

Nationally registered clubs represented by this LMSC are:
Pacific Northwest Aquatics
Husky Masters
SQMasters

The meeting was called to order by President Bobby Gallegos. Thirteen people in attendance were: Kathy Casey, Steve Freeborn, Bobby Gallegos, Marilyn Grindrod, Karen Jost, Jan Kavadas, Hugh Moore, Jane Moore, Frank Newquist, Steve Peterson, Walt Reid, Tom Taylor, and Frank Warner. Six teams represented were: Cascade, Federal Way, Fort Steilacoom, Highline, OOPS, and South Kitsap.

1. Minutes - The minutes of the last meeting were read and approved.

2. Treasurer's Report - Jane Moore reported a current balance of \$4078.11. Year-to-date revenue is \$19,043.12 and year-to-date expenses are \$17,571.64. The board approved a reimbursement of \$70.00 to Registrar Hugh Moore for postage.

3. Committee Reports

A. Membership - Hugh Moore reported that there are currently 648 members, 68 more than last year at this time.

B. Meets - The board approved a 25 yard meet at Bangor, Saturday, March 16. Electronic timing will be used at that meet. PNA is seeking a meet host for a long course meet at the King County Aquatic Facility August 2, 3, and 4, 1991. The board discussed advertising meets several months before each meet in an effort to increase attendance. Jan Kavadas will encourage each meet host to submit a half-page ad to the newsletter four months prior to the meet. Otherwise Jan will create an ad for the meet. The sanction/approval fee is \$15.00 for non-LMSC meets (those not awarded by the LMSC board and thereby creating no other revenues for the LMSC). Jan Kavadas will draft cancellation procedures for the meet contract.

C. Newsletter - Contributions for the fitness column would be welcome. Submit fitness articles, news items, suggestions, or comments to Karen Jost by the first of each month.

D. Awards - In a ceremony on deck at Long Course Nationals in The Woodlands, Texas, Steve Freeborn presented the Dawn Musselman Award to Jean Troy who won the 100 meter freestyle in the 60-64 age group.

E. Publicity - Tom Taylor has submitted a treatment for a potential television special on Masters swimmers to the producer of "The Saturday Sports Special", a tentative new show on KIRO TV.

F. National Meet Organizing Committee - Hugh Moore reported that the PNA bid for the 1992 Long Course Nationals has been mailed and received in a timely manner. The NMOC members have completed 23 bid portfolios to be sent to the members of the USMS Championship and Executive Committees on August 29. The board voted that the NMOC be empowered to discuss plaque awards with the USMS Championship Committee during the 1990 Convention and to pursue it as appropriate.

4. Old Business

A. Clinic - Frank Newquist reported that the clinic will be at Decatur High School Saturday, October 27, from 8:30 a.m. to 1:00 p.m., beginning with a half-hour registration followed by an introductory session and several 45 minute sessions on the following topics; flexibility and strength testing by Jane Moore, prevention and treatment of injuries by Karen Jost, massage therapy by Eileen Broomell, weight lifting by Greg Harrison, and nutrition. There will also be an exhibit of home exercise equipment, a brunch break

(included in the cost of registration), and a closing question and answer session. Clinic participants will be invited to attend an organized, coached workout at the King County Aquatic Facility after the clinic (pool fee to be announced later). The board approved a budget of \$600.00 for the clinic with the contingency that the pre-registration fee be \$10.00 and the registration fee at the door be \$13.00. The budget includes \$25.00 for expenses for each instructor (\$125.00 total), \$50.00 for a graphic artist to design a swim cap, \$230.00 for 100 swim caps (left-overs to go to PNA for resale), \$50.00 for the brunch, and \$20.00 per hour for the use of Decatur High School and the services of custodial staff to set up and clean up (\$100.00 total). All clinic participants must be registered USMS members. The clinic will be a sanctioned event, the USMS waiver will be on the registration form for signature by each registrant, and a space for the registrant's USMS number will be on the form. Frank and Carolyn Baldwin will be soliciting a limited number of volunteers to assist the instructors at the clinic and thereby receive free admission to the clinic.

B. **Bumper Sticker** - Tabled until the next meeting.

C. **Proposed USMS Rule and Legislation Changes** - Anyone having any input or questions regarding these proposed changes call Kathy Casey, Jan Kavadas, Hugh Moore, Jane Moore, or Walt Reid prior to Convention (September 19 - 23).

5. **New Business**

A. **Next Board Meeting** - will be Tuesday, September 25, 7:00 p.m., at the Tacoma YMCA (tentative location). We need all Team Reps!!!!!!
(Minutes are subject to approval by the board.)

Respectfully submitted,



Kathy Casey

Congratulations to Frank and Pam Warner on the birth of their daughter Mandy, Aug. 31, 1990.