both these gentlemen deserve much appreciation and I offer my heartfelt thanks for their years of dedication and contribution to PNA. Thank you, Tom and Lee!



Pat Matthiesen was a long time PNA member who truly enjoyed camaraderie and competition. Pat passed away at age 94 this last July.

(continued on page 3)

U.S. 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, U.S. 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 U.S. Masters Swimming, Inc. or the Pacific Northwest Association of Masters Swimmers.

The WetSet

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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: Hugh Moore

Leading Off *(continued from page 2)*

She had swum a few lengths just the week before. My records check shows that she still holds 45 PNA records (18 SCY, 20 SCM, 7 LCM) and four Zone SCY records spanning four age groups from 1990 to 2004. Pretty much all strokes, all distances, too! She met her husband Jim while working for Boeing, flew Civil Air Patrol during World War II and with Jim raised five children. "I will always treasure Pat's laugh, delight, excitement for life. I'm still amazed by her array of swimming medals," wrote one guest book contributor.

Two clinics, a meet and the postal this month – it's a busy calendar! If I don't see you at one of these, perhaps at *Beat the Clock V* in Olympia February 5? Swim in good health!

Steve

Coaches Needed For Spring Nationals !

2011 USMS Spring Nationals will be held at the Kino Aquatic Complex in Mesa, AZ
April 28 - May 1, 2011

PNA needs to send at least 2 coaches - all expenses paid, including daily stipend.
Email Lisa Dahl at ldahl@usms.org if interested

PNA Places Ninth at Long Beach Grunions SCM Meet

by Sarah Welch

Eleven PNA swimmers went to the Long Beach Grunions Short Course Meters meet and walked away with 9th place overall. This Southern Pacific Masters SCM Championship meet, which attracted 540 swimmers from throughout the US and Canada, serves as a West Coast 'championship' for short course meters meets. Because members of multiple PNA workout groups can compete together as one club, our group represented a powerful force. If we had known how to pre-enter the relays, we would have been equally competitive there! With six events across 2-3 days, however, we were all tired after our accomplishments. Lest anyone think we escaped the cold weather in Seattle, the Belmont Pool on the beach has cold fog rolling through its open doors and water temps did NOT reach 80 degrees in the pool. We huddled in sleeping bags and Uggs waiting for our events.

PNA's eleven swimmers included: Charlotte Davis, Allen Bell, Sue Dills, Toni LeClercq, Sarah Welch, Lisa Dahl, Lyle Nalli, David Kays, Mike McColly, Bill Penn and Donald Graham.

SPMA awards a 'high point' embroidered towel for high point winners by age group. Our PNA group captured three high point awards: Sue Dills, Charlotte Davis and Lisa Dahl. Charlotte had an outstanding performance at what she described as her first short course meters meet. She achieved a world record in all 6 of her events 100, 200 and 400 IM; 100 and 50 freestyle and 50 fly. Sue Dills got a 'perfect' high point score winning all her events: the 1500, 400 and 200 freestyle, 200 backstroke and 200 and 400 medley races. Several swimmers logged personal best times or new best times for their age group, including Toni LeClercq, David Kays, Mike McColly and Allen Bell.

We encourage PNA swimmers to plan for this event which occurs on the first weekend after Thanksgiving each year. Sign ups are in early November. Think about it! Next year it might be warm...

ONE HOUR POSTAL SWIM - Update

by Sally Dillon, PNA LD/OW Chairperson

For PNA swimmers planning to do the One Hour Postal Swim (OHP) in a meters pool . . .

A meters online entry pathway is available for the 2011 OHP at https://www.clubassistant.com/club/meet_information.cfm?c=1308&smid=2508. Thanks to Club Assistant for their collaboration in bringing this new customized online entry pathway to fruition in time for the 2011 OHP! This enhancement will simplify entry for those swimmers who swim their OHP in a meters pool. We hope this feature encourages many of those swimmers to utilize the online entry system this year.

For ALL online entries....

All swimmers will enter their Total Distance Swum in the course that they swam their OHP and select the corresponding unit (meters or yards)

500, 1000, 1500, 2000, etc..... cumulative split times will be entered in the course that they were swum.

The Official Distance will be displayed at the bottom of the split entry page in Yards which has been rounded down to the nearest 5 yard increment.

IF the Total Distance Swum and cumulative split times were entered in meters, the Official Distance displayed will have already been converted automatically to yards by the software and a clarification statement will be displayed under the Official Distance which reads:

“Your total distance of XXXX meters has been converted to yards and rounded down to the nearest 5 yard increment per event rules.”

The Official Distance in yards will be used to tabulate the results, records, and All-Americans.

EFFECTIVE January 1, 2011, individuals entering online WILL NOT be required to submit a completed split sheet UNLESS that entrant has broken an individual national record. However, split sheets must remain available upon request of the event director; if it is not provided upon request, the individual entry and applicable relays may be disqualified. Please retain a copy of your completed split sheet for one year after the entry deadline. The bottom line is that a split form must be used by everyone and submitted when entering by “snail” mail or when a record has been broken.

Please contact PNA Postal Coordinator Sally Dillon at salswmr@comcast.net or 425-961-0023 if you are looking for an opportunity to swim the OHP with a group. Don't forget to send her the results of your swim as soon as you complete it so she can get a “head start” forming the relay teams.

Website link for the Strand / Abrahams swim clinic !

Register at:

<https://www.clubassistant.com/club/clinics.cfm?c=1534>

Want To Get More Involved in PNA?

Call For Nominations

PNA Officers Needed

Don't miss your chance to serve! Per our ByLaws*, PNA officers are elected to two-year terms in odd-numbered years. The election to decide who will run PNA for the 2011-2013 biennium will be held this spring. The new administration will take over when announced at Champs, April 9-10.

The seven elected positions are **president, vice president, secretary** and **treasurer** plus three **representatives-at-large**. All must be current PNA members, of course. The At-Large representatives give voice to our unattached swimmers, members of unregistered teams and those on teams of less than eight. They are selected by ZIP code: one each from ZIPs less than 98100, between 98100 – 98199 and greater than 98199.

The Nominations Committee (President Steve Peterson, OW/LD Coordinator Sally Dillon and Skagit Valley coach Shannon Singer) is currently assembling a formal slate of one or more candidates for each position. While we strive to engage more of our membership in running PNA, we know there are those of you who would serve but for the asking. So, if you're interested, please contact us now!

We do have a "write-in" option, but it's a bit more tedious: "Nominations shall be accepted directly from the membership if a petition is received prior to February 1 and contains the nominee's consent and an endorsement by at least 10% of the current PNA membership."

Non-Elected Coordinators Needed

If you'd rather "ease in" to our governance, consider an appointive position (no election, no term limit!). Each registered team of eight or more swimmers is allowed a **team rep** on the PNA board. Additionally, to manage our features and services, we have "**Coordinators**" with these titles: Awards, ByLaws, Coaches, Fitness and Clinics, Historian, Marketing, Meets, Membership, New Swimmer, Officials, Open Water & Long Distance, Records and Tabulation, Rules, Safety and Social.

The list of current coordinators is on the website and published on the inside cover of *The WetSet*. **Right now we have some critical vacancies in Awards, Meets and Fitness and Clinics.** The Awards Coordinator manages and distributes the PNA medals that are sold at our meets and assures that we have ribbons available for our SCY Championships; the Fitness Coordinator deals with all things fitness (e.g., newsletter articles, fitness events); the Meets Coordinator assists meet hosts with the bid process and sanctioning and conduct of meets.

*Specifics governing elections are in section 7.2 of our ByLaws, which can be found on the PNA Info page of our website.

Please contact any member of the nominating committee if you have an interest in PNA positions.

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

Sally Dillon
salswmr@comcast.net
 425-961-0023

Shannon Singer
ssinger70@aol.com
 619-665-1093

Start The New Year With A Meters Meet - January 23, 2011

Thunderbird Aquatic Club & Masters and the Anacortes High School Swim Teams
 will host a SCM meet at Fidalgo Pool in Anacortes, WA.
 Six lanes available, promising fast times and good hospitality.

2011 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 nomination form (below) or a letter of support (one page only) 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.

Nominator's Name

Email Address

Cell Number

Candidate's Name

Workout Group

Number years coaching this team:

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 REPLY BY MARCH 15, 2011

REPLY TO LISA DAHL ldahl@usms.org

Want a Stress Free Experience for Your First Swim Meet?

Bringing Back the PNA New Swimmer Clinic and Practice Meet

Get Ready for PNA's Meet Season

PNA is sponsoring a clinic to prepare swimmers to compete in their first (or first in a long time) swim meet. This clinic, taught by leading PNA coaches will offer 'stations' for basic skills areas: starts, turns and stroke technique, race strategy and an orientation to the meet-where to go and what to expect. The sessions are followed by a practice meet. This experience will ready you to sign up for the upcoming meets at Anacortes, Briggs Y and PNA Champs and other meets to be announced. PNA conducts at least one meet a month all winter and spring and this is the way to get yourself to the blocks.

PNA Coaches: will be on hand teaching the clinic.

Date, Schedule and Fees

- **January 8, 2010 1 pm-5 pm**
- Location: Evergreen Pool 606 SW 116th St, Seattle, WA 98146-2270, (206) 588-2297
- Bring suit, towel, sweats, etc., so you're comfortable in and out of the water. Light Snacks provided.
- Clinic Fee: \$25 per PNA registered swimmer. (Non-USMS Swimmers are welcome to attend upon purchase of a 'day of event' USMS registration which costs \$20 additional fee)

Register on Line At Club Assistant:

Registration will be available this week through the Club Assistant website. Go to swimpna.org for the link.

Schedule of Clinic Activities:

- ¼ hour Registration, introductions and overview of what to expect at a meet
- 2 hour Pool Session for skills and drills, four practice stations: Starts, Turns, Race Strategy, Swim Tips (note-this is not a swim technique session).
- 1.5 hour Practice Swim Meet (Swimmers have the opportunity to swim up to 3 timed events and fun relays).
- ¼ hour Wrap Up and closing

For information call 206-359-2588 or contact sarahwelch@comcast.net

Paper Registration Form (Please detach or copy and mail with your check made out to PNA)

We strongly encourage on line registrations but here is a paper entry.

First Name	Last Name
Address-- Street	City/State
USMS Registration Number (required)	Zip
USMS Registration Number (required)	email address
Phone Number(s) (home) (work) (cell)	@ \$ Amt Enclsd

Checks payable to PNA. Mail to Sarah Welch, 4742 42nd Ave. SW #151 Seattle, WA 98116

Rich Abrahams & Bob Strand Present The Super Sessions Clinic

Rich Abrahams and Bob Strand will be in the Seattle area at the Bellevue Club on January 29 to present their Super Session Clinic. PNA is pleased to host this clinic, targeted at competitive swimmers focusing on race and training strategies, at the Bellevue Club, a world class training facility near downtown Bellevue. The goal is “Preparation and Execution” of your prime race objective (such as Nationals, Regionals or your back yard grudge match with your kid!).

Between them, Bob and Rich have set over 100 Masters world records and 150 Masters national records.



Bob Strand has dominated breaststroke for 20 years and was recently elected to the International Swimming Hall of Fame.



Rich Abrahams is the fastest sprinter in the world for his age group (M65-69), and might be the overall best sprinter in the world

The clinic program will feature ‘in pool’ race work, starts and turns with video and dryland weight training. The trainers will share their experience on topics such as Maintaining Excellence Over Time, Nutrition, Confrontation of the Aging Process, and Race Day Focus - What Works for You And How to Find Out. The session will also include race strategy discussions and significant Q & A time. Bob and Rich will share highlight video swims as well.

Date, Schedule and Fees

- **January 29, 2010 from 9 am to 5 pm** at the Bellevue Club at 11200 Southeast Sixth Street, Bellevue, WA 98004. Phone: 425-455-1616. For more information: info@bellevueclub.com
- Bring suit, towel, sweats, etc., so you’re comfortable in and out of the water. Catered lunch provided.
- Clinic Fee: \$135 each for PNA registered swimmers. (Non-USMS Swimmers are welcome to attend upon purchase of a ‘day of event’ USMS registration for a \$20 additional fee.)

Register Online at www.swimpna.org: Follow the Super Session Clinic link on the home page through Club Assistant. For information or a paper entry form, contact sarahwelch@comcast.net.

This clinic also sponsored by two USMS sponsors: **Blue Seventy** and **Hammer Nutrition**. Sign up to learn what these sponsors have to offer our clinic swimmers!



Welcome New PNA Swimmers *(listed by workout group)*

Blue Water Aquatic Masters

Terry O'Brien

Scot Reynolds

Dave Wright

Fins of the San Juans

Pamela Williams

Gold's Eastside Masters

Bryan Smith

Green Lake Aqua Ducks

Dennis Dacey

Tony Gerbino

Boram Kim

Justin Morin

William Reeder

North End Otters

Gloria Dillan

Nancy Goldov

North Whidbey Masters

Kimberly Merrill

Olympic Aquatic Club

David Leidig

Orca Swim Club

Heidi Hendrickson

South Sound Masters Swim

Mike Bay

Steven Haton

Unattached *(see note below)*

John Fleming

Meg Mason

Paul Mosher

Richard Pariser

Nicolas Chevalier

Diane Maxwell

Note: Errors or corrections (and Unattached swimmers who wish to change their affiliation to a specific workout group) should be sent to pnaRegistrar@usms.org

PNA Board Meeting Highlights - October 30, 2010

by Herb Cook, PNA Secretary

The Board authorized the Website Design Task Force (**Sarah Welch, Ron Rhinehart & Lisa Dahl**) to contract with Club Assistant and move ahead with website renovation. The Task Force also will ask a graphic designer to develop a new PNA logo.

Ron Rhinehart, Editor of *The WetSet*, solicited PNA Board members, Coaches, Committee chairs and other PNA members to contribute articles to an expanded newsletter, on topics including technique, health, fitness, clinics, long distance/open water, race results, rules and officiating, and records.

The Board approved changing the practice of meet scheduling to the calendar year, beginning in 2011. Meets Chair **Lee Carlson**, Open Water Chair **Sally Dillon** and Coach **Tammy Coulter** volunteered to develop a scheduling policy for consideration by the Board.

Lisa Dahl, Hugh Moore, Steve Peterson, Sarah Welch, Lynn Wells and **Shannon Singer** agreed to serve on a committee to recommend a policy on separation of the functions, finances and governance structures of the Pacific Northwest Association of Master Swimmers (the LMSC) and Pacific Northwest Aquatics (the regional Club). The Committee is to report its recommendations at the March, 2011, Board meeting.

MASTERS CALENDAR

LOCAL EVENTS

January 23, 2011
Anacortes Masters SCM

Fidalgo Pool
 Anacortes, WA
 Info: Jason Hunter,
jhunter@fidalgopool.com,
 360-293-0673 ext 14

Note: this meet is SCM, not SCY, this year!

February 5, 2011
South Sound Masters SCY

Briggs YMCA
 Olympia, WA
 Info: Mel Smith,
melcomplynow@msn.com,
 360-970-9466

February 20, 2011
Lake Washington SCY

Juanita Aquatic Center
 Kirkland, WA
 Info: Becca Watson,
beccawatson@msn.com
 602-363-0746

March 12, 2011
ORCA SCY

Seattle Univ. Connolly Center
 Seattle, WA
 Info: Chris Bresemann,
chris.bresemann@gmail.com,
 206-249-1453

April 9-10, 2011
PNA SCY Champs
 Weyerhauser King County
 Aquatic Center
 Federal Way, WA
 Info: coming soon...

NATIONAL EVENTS

January, 2011
USMS One Hour Postal Championship

(25 yard, 25 meter or 50 meter pools)
 Info: www.swimpna.org/

April 28 - May 1, 2011
USMS Spring Nationals SCY

Kino Aquatic Complex
 Mesa, AZ
 Info: www.usms.org/comp/

INTERNATIONAL EVENTS

February 13, 2011
EBSC Annual Swim Meet SCM

UBC Aquatic Centre,
 Vancouver, BC
 Info: www.msabc.ca

March 12, 2011
Victoria Masters Annual Swim Meet LCM

Saanich Commonwealth Place
 Victoria, BC
 Info: Len Martel,
len.martel@gmail.com or
www.msabc.ca/meets/2011/2011Victoria.pdf

CLINICS

January 8, 2011
PNA New Swimmer Clinic and Practice Meet

Evergreen Pool
 Seattle, WA
 Info: sarahwelch@comcast.net
 or 206-359-2588

January 29, 2011
Super Sessions with Bob Strand & Rich Abrahams

Bellevue Club
 Seattle, WA
 Info: sarahwelch@comcast.net
 or 206-359-2588

MEETINGS

January 25, 2011
PNA Board Meeting
6:45 - 8:00pm

Sarah Welch's house
 Seattle, WA
 Contact:
sarahwelch@comcast.net

March 19, 2011
PNA Board Meeting
9:00am - 1:00pm

Sally Dillon's condo
 Issaquah, WA
 Contact: salswmr@comcast.net

SANCTIONED BY PNA FOR USMS INC. SANCTION#361-001
SHORT COURSE METERS MEET: January 23, 2011
 Hosted by Thunderbird Aquatic Club & Masters
 and Anacortes High School Swim Team

EVENTS (ORDER #1)	
#	Event
Sunday, Jan. 23	
1	400 IM
break	
2	200 Free Relay
3	50 Free
4	100 Breast
5	200 Back
6	50 Fly
7	200 IM
break	
8	200 Mixed Free Relay
9	100 Free
10	200 Breast
11	50 Back
12	100 Fly
break	
13	200 Medley Relay
14	200 Free
15	50 Breast
16	100 Back
17	200 Fly
18	100 IM
break	
19	200 Mixed Medley Relay
20	400 Free

DATE: Sunday, January 23, 2011
TIME: Warm-up: 9:00 AM;
 Meet starts 10:00 AM

PLACE: Fidalgo Pool, Anacortes, WA
 1603 22nd
 Anacortes, WA
Phone: 360-293-0673 ext. 14

MEET DIRECTOR: Jason Hunter
jhunter@fidalgopool.com

FACILITY: Six-lane 25 meter pool
 Warm-up: two side warm up areas
 Water temperature: ~ 83 degrees F

CONCESSIONS: None

RULES: Current USMS Rules will govern meet.

ELIGIBILITY: Open to all USMS 2011 registered swimmers, 18 and above as of *January 23, 2011*. Bring a copy of your Masters registration card if you are not a USMS member.

SEEDING: Slow to fast **TIMING:** Electronic

RELAYS: Deck-enter relays at the meet. Mixed relays require 2 men and 2 women. Mark your relay entry card *carefully* with proper aggregate age group (e.g., 160-199) to ensure correct intent and results.

Positive check in required for 400 IM by 9:30 AM and for the 400 Free by the end of event 13.

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

Motels:

The Marina Inn ... 3300 Commercial 360-293-1100
 Anaco Bay Inn..... 916 33rd (kitchens) 360-299-3320
 Islands Inn..... 3401 Commercial (complimentary Dutch breakfast) ... 360-293-4644

EMERGENCY CONTACT _____

PHONE NUMBER _____

NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES

PNA Local Masters Swimming Committee
MEET ENTRY FORM: January 23, 2011 **Meet Sanction #361-001**
Hosted by TAC/TACM/AHS Swim Team

NAME: _____ M F AGE 12/31/2011 : _____

ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS #: _____

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

AGE GROUP (determined by your age as of December 31, 2011):

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 PER DAY plus relays. Circle if your **first Masters meet: Y**

EVENT NUMBER	EVENT	SEED TIME

ENTRY FEES: \$ 16.00 (includes LMSC and electronic timing surcharges)

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

Total: \$ _____ [from \$16.00 (relays only) to \$21.00 (five events)]

Register online at: <https://www.clubassistant.com/>

If you submit a paper entry then make checks payable to: **TAC**

Mail this entry form **Jason Hunter**
 and fees to: January Masters Meet
 Fidalgo Pool
 1603 22nd
 Anacortes, WA 98221

Entries must be postmarked by Thursday, January 13 or online by January 18.

NO race day entries accepted.

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: _____

SANCTIONED BY PNA FOR USMS INC. SANCTION#361-03
SHORT COURSE YARD MEET: February 20, 2011

Hosted by the Lake Washington Masters

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

DATE: Sunday, February 20, 2011
TIME: Warm-up:11:00 AM; Meet starts 12:00 PM

PLACE: Juanita Aquatics Center
 10601 NE 132nd St
 Juanita High School Drive
 Kirkland, WA 98034
 Phone: 425-936-1627

MEET
DIRECTOR:Becca Watson 602-363-0746
beccawatson@msn.com

FACILITY: six-lane 25 yard pool. Warm-up: separate warm up area. Water temperature: ~ 81 degrees F. No concessions are available.

RULES: Current USMS rules govern the meet.

ELIGIBILITY: Open to all USMS 2011 registered swimmers, 18 and above as of *February 20, 2011*

SEEDING: Slow to fast **TIMING:** Electronic

RELAYS: Deck-enter relays at the meet. Mixed relays require 2 men and 2 women. Mark your relay entry card *carefully* with proper age group.

BREAKS: There will be a 30 minute warm up following the 400 IM. All other breaks are 10 minutes.

CHECK-IN. Positive check-in required for 400 IM & 500 free; Deadline for 400 is 11:30 am. Deadline for 500 is 1:00PM. Swimmers who do not check in by the deadline may be scratched from the event.

DIRECTIONS: From I-405 take the NE 124th St exit and head W. Turn R at 116th Ave NE. Turn L on NE 132nd St. Turn L on Juanita HS Dr. Pool is located next to the W parking lot.

HOTEL INFORMATION: Country Inn and Suites
 19333 North Creek Parkway
 Bothell, WA 98011
 425-939-5502

NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES

EMERGENCY CONTACT _____

PHONE NUMBER _____

PNA LOCAL MASTERS SWIMMING COMMITTEE
 MEET ENTRY FORM: February 20, 2011 Meet Sanction #361-03

Hosted by the Lake Washington Masters

NAME: _____ M F AGE: _____

ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS #: _____

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

AGE GROUP (determined by your age as of February 20, 2011):
 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 PER DAY plus relays. Circle if your **first Masters meet: Y**

EVENT NUMBER	EVENT	SEED TIME

ENTRY FEES: \$ 16.00 (includes LMSC and electronic timing surcharges)

Individual Events: _____ (\$2each; no charge for relays or if 65 and up; or if needs based);

Total: \$ _____ [from \$16.00 (relays only) to \$26.00 (five events)]

Register online at: <https://www.clubassistant.com>

Online registration deadline is **February 15th**

Please make checks payable to: WAVE AQUATICS 425-823-7627 (w)

Mail this entry form and fees to: **Becca Watson**
C/O Lake Washington Masters
 PO Box 2953
 Kirkland, WA 98083
Questions? Email beccawatson@msn.com

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

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

SIGNED: _____ DATE: _____



ORCA 2011 SWIM MEET

SHORT COURSE YARDS MEET. Sponsored by the Orca Swim Team
Sanctioned by the Pacific Northwest Association of Masters Swimmers
for USMS, Inc. Sanction #361-05

DATE: Saturday, March 12th, 2011
TIMES: Check-in & 1st Warm-up: **10:00a.m.** Meet: **11:00a.m.**
Event 3 will start no earlier than 11:45a.m.
PLACE: **Seattle University Connolly Center**
650 14th Ave Seattle WA 98122
CONTACTS: Chris Bresemann (chris.bresemann@gmail.com) (206) 249-1453
eves & weekends
DEADLINE: Postmark by **Monday, March 01, 2011.** Received by Thursday
March 4, 2011. Online until 12:00 Noon PT **Tuesday March 9,**
2011. Sorry, but no late or day of meet entries.

FACILITY: An indoor facility with six (6) 25-yard competition lanes with an adjacent warm-up
and warm-down area. Water temp is 84 degrees. Coin lockers available. No concessions.

RULES: Current USMS Rules will govern the meet.

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

ELIGIBILITY: Open to all year 2011 USMS registered swimmers 18 and above as of
3/12/2011. Age groups based upon the swimmer's age as of 03/12/11.

DIRECTIONS

From areas north of city limits of Seattle: Take I-5 Southbound, take exit 165A toward James
Street. Stay straight to go onto 6th Avenue. Take the second left unto James Street. James
Street becomes East Cherry Street. Turn Right onto 14th Avenue. Pool is on the left at 650
14th Avenue.

From all other areas: Take I-5 Northbound. Take the Dearborn Street/James Street Exit.
This is exit 164A toward Madison Street. Take the James Street exit turn right onto James
Street. Turn right onto 14th Avenue. 650 14th Avenue is on the left.

ORDER OF EVENTS (PNA Order #4) (Seeding is slow to fast)

1	1000 Free (check-in by 10:30am)	11	50 fly
	30 minute break & 2 nd warm-up	12	100 Free
	Event 2 will not begin before 11:45am	13	200 Back
2/3	200 Women's/Men's* Free Relay		30 min Break including
4	50 Breast		Pink Flamingo Relay
5	100 Fly	14/15	200 Women's/Men's* Medley Relay
6	200 Free	16	200 Breast
7	50 Back	17	200 Fly
8	100 IM	18	50 Free
	Break	19	100 Back
9	200 Mixed Free Relay	20	200 IM
10	100 Breast	21	200 Mixed Medley Relay

Note: Relays entries done on day of meet and deck-seeded.

* - The entries for Men's Relays and Women's Relays will be swum in combined heats.

For more info on social events for the meet see: <http://www.orcaswimteam.org/>

The ORCA SWIM TEAM is 501 (c) (3) non-profit corporation dedicated to promoting the sport of swimming and to educating the
public about the value of sports in fitness and community-building. The team is comprised of gay/lesbian and gay/lesbian-
friendly swimmers and welcomes all Masters Swimmers to its swim meets. ORCA SWIM TEAM is a member of Pacific Northwest
Aquatics (PNA), International Gay and Lesbian Aquatics (IGLA) and Team Seattle.

ORCA 2011 SWIM MEET

Sponsored by the Orca Swim Team

Sanctioned by the Pacific Northwest Association of Masters Swimmers
for USMS, Inc. Sanction # 361-05

Name: _____ Circle if your first Master's Meet: **Y**

Phone: (____) _____ E-mail Address: _____

Street Address: _____

City: _____ State/Province: _____ Zip/Postal Cd: _ _____

M or F Age: __ Birthdate: __/__/__ USMS# _____

Team Abbrev: _____ Team Name: _____ LMSC: _____

USMS Club Abbrev: _____ USMS Club Name: _____ or UNATTACHED

AGE GROUPS (Determined by your age as of 3/13/2011):

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+

INDIVIDUAL EVENT ENTRIES - ENTRY LIMIT: 5 individual events (excluding relays)

EVENT NUMBER	EVENT NAME	SEED TIME (Short Course Yards)

ENTRY FEE: \$21 (paper) or \$18 (on line)(includes PNA & electronic timing surcharge
Individual Events: _____ (\$1 each; no charge for relays, 65 and up or needs based)
Total: _____

!!! Please enter on line at: <http://www.clubassistant.com> !!!

Or Mail completed and signed Entry, Check, & copy of USMS card to: **Orca Swim
Meet c/o Orca Swim Team, PMB 869 - 1122 E Pike St., Seattle, WA 98122.**
Please make checks payable to **Orca Swim Team. Amount Enclosed:** _____

**Non-PNA entrants must make a copy of your Year 2011 Masters registration
card and mail it in with this entry form. Online registrants must present card
at check-in.**

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: _____

Emergency Contact _____

Phone Number _____



Pacific Northwest Association of Masters Swimmers

You may fill out the paper form below and mail it with a check or register online with a credit card at <https://www.clubassistant.com/club/USMS.cfm?L=36> or through the link for online registration at www.swimpna.org and follow the instructions.

2011 Membership Application

New Swimmer Returning USMS Swimmer
(Permanent ID if available _____)

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
 Home Phone (____) _____ Work Phone (____) _____ Cell Phone (____) _____

CLUB Affiliation Pacific NW Aquatics (PNA) or Unattached to a Club
TEAM Affiliation _____ see team list on next page

Please check all that apply:
Masters Coach , Certified Official , YMCA , USA Swimming , USA Triathlon

Choose a membership level A or B below for 11/01/2010 thru 12/31/2011.

A. Regular:	\$44	
B. Need-based or Seniors (65 & over):	\$35	
<i>Optional Donations:</i>		
Swimming Saves Live		\$
International Swimmers Hall of Fame		\$
Pacific Northwest Association (PNA)		\$
TOTAL		\$

Swimming Saves Lives
Just \$1 from each of us has the potential to add \$55,000 annually to further adult swimming opportunities, sports, medicine research, education and outreach through grants. See <http://www.usms.org/giving/>

International Swimming Hall of Fame Fund
Dedicated to the recognition of the famous swimmers, divers, water polo players, synchronized swimmers, and persons involved in life saving activities and education, throughout the world. <http://www.ishof.org/about/>

Pacific Northwest Association of Masters Swimmers
This is your organization and supports clinics, education, The Wetset, and future projects. The Senior and Need-based discount is funded in part by donations.

Please consider making a tax-deductible donation to these funds.

Make check payable to: PNA
Questions: (206) 849-1387 or pnaRegistrar@usms.org
Mail check & form to: Arni Litt, Registrar
PO Box 12172
Seattle, WA 98102-0172

A link to the PNA newsletter, *The WetSet*, will be sent by email 10 times/year unless you check here to have *The WetSet* sent by U.S. Postal Mail.
PNA is seeking volunteers to help with meets, clinics and committees. Check here to volunteer and someone will contact you about where you could make a difference."

2011 Annual Fee: Of your membership fee \$29 is sent to USMS and \$15 remains with PNA to support our programs. \$8 of the USMS portion is designated for the national publication Swimmer Magazine. (There is no discount for those not wishing to receive the national publication.)

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** _____

Pacific Northwest Association of Masters Swimmers
PO Box 12172
Seattle, WA 98102-0172

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- * ONE HOUR POSTAL SWIM (*PAGE 4*)
- * CALL FOR NOMINATIONS
 - OFFICERS, COORDINATORS, COACH OF THE YEAR (*PAGES 5-6*)
- * CALENDAR OF EVENTS (*PAGE 12*)
- * MEET ENTRY FORMS FOR
 - * THUNDERBIRD SCM (JAN 23)
 - * OLYMPIA SCY (FEB 5)
 - * LAKE WASHINGTON SCY (FEB 20)
 - * ORCA SCY (MAR 12)