

The December 17, 1985 board meeting, held at the Moores', was called to order at 7:20 PM by President Hugh Moore. In attendance were Rick Ingraham, Julie Corman, Carolyn Baldwin, Frank Newquist, and Jane Moore. Minutes from the previous board meeting were not available. Treasurer's report revealed a balance of \$3534. Also presented were a comparison of meet attendance figures from 1981 through the present and summary of 1st quarter actual income and expenses with comparison to the budget.

Membership reported 302 current members, about 50 less than the same time last year. Last year was about 40 less than the previous year. The decline in membership was discussed. A letter with a registration form will be sent to all of last year's members who have not renewed. The officers approved \$70 for this project. This amount will need approval by the full board at the next meeting.

Awards: 23 medals were sold at the Husky meet. At the Issaquah pentathlon, ribbons will be given free of charge to individual event winners. Overall pentathlon winners may purchase medals. There are currently enough medals for the rest of this short course season. A proposal for ordering new awards for next year will be presented at the next board meeting.

Meets: Husky meet was felt to be well run with good results. The Cascade meet will be March 15-16. It will have a 1000 yard freestyle instead of a 1650. A request for a long course meet to be held June 14 was received from BAC. This will be discussed at the next meeting.

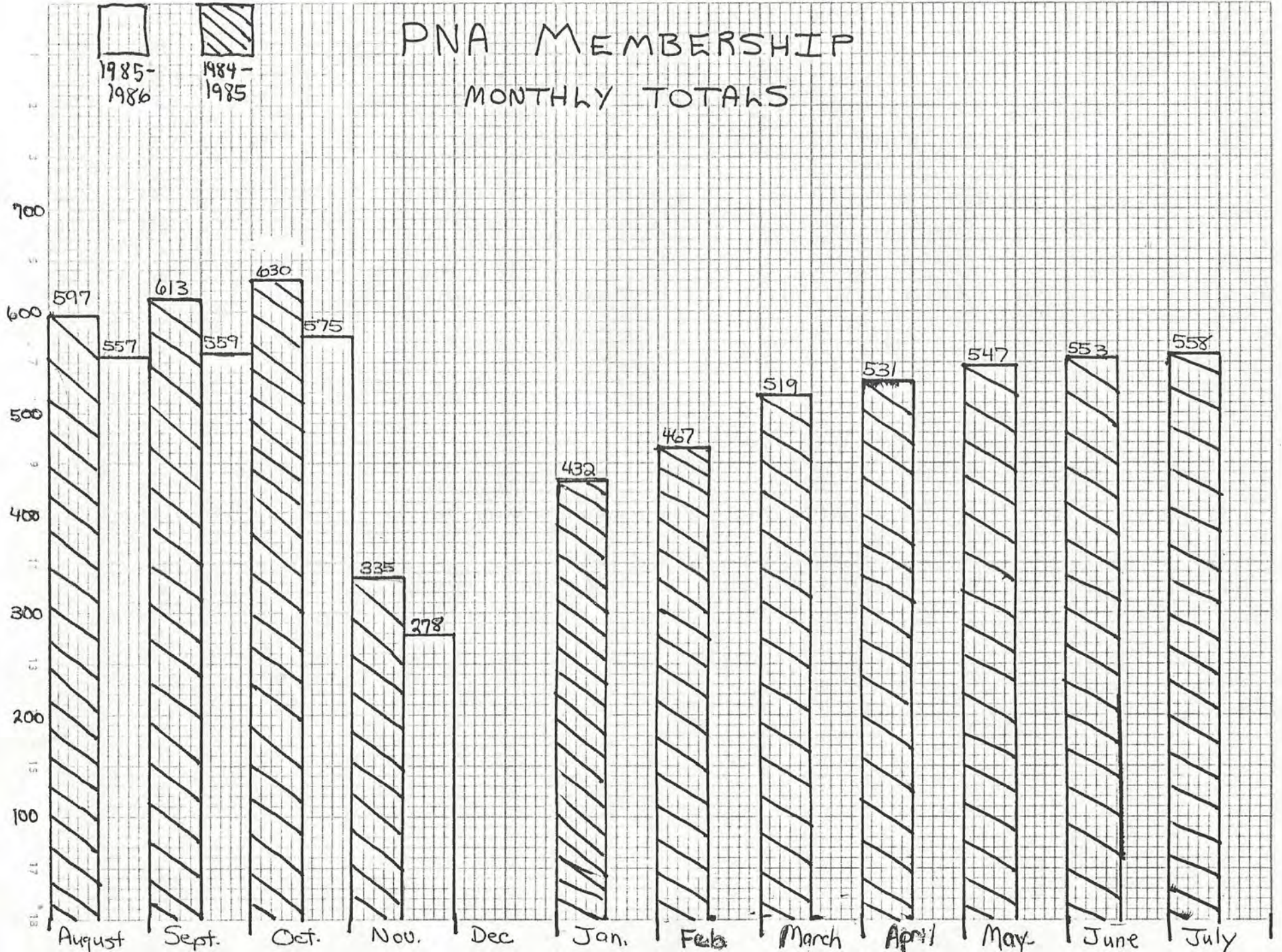
Misc.: The PNA promotional brochures are now available for distribution to all area pools. Ideas to encourage attendance at board meetings were discussed. Current listed team reps will be contacted to determine why they are not attending and who the current team rep is. A request for sanction of a dual meet was received from the Fidalgo Island Sea Hawks. Sanction was granted providing payment of a \$15.00 sanction fee. Future policy for such requests will be discussed at the next meeting.

Meeting was adjourned at 9:20 PM. Next board meeting will be January 28, 1986 at Kathy Casey's.

Respectfully submitted,

Jane Moore

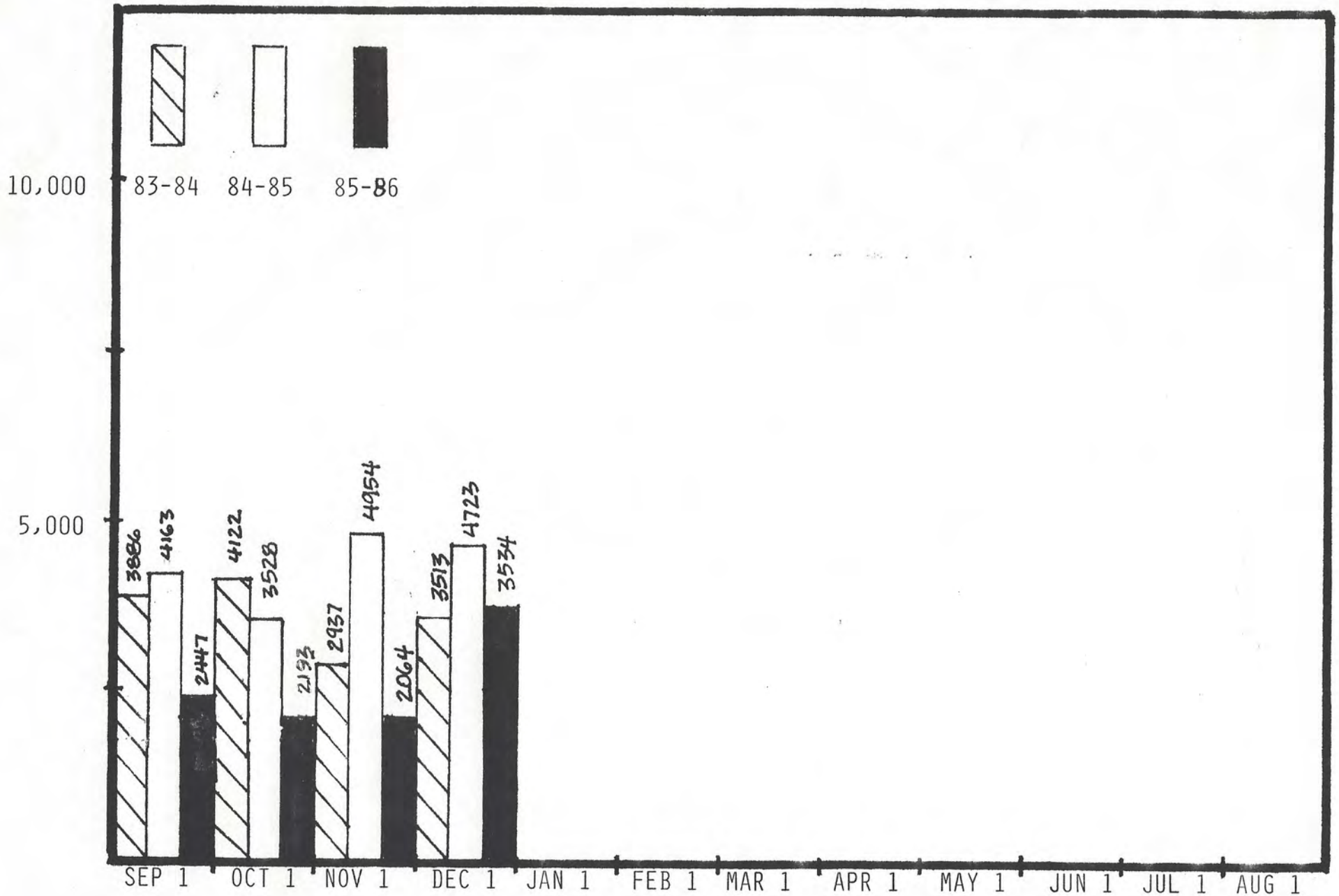
PNA MEMBERSHIP MONTHLY TOTALS



83-84
84-85
85-86

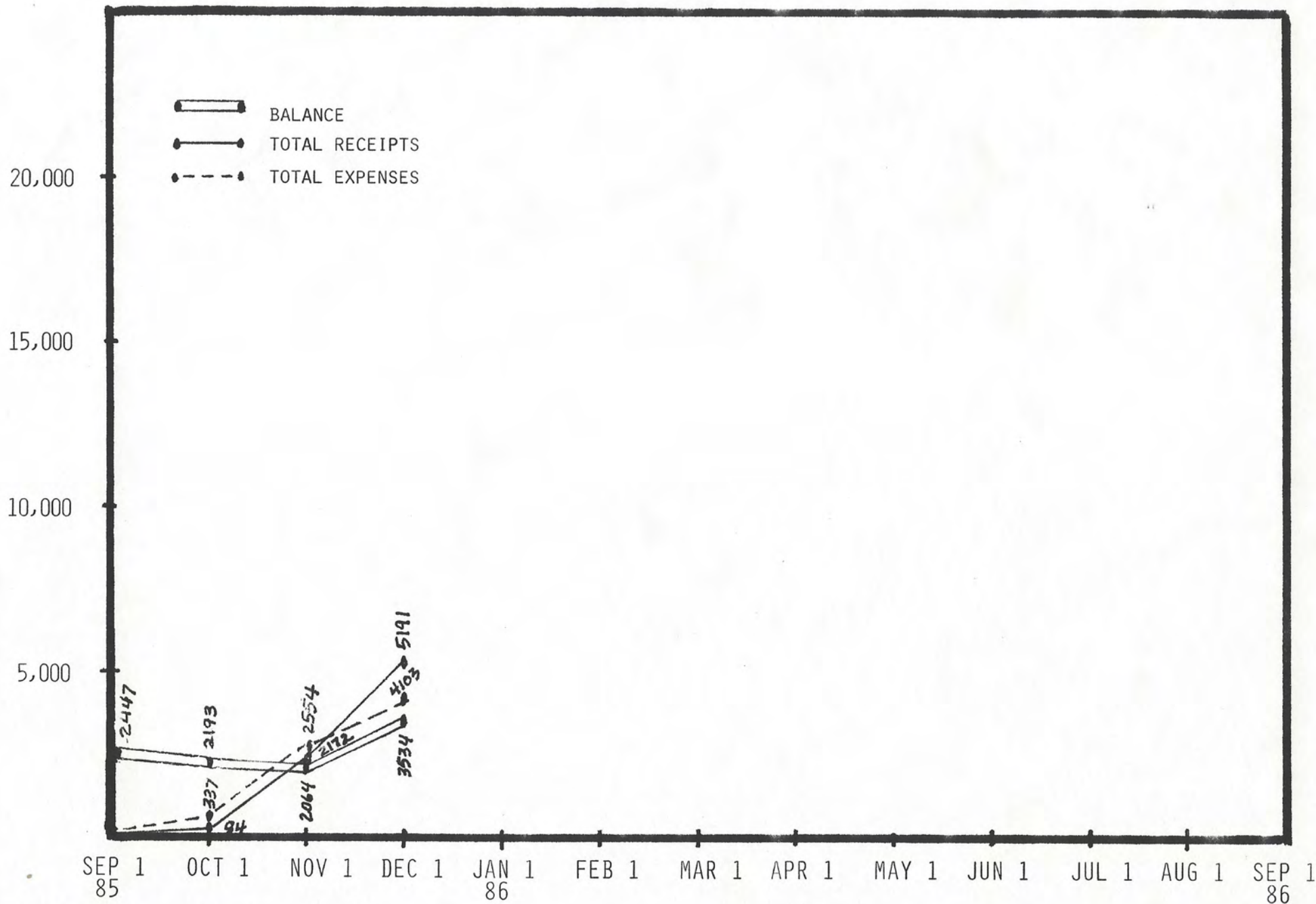
BALANCE COMPARISON

PNA
MASTERS
SWIMMERS



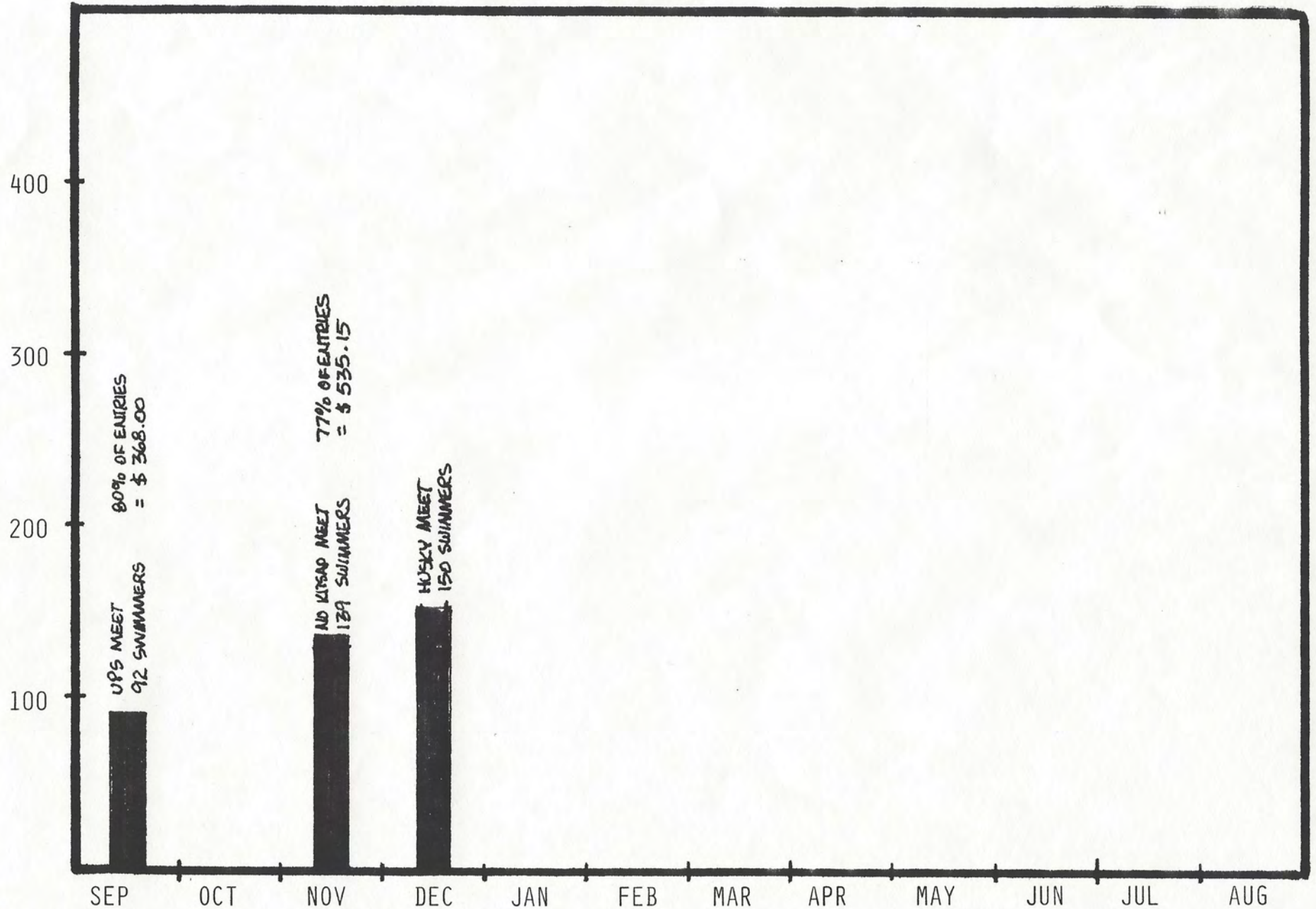
85-86 CASH FLOW

PNA
MASTERS
SWIMMERS



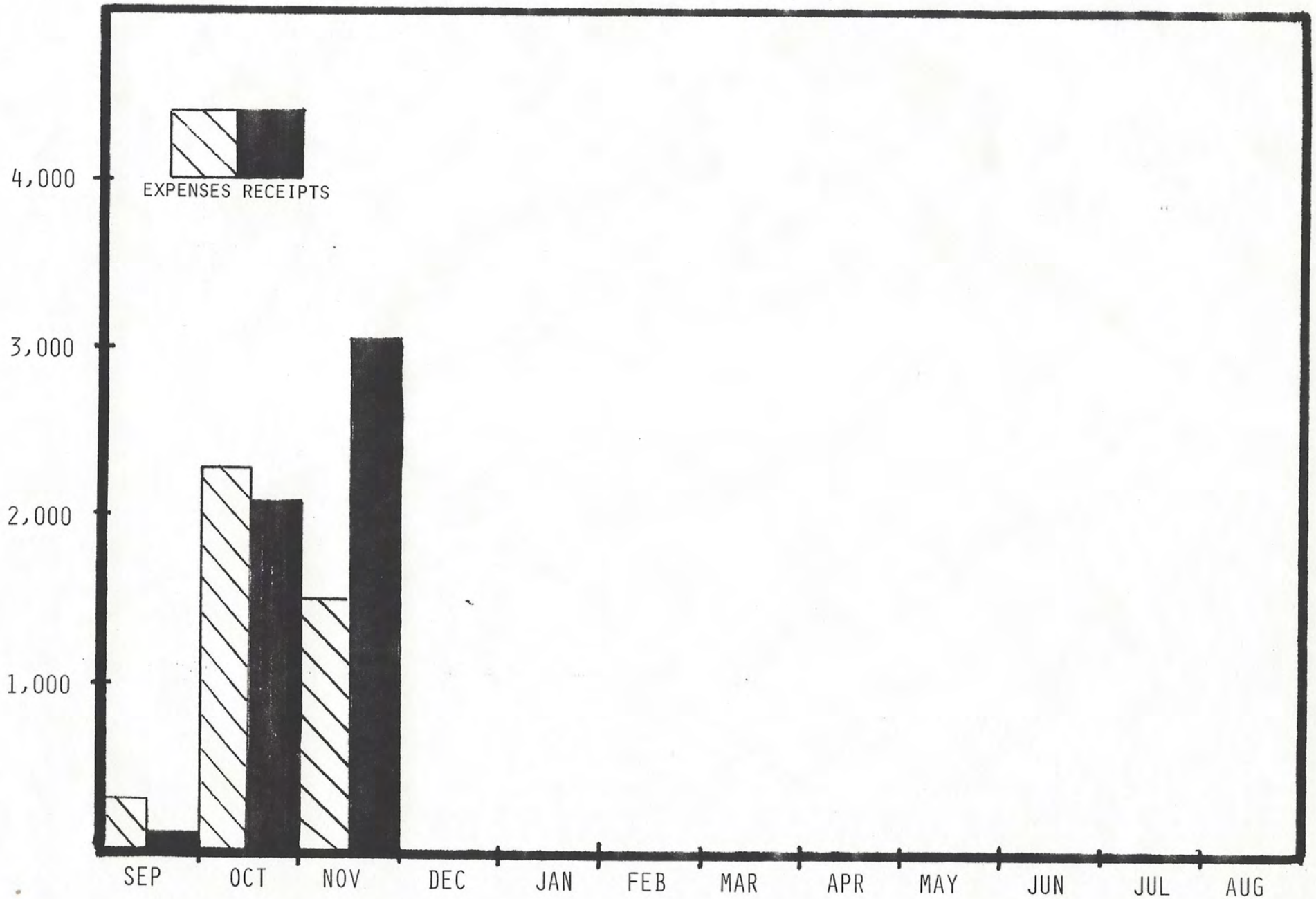
85-86 MEET ATTENDANCE

PNA
MASTERS
SWIMMERS



85-86 EXPENSES + RECEIPTS

DNA
MASTERS
SWIMMERS



MEET ATTENDANCE 81-87

PNA
MASTER
SWIMMERS

1981- 1982	1982- 1983	1983- 1984	1984- 1985	1985- 1986	1986- 1987
			SEPTEMBER OLYMPIC 44		
OCTOBER FOSTER 93		OCTOBER BELLEVUE 149	OCTOBER TOTEM LAKE 158	OCTOBER UPS 92	
NOVEMBER TACOMA Y 74		NOVEMBER RAINIER BEACH 181	NOVEMBER BANGOR 147	NOVEMBER NO. KITSAP 139	
DECEMBER FOSTER 85		DECEMBER EVERGREEN 159	DECEMBER EVERGREEN 174	DECEMBER EVERGREEN 150	
JANUARY CASCADE 112		JANUARY PT ANGELES 106	JANUARY BEST PT ANGELES 143 68	JANUARY ISSAQUAH	
FEBRUARY KENT 80		FEBRUARY KENT 192	FEBRUARY KENT 128	FEBRUARY KENT	
MARCH REDMOND 114		MARCH ANACORTES 132	MARCH CASCADE 178	MARCH CASCADE	
APRIL PNA CHAMPS FT STEIL 216 774	APRIL PNA CHAMPS U OF W 275	APRIL PNA CHAMPS SHORELINE 281 1200	MARCH PNA CHAMPS SO KITSAP 234 1206	APRIL PNA CHAMPS TOTEM LAKE	

PNA MASTER SWIMMERS

1985-1986 FIRST QUARTER ACTUALS*

<u>INCOME</u>	<u>85-86 BUDGET</u>	<u>1st QUARTER ACTUALS</u>	<u>QTR ACTUALS/ YR BUDGET</u>
MEMBERSHIP	9000.00	3530.00	39%
MEET ENTRIES	7500.00	1155.00	15%
AWARDS	700.00	49.50	7%
TEAMWEAR	500.00	352.00	70%
DIVIDEND	300.00	52.79	18%
SUBSCRIPTIONS	<u>240.00</u>	<u>52.00</u>	<u>22%</u>
	18240.00	5191.29	28%
 <u>EXEPENSES</u>			
MEETS	5625.00	368.00	7%
NEWSLETTER	4200.00	1036.28	25%
MEMBERSHIP	3000.00	923.00	31%
TEAMWEAR	500.00		0%
AWARDS	1000.00		0%
RELAYS	250.00		0%
PRINTING	300.00	29.51	10%
POSTAGE	300.00	59.65	20%
PHONE	100.00	17.25	17%
ADVANCE	50.00	64.90	130%
SUNSHINE	150.00		0%
NSF CHECKS		30.00	
MISC	300.00	25.00	8%
COMPUTER SUPPLIES	100.00		0%
EXEC SECRETARY	600.00	119.19	20%
PROMO FLIERS	150.00		0%
CAPITOR OUTLAY	<u>115.00</u>		<u>0%</u>
CONVENTION	<u>1500.00</u>	<u>1429.80</u>	<u>95%</u>
	18240.00	4103.12	23%

*SEPT 1, 1985 - Nov 30, 1985



Pacific Northwest Association

**MASTERS
SWIMMERS**

Masters Swimming, National and Local

Masters Swimming, an Amateur Athletic Union sport program for adults 25 and older, provides an invigorating and fun way to keep fit throughout life. Swimming stimulates the cardiovascular system by lowering the heart rate, increasing oxygen utilization, improving muscle tone and lowering blood pressure. Active, regular exercise such as this also appears to improve and maintain good mental attitudes.

Daily workouts help bring about fitness while team swimming and competitive meets bring the fun and friendship associated with Masters Swimming programs. Swim meets are run locally as well as nationally with results tabulated in both local and national newsletters. Every swimmer counts! It's exciting to see time improvements over the years and to discover swimmers taking on new strokes and changing events to provide themselves with additional challenge. Masters Swimming is expanding throughout the world, and knowing so many are becoming committed to a health program of this nature, increases our own awareness of its merits and benefits.

From the first National Masters meet in 1970 attended by 49 swimmers, Masters swimming has grown to national competitions having 500-800 participants. Each year the National Masters events include a Short Course Championship (25 yard pool events) and a Long Course Championship (50 meter pool). Excitement, enthusiasm and enjoyment especially characterize the big events, bringing together swimmers who have worked hard to improve their swimming during the year and to try out the results. Visiting and swimming tie for first!

Regular meets at the local and regional levels, plus the National Meets certainly motivate those of us interested in this type of competition. The attitude of Masters competition is mutually supportive with a sound realization that adult swimming is mostly about personal well being, with winning only an added bonus. Many who swim in Masters prefer not to compete but to keep up workouts which are the same or similar to those of the competitors. Needless to say — their health is their goal, and they win too.

The Pacific Northwest Association of Masters Swimmers (PNA MASTERS) is our local organization and the largest Masters Swimming Association in the Northwest. The Inland Empire Association in Spokane and Oregon Masters are our sister associations.

PNA Masters, as the governing body in Western Washington, sponsors the local meets (approximately eight per year), publicizes the Masters Program, and provides support for all individuals and groups who participate. If we can help get swimming started in new places, we do! PNA Masters differs from the National Masters Program in one very important respect: we include anyone 20 years and older (rather than 25) who is not swimming in other AAU or college competition.

PNA Masters began in July of 1972 with a meet attended by 36 swimmers. Participation grew to more than 50 swimmers by the following spring. Size soon required organization and the first group of volunteer planners gathered in the fall of 1973. A board of directors was chosen with responsibility for running meets, establishing the newsletter and tabulating results. The WET SET, our letter, helps publicize the program in the Northwest as well as inform us of local and national news, swimming tips and workout schedules in the area. Meet entry forms are included with the newsletters. The PNA Board includes a president, vice-president, secretary, treasurer and a representative

from the larger local Masters teams (eight or more members). Two at-large members of the board represent the unattached swimmers. Committees for news, meet results, fitness, finance, publicity (and others) are formed from the board membership and all interested PNA members. Membership in PNA Masters provides among its benefits a subscription to the WET SET. If FUN, FITNESS and FRIENDSHIP are your goals, your active participation is encouraged.

Due to really great interest in Masters Swimming during the past year by a significant number of older persons, PNA offers further reduced fees; free membership and free awards to all competing swimmers over age 65. Welcome!

Meets

Local meets are scheduled about six weeks apart. There is one Long Course event in the summer. The meets are held in indoor pools throughout the Seattle-Tacoma vicinity.

PNA tries to coordinate its schedule with Inland Empire and Oregon Associations so that participation in out of town events can be arranged without missing local meets.

There is a set surcharge per swimmer for the meets which helps offset the cost of running it and provides the sponsoring club with funds for their programs. There is no charge per event (a swimmer may enter up to 5 individual events and 3 relays), however a nominal fee is charged for those wishing awards.

Age Groups

Individuals are seeded in events according to the times they submit. However awards are determined by the times within a particular age group for either men or women. Age group spans are 20-24, 25-29, 30-34, and so on up to 80+. Relay age groups are 20 and up, 25+, 35+, 45+, 55+, 65+. The youngest swimmer determines the relay age group!

Fees

AAU membership is mandatory in order to compete in the meets. Membership in AAU and PNA is renewable annually in December for a total cost of \$_____. When you pay fees for AAU / PNA membership you will receive a card with AAU and PNA numbers. Please fill in these numbers on entry blank forms for meets.

Sample Entry

To enter your first meet your fees will include the \$_____ surcharge plus \$_____ per event if you choose to receive awards. (If you choose "no awards" then you simply pay the surcharge). Fill out the form and submit your check and form to the Meet Director. Don't worry about "best times" if you don't have them for this meet; give an estimate if you can. Relays are always entered at the meet. See sample on back. If you have questions, call _____

before the meet entry deadline and we'll try to help.

SAMPLE MEET ENTRY FORM

Pacific Northwest Association of Masters Swimmers / AAU Sanctioned

SEND ENTRY TO: **Meet Director** ENTRY DEADLINE: **(Must be received by the Meet Director by this date)**
Address of Meet Director

Name _____ M or F Birthdate _____ Age _____
 Address _____ City _____ Zip _____
 AAU # _____ PNA # _____ Team _____ or Unattached
 Age Group: (circle one) 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & up

EVENTS ENTERED AND BEST TIMES

	Best Time		Best Time
1. <u>XXX</u> 200 Free Relay	<u>XXX</u>	10. _____ 200 yd. Butterfly	_____
2. _____ 50 yd. Breaststroke	_____	11. _____ 100 yd. Backstroke	_____
3. _____ 100 yd. Freestyle	_____	12. _____ 50 yd. Freestyle	_____
4. _____ 200 yd. Backstroke	_____	13. _____ 200 yd. Breaststroke	_____
5. _____ 50 yd. Butterfly	_____	14. _____ 100 yd. Butterfly	_____
6. _____ 100 yd. Breaststroke	_____	15. _____ 50 yd. Backstroke	_____
7. _____ 200 yd. Freestyle	_____	16. _____ 100 yd. Indiv. Medley	_____
8. _____ 200 yd. Indiv. Medley	_____	17. <u>XXX</u> 200 yd. Medley Relay	<u>XXX</u>
9. <u>XXX</u> 200 yd. Mixed Free Relay	<u>XXX</u>	18. _____ 500 yd. Freestyle	_____

ENTRY FEES: Awards _____ # of Individual events _____ x \$ _____ = \$ _____
 No Awards _____ = XXX

Make checks payable to: **"PNA Masters Swimmers"** Surchage per Swimmer = \$ _____
TOTAL AMOUNT ENCLOSED \$ _____

Clip and mail the above to the designated meet director for each meet. This portion of the meet entry will include the name and address of the Pool, dates and times of the meet (including warmup periods) and all rules regarding competition in Masters Meets.

1900 PNA MASTERS SWIMMERS #19310
and AAU #117110M

PNA/AAU for January through December of 1980 is a combined total fee of \$10.00. This amount includes the \$1.00 AAU fee. (Insurance is optional for an additional \$1.00). Senior citizens (65+) need pay only the \$4.00 PNA portion.

Please complete the form, sign it and mail with payment to:

PRINT LEGIBLY, SO WE DON'T MISSPELL YOUR NAME!

Name: _____

FULL NAME _____ BIRTHDATE _____ AGE _____

ADDRESS _____ CITY _____ ZIP _____

PHONE _____ (optional - Occupation) _____ Bus Tel: _____

Have you lived in PNA association for 4 months? YES NO

Do you wish insurance coverage, \$1.50 extra? YES NO

(Senior Citizens (65+) PAY \$4.00 PNA/AAU \$10.00
 * Insurance if desired) Optional Insurance _____

TOTAL ENCLOSED _____

APPLICANT SIGNATURE _____ Have all checks/mo's payable to: PNA MASTERS SWIMMERS

Enter: Your PNA & AAU cards will be sent to you as soon as your application is processed. The Masters Swimmers (777310) is the name & number of our registered AAU team and all other team groups are sub-teams within the PNA. Enter "Applied Swimmer" on meet entries until you receive your 1980 cards.

Most important, we look forward to your participation in the Masters Swimming Program. Swim now and for a lifetime — for fitness, fun and friendship...

**Pacific Northwest
 Association
 of Masters Swimmers**

Periodicals available:

- | | |
|----------------------------|--------------------------|
| 1. PNA Masters | THE WET SET |
| \$2/year | 10854 - 34th S.W. |
| (included with membership) | Seattle, WA 98146 |
| 2. National | Swim-Master |
| \$6/year | 2308 N.E. 19th Ave. |
| | Ft. Lauderdale, FL 33305 |
| 3. Inland Empire | Splash-Master |
| \$3/year | E. 944 - 39th Ave. |
| | Spokane, WA 99203 |
| 4. Oregon Association | Aqua-Master |
| \$2/year | Connie Wilson |
| | 10315 S.E. 82nd #26 |
| | Portland, OR 97266 |
| 5. Lane 4-National | Lane 4 |
| \$10/year | 815 North Charles |
| | Macomb, IL 61455 |