

Pacific Northwest Association LMSC Board Meeting  
October 13, 1990 Sequim Aquatic Recreational Center

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

The meeting was called to order at 7:38 p.m. by President Bobby Gallegos. Fourteen people in attendance were: Cathy Brooks, Forest Brooks, Kathy Casey, Bobby Gallegos, Karen Jost, Nancy Lawrence, Watson Lawrence, Hugh Moore, Jane Moore, Dan Nellis, Pat Nellis, Frank Newquist, Steve Peterson, and Walt Reid. Seven teams represented were: Federal Way, Fort Steilacoom, Highline, OOPS, South Kitsap, Sequim, and Tigers.

1. **Minutes** - The minutes of the last meeting were read and approved as amended. The spelling of Zena Herrmann's name was corrected.

2. **Treasurer's Report** - The end of the 1990 fiscal year was September 30. Jane Moore reported a balance of \$2,053.40. The end-of-the-year revenue was \$19,199.79 and end-of-the-year expenses were \$19,753.02. Bills yet to be paid are \$7.00 to the secretary and \$83.92 in convention hotel expenses. The treasurer's report was approved.

### 3. **Committee Reports**

A. **Membership** - Zena Herrmann will be the new membership chairman. There are 15 new registrations and 55 renewals for the new registration year which begins November 1. The front page of the November newsletter will include a large print reminder that all members must register for the new year. Otherwise the November newsletter will be the last issue they will receive.

B. **Meets** - The January meet at Anacortes will be Sunday, January 20, and it will be a short course meters meet. Jan Kavadas and Frank Newquist are working on the following issues: the low number of entries at meets, a cancellation clause in the meet contract, and a sanction fee for meets not sponsored by PNA. Bobby Gallegos will call Jan to ask if anyone has indicated an interest in hosting the Region XII long course championships at the King County Aquatic Facility August 2, 3, and 4, 1991. At their November meeting the NMOC will also consider hosting that meet.

C. **Newsletter** - The first of three parts of the Motivational Factor Survey results has been submitted by Ian Thompson. Ian has given Karen Jost permission to edit it and publish portions in the "Wet Set". An announcement regarding registration for the new year will appear in large print on the first page of the November newsletter.

D. **Officiating** - Walt Reid will meet with officials at the Port Angeles meet. Walt will also keep track of the number of certified officials at each meet during the year.

E. **Fitness** - The packet of information for fitness swimmers was sent out with the agenda for the October board meeting. (Secretary's note: Therefore 37 people have received it. See your team representative, coach, or a board member for that information.) Watson Lawrence will write 4 - 6 fitness articles for the newsletter.

F. **Computer** - Walt Reid will get an estimate on repairs for the PNA computer and Bobby Gallegos will pay for the repairs. In the event that the PNA will need to buy a new computer, the Computer Committee (Gordon Gray, Hugh Moore, and Walt Reid) as well as Watson Lawrence will determine specs and investigate costs for a new computer. Ideas for generating additional income were discussed. Hosting Region XII long course championships August 2, 3, and 4, 1991, was one idea. That idea was referred to the NMOC for their consideration.



G. **Publicity** - Frank Newquist is seeking someone to replace him as Publicity Chairman.

H. **Sunshine** - Bobby Gallegos reported that Marietta Hunziker has agreed to be Sunshine Chairman again.

I. **National Meet Organizing Committee** - Hugh Moore reported that the next meeting will be in early November.

#### 4. Old Business

A. **Clinic** - Frank Newquist reported that everything is ready for the clinic on October 27 at Decatur High School in Federal Way. Charlie Davis from the Tacoma YMCA will do a nutrition seminar at the clinic. All participants must be registered with USMS.

#### 5. New Business

A. **Nominating Committee** - will be established in November to find nominees for PNA officers for 1991-1993.

B. **Next Board Meeting** - will be Tuesday, November 27, 7:00 p.m., at the Tacoma YMCA. We need all Team Reps!!!!!!

C. **Adjournment** - The meeting was adjourned at 8:55 p.m. (Minutes are subject to approval by the board.)

Respectfully submitted,



Kathy Casey

#### MOTIVATIONAL FACTORS IN MASTERS SWIMMING - PART ONE, A SUMMARY

Ian Thompson, chair of the PNA Fitness committee, recently sent me the first of a 3-part series on the Motivational Factors Survey that was completed by Oregon Masters and PNA Masters last spring. This survey has been sent to SWIM Magazine for publication. I have attempted to summarize the material for you, following is part one.

The survey looked at general demographics, youth swimming experience, interim time between youth and Masters swimming, Masters experience (# years, training and competition), motivational factors that keep you swimming, started you swimming as an adult, and factors from childhood that influenced you to return to swimming. 86 males responded, 61 females. The average age was 45.6 for men, 39.5 years for the women.

Factors were separated into Health Factors (weight control, stress control, low injury risk exercise, aerobic benefit, and sense of well-being) and Ambience Factors (environment, friendship, team membership, previous success, expectation of success, convenient time and place, encouragement of friends/family, and year-round exercise). Respondents rated the relative importance of these items as they influenced - 1) keeping the respondent swimming, 2) started the respondent swimming as an adult, and 3) recognition of factors as youth that influenced a return to swimming.

Health factors were found to be more important than ambience factors in situations 1 and 2 above. No difference was seen for situation 3 above. The most important health factors were aerobic benefit and sense of well-being. In situation 1, the most important ambience factor was the feeling of a hard workout. For situation 2, the most important ambience factor was previous success in swimming (even for those who had only had swim lesson experience previously). There was a low return rate for situation 3, but the factors identified were sense of well-being, team membership and camaraderie.

The results seem to indicate that health is a primary reason for beginning and continuing Masters swimming. This information could be useful for those people trying to build a bigger program. First, perhaps the emphasis should be on the aerobic benefit of swimming, then perhaps secondary emphasis should be placed on such things as the feeling of a hard workout, camaraderie, and a sense of well-being.