

Remember the PNA Picnic: Saturday, Sept. 21st at Greenlake.
Meet near the bath house (NW shore swim area) starting at 10:30 AM.
Potluck, BYOE (bring your own everything) including games and pictures.

The September 24th board meeting will begin at 7:00 PM at Ann Gindroz's house, 715 N. Yakima (Phone 272-1854). From I-5 North or South, take 38th St. & Bremerton exit. Follow Hwy 16 and take 1st exit onto Sprague. Continue North on Sprague to Division. Turn Right on Division. Follow Division to Yakima, and turn left.

September 24th PNA Board Meeting Agenda

- I. Call to order
- II. Minutes
- III. Treasurer's Report
- IV. Committee Reports
 - a. Membership
 - b. Newsletter
 - c. Other
- V. Meets
 - a. UPS (Oct.)
 - b. N. Kitsap (Nov.)
- VI. Convention
- VII. Oct. 5th Retreat
- VIII. Misc.
- IX. Adjourn

PNA Long Range Planning & Policy Meeting

Oct. 5th, 9:00 AM Husky Hall of Fame Room
University of Washington, Hec Edmunson pavillion

We have intentionally delayed major policy discussions so that we can have more input (due to larger attendance than our average board meeting). If you only make one meeting all year, this is the one you should go to. All PNA members are welcome to attend. However, only team reps, at-large reps, and officers will be allowed to vote on motions. Please look over the attached list of proposed policies and discussion items and discuss them with your team before the meeting. If you have items to add to the list, please contact me as soon as possible.

Thank You.



Tentative Agenda

- I. Call to order
- II. Committee Reports
- III. Ex-Members Survey
- IV. Covention Report
- V. Review of current PNA policies
- VI. Discussion Groups (see attachment)

LUNCH (provided by PNA)

- VII. Review of Discussion Groups
- VIII. Fee Structure
- IX. New Policies (see attachment)
- X. Misc.
- XI. Adjourn

Discussion items:

- 1) Method of communication between at-large-representatives and the swimmers that they represent.
- 2) The PNA registration was reduced by about 40 swimmers last year. Do you feel that this is a one time occurrence? What should we do to promote membership and encourage participation?
- 3) What can the PNA do to encourage meet bids?
- 4) How can we involve more people at the committee level?
- 5) Should the awards banquet be moved to a date separate from PNA Champs?
- 6) Would you like to see more stroke clinics and fitness clinics? If so, what format would you like to see?
- 7) What should the PNA do to improve meets?
- 8) How can we improve the distribution process for entry cards?
- 9) Do you have any suggestions for fund-raising projects?
- 10) Do you have any articles that you would like to see deleted from or added to the WetSet?

Present policies to be reviewed:

- 1) mailing list distribution.
- 2) complementary newsletter distribution.
- 3) one award free per meet for seniors.

I feel that policies need to be created in the following areas:

- 1) Team size determination for voting representation.
- 2) Allow late entries in PNA champs to swim exhibiton.
- 3) Reduction of registration fees for members who register after PNA champs.
- 4) Financial reimbursement policy.
- 5) Method for collecting relay fees for national and international meets.
- 6) Determination of which events not sanctioned by the PNA may be published in the WetSet.

PNA MASTER SWIMMERS
EXPENSES AND RECEIPTS
10-01-84 THRU 9-30-85

<u>EXPENSES</u>		<u>RECEIPTS</u>	
MEETS	7189.39 *	MEET ENTRIES	9503.00 *
NEWSLETTER	4223.79	MEMBERSHIP	6840.00
COMPUTER	2995.45	BANQUET	941.00
MEMBERSHIP	1873.88	AWARDS	757.25
TEAMWEAR	1641.32	TEAMWEAR	449.50
BANQUET	1011.20	DIVIDEND	295.19
AWARDS	775.95	RELAYS	273.00
RELAYS	248.30	SUBSCRIPTIONS	<u>126.00</u>
PRINTING	240.90		19184.94
POSTAGE	144.00		
PHONE	100.98		
ADVANCE	89.10		
SUNSHINE	77.03		
LABELS	60.11		
XEROX	32.96		
NSF CHECKS	32.00		
MISC	21.24		
COMPUTER SUPPLIES	<u>9.95</u>		
	20894.99		

* INCLUDES CLINIC

NOTES THESE FIGURES DO NOT INCLUDE THE FULL COST OF A CONVENTION. THE 1984 CONENTION WAS ACCOUNTED FOR BEFORE 10-84. THE 1985 CONVENTION WILL BE ACCOUNTED FOR AFTER 9-85.

DIVIDEND OF 9-30-85 IS UNKNOWN AT THIS TIME AND IS NOT ACCOUNTED FOR ON THIS REPORT.

10-03-85

PNA MASTER SWIMMERS

84-85 ACTUALS COMPARED TO 85-86 BUDGET

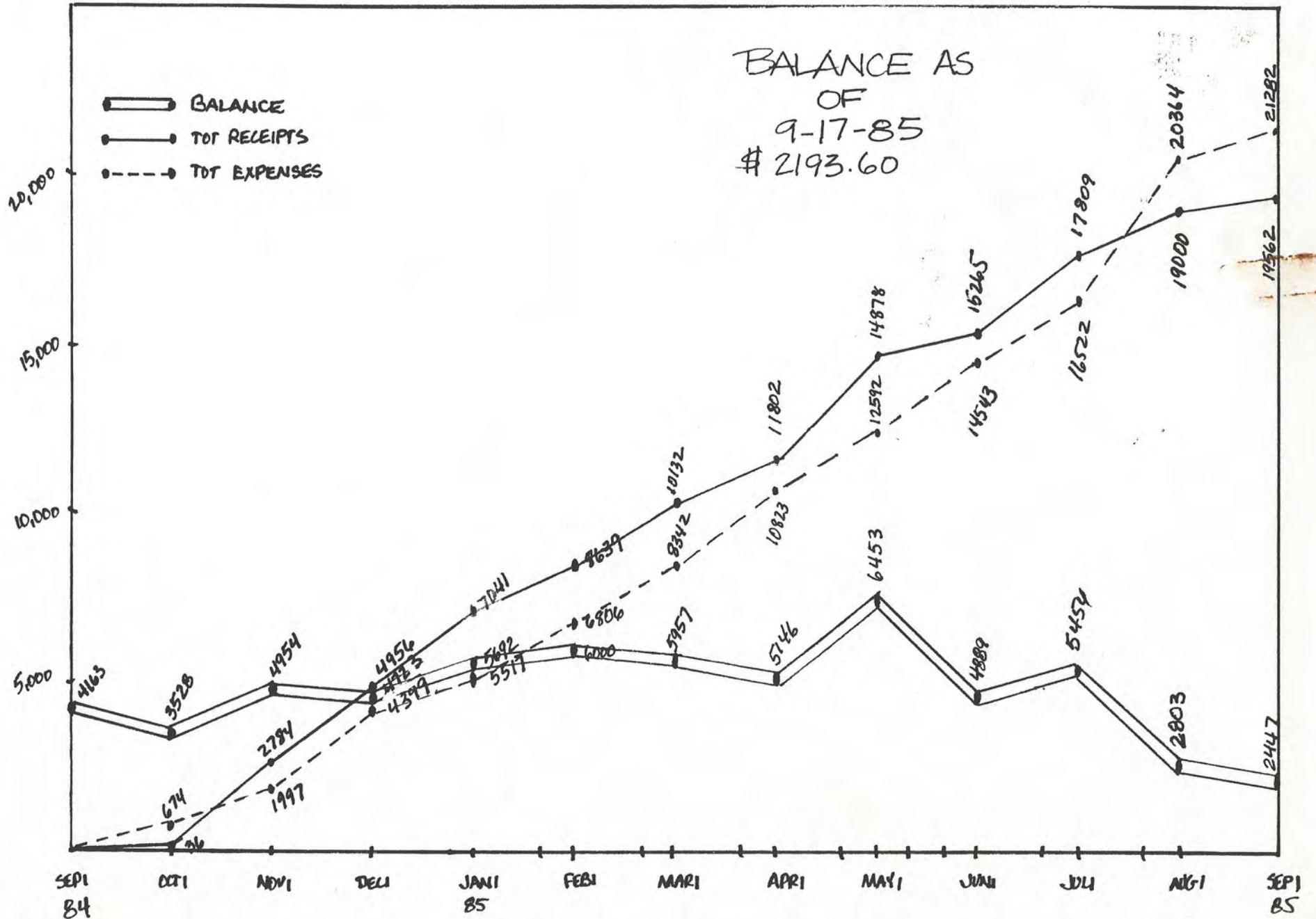
<u>INCOME</u>	<u>84-85</u>	<u>85-86</u>
MEMBERSHIP	6840.00	9000.00
MEET ENTRIES	9503.00	7500.00
AWARDS	757.25	700.00
TEAMWEAR	449.50	500.00
DIVIDEND	295.19	300.00
RELAYS	24.70	
SUBSCRIPTIONS	<u>126.00</u>	<u>240.00</u>
	17995.64	18240.00

<u>EXPENSES</u>	<u>84-85</u>	<u>85-86</u>
MEETS	7189.39	5625.00
NEWSLETTER	4223.79	4200.00
COMPUTER	2995.45	
MEMBERSHIP	1873.88	3000.00
TEAMWEAR	1641.32	500.00
BANQUET	70.20	
AWARDS	775.95	1000.00
RELAYS		250.00
PRINTING	273.86	300.00
POSTAGE	144.00	300.00
PHONE	100.98	100.00
ADVANCE	89.10	
SUNSHINE	77.03	150.00
LABELS	60.11	
NSF CHECKS	32.00	
MISC	21.24	300.00
COMPUTER SUPPLIES	9.95	100.00
EXEC. SECRETARY		600.00
PROMO FLIERS		150.00
CAPITOL OUTLAY		<u>115.00</u>
	19868.25	18240.00

10-03-85

84-85 CASH FLOW

PNA MASTERS
SWIMMERS



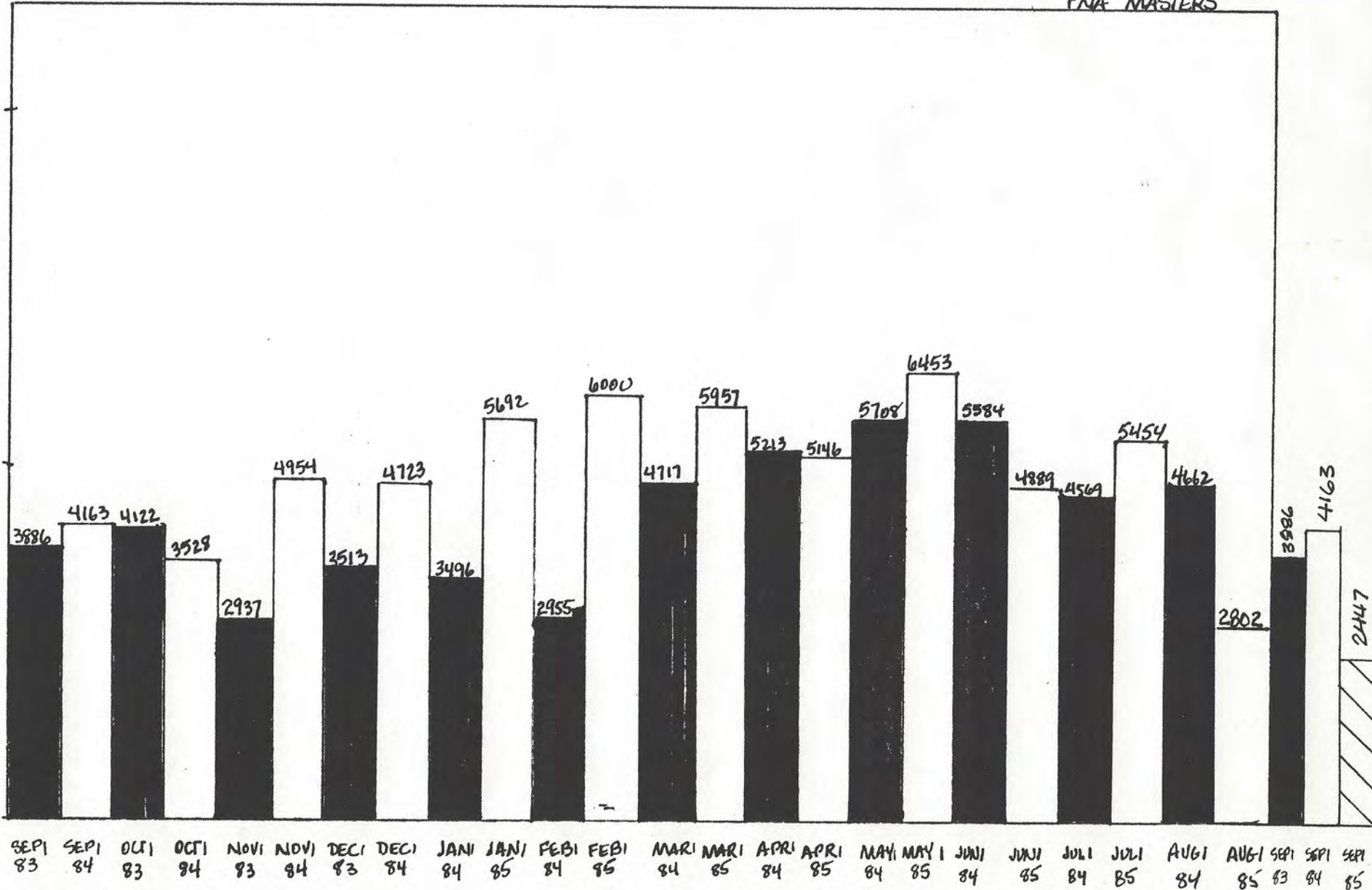
83-84/
84-85

COMPARISON-BALANCE

PNA MASTERS

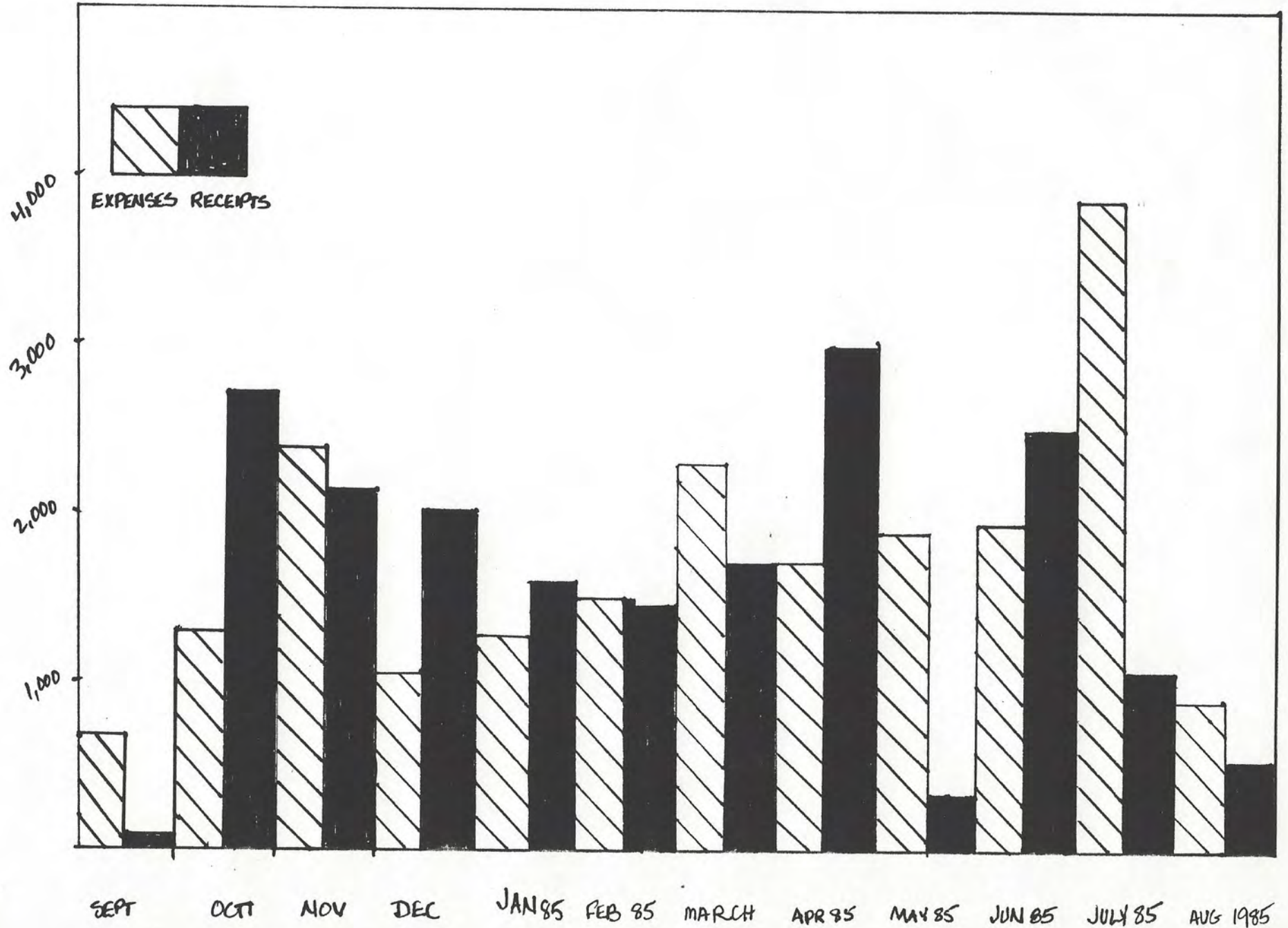
10,000

5,000



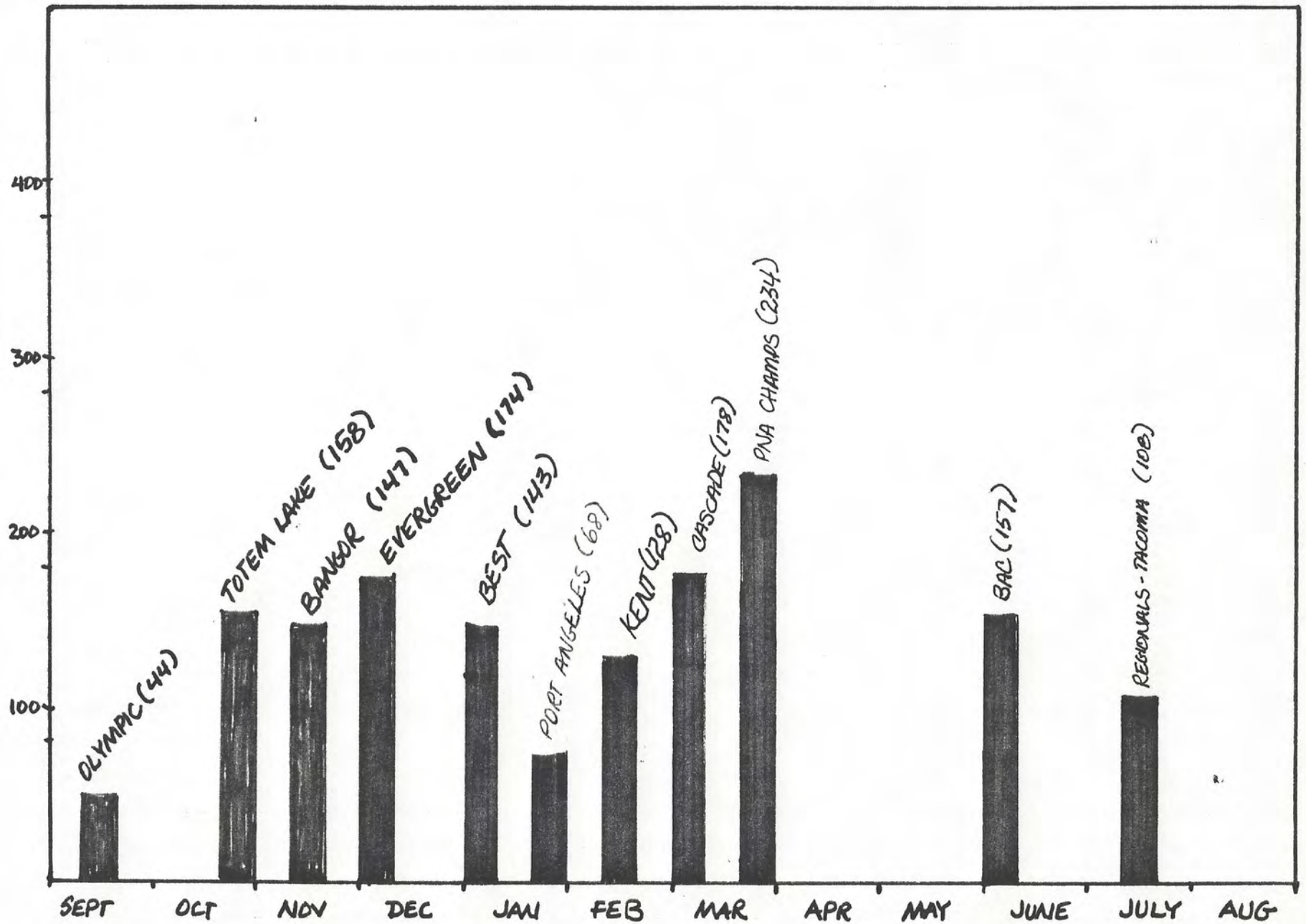
84-85 EXPENSES & RECEIPTS

PNA MASTERS
SWIMMERS



84-85 MEET ATTENDANCE

PNA
MASTERS
SWIMMERS



1985 USMS Annual Meeting Report
September 11-15, 1985
Phoenix, AZ
Hugh Moore

Note: I was not an official representative of the PNA, nor did I receive financial reimbursement for attending the meeting. However, I did represent the interests of the PNA at the meetings which I attended and feel that I am qualified to report on them.

LONG RANGE PLANNING COMMITTEE

Adaptive Swimming handbook is ready for printing. Ad-hoc committee to develop handbook was chaired by Gail Dummer, with input from numerous people including Kathy Crandell and Jane Moore. During the past year, the committee reviewed current USMS policies and divided them into four categories: retain, modify, obsolete, and part of code or rules. House of Delegates recommended review by laws and legislation committee. Suggestion that future legislation be classified into three categories: Standing Rules (continuing importance and impact), Policies, and Actions.

General comments: encourage participation of swimmers on local recreation boards. Develop more direction at national level from the "grass roots".

REGISTRATION COMMITTEE

Team registration is required by October 31st.
Approx. 19,000 registrations for 1985.
To transfer LMSC's, a member must turn in the old card and pay a \$2 transfer fee.

INTERNATIONAL COMMITTEE

Work is in progress to get Masters recognized as the fifth discipline in FINA (along with Diving, Water Polo, Synchro, and Swimming). Masters rules will not contain the word "amateur". Recognition is expected to take place in 1988 at meetings during the Summer Olympics at Seoul.

In the interim, Masters Swimming International (MSI) has been created, which is acting as an organizing group for international meets. Note: I suggest that PNA subscribe to MSI News to keep abreast of developments.

COACHES COMMITTEE

Note: general lack of distinction between ad-hoc USMS committee and the Masters Swim Coaches Association. Currently, the MSCA is professional in nature, and I feel overlooking the interests of the majority of Masters coaches. Therefore, I strongly suggest that all PNA coaches should consider joining MSCA.

Recommendations:

No diving during warm-ups at meets.

Set up sprint lane(s) during last half-hour of warm-up. Use adjacent lane if multiple sprint lanes are used. Designate meet marshall to encourage that fastest swimmers swim next to sprint lanes and speed decreases across pool.

No allowance should be given to age for stroke and turn judging.

Non USMS registered coaches should register with USS (non-athlete) for insurance purposes.

LAWS AND LEGISLATION COMMITTEE

Made recommendations for approval/disapproval of proposed legislative changes. All items were voted upon by the House of Delegates.

OCEANA ZONE MEETING

Bert Peterson (Oregon) elected as new Oceana zone rep..

Anyone interested in serving on national committees should write a letter to our new USMS president stating your qualifications and which committee(s) you would like to serve on.

Tom Boak
63 Huntsman's Horn Circle
The Woodlands, TX 77380

1985 USMS Annual Meeting Report
September 10-15, 1985
Phoenix, AZ
Jane Moore

SPORTS MEDICINE AND RESEARCH COMMITTEE

Medical care at national championship meets was discussed. There have been 1 or 2 persons requiring attention at each meet, and most of these are spectators. Liability of out-of-state physician-competitors who provide medical care at these meets was discussed and referred to an ad hoc medical-legal committee. The ad hoc committee recommended that previously accepted standards for medical care at national championship meets be put into effect one year early, thus requiring the 1986 SC and LC nationals to provide medical care. A further recommendation to delete the Medical Information Form for Entrants from all meet packets was made.

SM&R committee will begin work on a series of sports information brochures for Masters swimmers similar to those currently being produced by US Swimming Sports Medicine. Five brochures are planned initially. They will be sold at cost to fund future brochures and distributed through the national office.

A record of deaths occurring during swimming workouts or meets will be started in order to study causes of such deaths.

FINANCE COMMITTEE

Registration has increased 19% per year since 1982 (11,900-18,901). Budget for 1986 based on 15% increase (21,700).

Plan to continue to use a comptroller this year while developing an electronic data processing system for bookkeeping and account systems. The executive secretary will then be taught to use the program and will replace the comptroller.

Recommend revoking the dues increase (\$3.25 to \$5.00) for 1985-86 but instate it for 1986-87.

Funded development of a computer program for national championship meets.

Recommended changing fiscal year to correspond to tax year (Jan.1-Dec.31) beginning 1/1/87.

Cash management policy: short term investments only; cash on hand equal to about 3 months expense requirements.

All these recommendations approved by the House of Delegates.

Also committee recommend against, but House of Delegates approved: \$12,000 for a PR/publicity person for Masters swimming to be hired and supervised by the executive committee and \$2000 international travel account to be administered by the executive committee for the purpose of sending a representative of USMS to international meets to attend MSI and FINA meetings.

MARKETING COMMITTEE

Considered and rejected a proposal from Speedo to become "the official swimwear of USMS". Speedo would produce a poster and brochure to publicize the benefits of swimming and Masters swimming. This would be distributed with Speedo suits at all retail outlets. In return, Speedo would be allowed to send a mailing to all USMS members and would be the exclusive swimwear at National Championships. No other swimwear (suits, caps, goggles, warm-ups, swim bags) could be sold at National Championship meets. Also, 2 large Speedo banners would be displayed at these meets, and no other swimwear banners would be allowed. No money would be given to USMS with this proposal. It was noted that USMS National Championships are the largest money-makers of any national championship meets in the US. The brochure will be distributed in any case, but USMS will not have input.

A proposal from The Finals was accepted. The Finals will sponsor Super Swim and Masters All-Star Teams. They also offered the possibility of other forms of support, but stated that this offer would probably be withdrawn if the Speedo offer were accepted.

A USMS calendar will be produced for 1987. It will feature pictures of male and female USMS swimmers from each age group. Sponsors will be sought for each month to finance production. Competition for pictures will be held with finalists having calendar pictures made at 1986 SC Nationals at Ft. Pierce.

Proposal from Swim magazine to become "an official magazine of USMS" was accepted provided confidentiality of the mailing list was assured. The image of USMS in nationally published articles was discussed. Of particular concern was the Swimming World Masters column which contained one article titled "how to Get a Lane". Recommendation to change the author was made. It was also recommended that persons representing USMS obtain USMS approval before publishing their articles.

Committee also recommended hiring a promotion/press director to publicize national championship meets.

PUBLICATIONS COMMITTEE

Approved Swim magazine proposal to become "an official magazine of USMS". Swim magazine will publish entry forms and results of all national championships, LC and SC Top Ten lists, and will continue a column by USMS. They will be provided labels but not the mailing list. Information on how to subscribe to the magazine will be included on national membership cards.

The USMS newsletter agreed upon last year has been printed but not yet distributed. After much discussion, it was decided to proceed with the mailing to all USMS members. Two issues per year will be tried again this year, one before and one following convention. Responsibility for the content will be up to the executive committee. It was suggested that a PR person could handle this duty.

The Adapted Swimming Handbook is nearly ready. 300-400 copies will be printed and distributed through the National Office.

LMSC Guidelines handbook will be continued for 2 years. 100 copies have been requested so far.

Final recommendation to have this committee become a subcommittee of Marketing.

ADDITIONAL NOTES

USMS Insurance carrier not interested in small claims: there is a \$50 deductible for the accident insurance. The insurance becomes effective when the LMSC registrar or designate receives the application for membership and required fee. Coverage for travel to and from events or practices is no longer included.

Any administrative function that an LMSC would hire a secretary to do can be done by the USMS executive secretary.

General Foods has inquired for details of size and activity of USMS in regards to possibly becoming a corporate sponsor nationally.

1986 Convention: Sept. 17-21 Ft. Worth, TX
1987 - Atlanta; 1988 - St. Louis.

Convention 1985 - House of Delegates Meeting

① We need to make sure we officially sanction each of our meets in order to be covered by USMS insurance. A separate sanction number will be assigned to each meet, and that number will appear on the entry forms. USMS will prepare the new sanction forms with correct medical forms and distribute them to all the LMSC's.

② 1987 Short Course Nationals - Stanford, CA.

May 23-26 (Sat - Tues) if the 1650 is the last day

May 22-25 (Fri - Mon) if the 1650 is the first day

1987 Long Course Nationals - Woodlands, Tx.

August 21-24

April 1, 1986 - is the deadline for bids for the 1990 World Masters Swimming Championships to be held in the U.S. Selection of the meet site will be done by the Board of Directors at the 1986 Short Course Nationals at Ft. Pierce, FL.

③ Dorothy Donnelly (Ct.) has been hired as the executive national secretary for USMS.

④ The Masters Coaches' Association (MCA) will be an ad-hoc committee rather than a standing committee.

(NOTE: All coaches in the PNA are encouraged to join the MCA to help preserve the current philosophy of masters swimming.)

⑤ A separate USMS rule book will be prepared for Convention '86 and, if approved, will be published January 1, 1987.

⑥ Rules Masters Swimming Rules - effective JANUARY 1, 1986

MSR 2 - Relay age groups will be: 119 years and under, 120 years and over, 160 years and over, 200 years and over, 240 years and over, 280 years and over.

MSR 3 - A surcharge of up to \$5.00 per swimmer may be charged at local and regional meets to help defray pool use fees and/or automatic timing costs. (the limit was \$2.00)

MSR 4 - (Regarding butterfly) when the breaststroke or whip kick is used the arms must be recovered over the top of the water at least once per pool length.

MSR 10 - (Regarding Nationals) After all full heats are seeded within each age group the remaining swimmers shall be seeded with the next available age group of remaining swimmers.

MSR 9 - Short course meter events shall count for Top Ten and records. These events shall be the meter equivalent of those listed under short course (25 yards) with the exception of the 400, 800, and 1500 meter freestyle.

MSR 7 - Times to be considered for records and Top Ten listing must be made on or before May 31st for short course yard times and September 15th for long course meter times and December 31st for short course meter times. They shall be forwarded to the Masters Records Chairman, Tabulations/Top Ten Chairman by July 15, October 20, and February 5 respectively.

MSR 21 - The short course start shall be used for all events.

MSR 22 - (Regarding Nationals) When an automatic timing system is used, event/heat tapes must be posted for each heat and lane before or simultaneously

with the posting of the results.

MSR 23 - (Regarding Nationals) the event number and heat number for each heat in the water must be visually displayed in a location easily seen by the participants, for each course being used.

MSR 24 - Relay leadoff splits recorded by fully automatic officiating equipment shall be considered for Top Ten times, provided such splits are brought to the attention in writing of the USMS Top Ten Chairman.

MSR 14 - (Regarding Nationals) At the option of the meet director, the 1650 yards/1500 meters may be swum on the first day of the meet.

⑦ "SWIM" Magazine is an official USMS magazine.

⑧ (A) The USMS will study the financial and administrative feasibility of masters open water events/swimming being governed exclusively by USMS.

⑧ USMS Long Distance Swimming will be delegated the authority to award US Long Distance Swimming Championships for Masters.

⑨ USMS dues for registration will increase to \$5.00 ^{November} January 1, 1980.

⑩ the fiscal year will be January 1 to December 31. (It was October 1 to September 30.)

- ⑪ USMS officers are: Tom Boak - Texas - President
 - Gail Dummer - Michigan - Vice-Pres
 - Nancy Ridout - California - Secretary
 - E. Kevin Kelly - Iowa - Treasurer
 - Dore' Schwab - California - Zone Rep.
- Chairman

⑫ there will be no duplication of names in one age group among relays submitted for Top Ten listing.

⑬ Two USMS newsletters per year will be sent to

all USMS members until further action discontinuing it. Gail Dummer will be responsible for the content of future USMS newsletters. The USMS newsletter that is currently ready will be sent out.

- (14) ^A \$12,000 was appropriated to hire a person for promotion/publicity of USMS.
- (14) ^B \$2,000 was appropriated for international travel.
- (15) A new design for the national championship medal was approved. Slick copies of the new, corrected design will be sent to all LMSc's for their use.
- (16) the 94 policies recommended for retainment by the ad-hoc policies and procedures committee will be referred to Laws and legislation or Rules committees to make sure they are consistent with the code.
- the remaining policies of a total of 217 will be referred to the committees to be reviewed and acted on.
- (17) Times from the World Masters Games in Toronto will count for Top Ten and records.
- (18) Anyone wishing to be on a USMS committee should contact: Tom Boak

63 Huntsman's Horn Circle
The Woodlands, TX. 77380

the bulk of the work is done by
correspondence.

Respectfully submitted,
Kathrine G. Crandell

Championship Meet Committee

- new policy carried out during 1985 was to send a member of this committee to the site of each National Meet 2 months prior to the meet to discuss any problems with the meet director and the committees
- bids for 1987 Short Course Nationals were accepted from Univ of Ariz at Tucson, Industry Hills at L.A., Irvine and Stanford. A single long course bid was sent by Woodland, Texas.
- a new design for the championship medal was presented and accepted
- an attempt was made to eliminate team scoring at Nationals - did not pass
- this committee will review the order of events for National Championship Meets every 2 years for possible revisions
- electronic timing tapes and event results will be posted for possible protests prior to announcing official results
- a Policies & Procedures Handbook (Meet Packet) will be developed for National Meets
- no talk about Time Standards

Tabulation - Top Ten

- established dates for each of the 3 seasons for tabulation of times: short course till May 31, long course till Sept 15 and short course meters till Dec 31

- approval of Short Course Meters as "Official" for records and top 10 starting 1-1-86. This means that the 1986 TOP 10 will be eligible for Top 10 patches, All American honors. However National Records will be retroactive from 1-1-84.
- approval of a new method for compiling TOP 10 relays - for a team to qualify a second team in the same event all members of the second team must be different than the members of the first team
- approval of relay leadoff splits recorded by fully automatic officiating equipment shall be considered for TOP TEN TIMES, provided such splits are brought to the attention in writing to the LMSC TOP TEN CHAIRMAN

1st 500 of distance swims could count for record - must be checked individually

Long Distance Swimming

- there exists a close tie between LDS and US Swimming. Moves will be made shortly to break away from this tie and have LDS become "independent" with Masters
- most swims are in Calif. and the East Coast however the 1 hour postal and the 10 K postal are considered LDS

Walt Reid
10-4-85

" NOT FOR OFFICIALS ONLY "

JP SZYMANSKI

NATIONAL OFFICIALS CHAIRMAN

NO FALSE START

As everyone is aware by now, the No False Start Rule was passed by the House of Delegates in Cincinnati. It should be noted however, that the effective date of this change is January 1, 1984, not May 1st when the new Code book takes effect.

After listening to a great deal of debate regarding this subject during the Officials meetings, I thought it best to clarify some areas of concern you might have regarding the application and mechanics of this new rule.

First, there were two basic changes to the original language as printed in the pre-convention information. 1- The rule requires the concurrence of the Deck Referee to disqualify any swimmer. This accomplishes two things. (a) It further protects the athlete from possible starter errors, and (b) Forces the Deck Referee to watch every start which should have been done anyway. 2- Several specific meets are exempt from this rule, they are; all USS International Meets, Pan American Trials, World Games Trials, and Olympic Trials. This amendment was made so as not to place any of our athletes at a disadvantage when competing in international events under current FINA rules.

One area of concern voiced by many was the potential disqualification of swimmers who " Slip ", or display a balance problem while preparing to start.

Be assured that any starter or referee who follows the " Intent " of this rule will NOT disqualify any competitor for an uncontrollable slip. This especially applies to the younger age group swimmers who are sometimes a little shaky at best while perched on high, tilted starting platforms. Further, there has been no changes to the existing " Relief " rules, or starter responsibilities as far as voice activated movement (Stand Up) commands are concerned.

As for consistency in starters, this has always been a problem at all levels of competition. However, after personally watching twenty meets and some thirty-five different starters, it was quite clear that even the inexperienced starters who had never worked with this rule before, became quite confident and therefore more proficient after only one or two events. It is my feeling that within a short time we will see a higher level of consistency.

Riding the elevator at Convention IV and watching the digital floor counter, I couldn't help but think of the ultimate in starting devices with no human interference. The downhill skiing events have close to it now, a decending tone with a gate. But I'm not so sure we want this yet ???

A PARTING SHOT ! One of the most important rules not found in the printed US Swimming Code, is the " GOOD COMMON SENSE RULE ". If every officials used it, we wouldn't have near the problems we do.