

The WetSet



Volume 15 Issue 10

October 1996

President's Letter

Dear PNA Swimmers:

The PNA members who attended the annual USMS meetings at the USAS Convention have recently returned. They are hard at work on the convention report, but time was too short to get it ready for this issue of the WetSet, so look for their report next month. I was unable to attend due to a serious illness just before convention, but Hugh, Walt, Jeanne, Jan, Frank, Phyllis and Steve did a great job of representing the PNA as usual.

USMS now has a home page. You can check it out at www.usms.org. Watch for Steve's computer column for further information. The home page contains information about videos and books related to swimming available on loan as a service of the USMS Coaches Committee.

MBNA has a Master Card available for USMS members. For each person who signs up for a card (whether they use it or not), USMS receives \$10. If each of the 30,000 USMS members did this, USMS would receive \$300,000! I have information if you are interested, and we'll try to get it in the WetSet again.

There are also several national sponsors for USMS. These organizations have contributed large sums to USMS and deserve our support. Current sponsors are Kast-a-Way Swimwear, Competitor Swimwear, and Powerbar.

Fitness Swimmer is a quarterly magazine published by Rodale Press. It is a good source of information on swimming with articles about technique, training, injury prevention, and well known swimmers. The Fall, 1996

issue ends with a well written column by Mel Stewart titled "Vanity Swimming". After failing to make the 1996 Olympic team at trials in March, he quit swimming. Three months later, he looked in the mirror and saw his 280 pound father. Terror at the idea of being fat sent him back to the pool. He now swims daily and finds it very enjoyable for exercise, stress release, and weight control. He writes "Swimming is once again an important part of my life, but for a very different reason. What once was my identity, my liveliness and the basis for my self-worth has become an integral part of my health and well-being." We would all do well to keep this attitude in mind and remember to enjoy the hours we spend in the water for the many benefits they provide.

See you soon.
Jane Moore

Inside

Happy New Year! How to Get a Great Start on the New Season
by Dan Frost

Meet Results
Long Course Champs - Boise

PNA Swim Records

Race Entry Forms

North Kitsap SCY Meet
Oak Harbor SCM Meet

Minutes of the PNA Board Meeting
August 27, 1996

The meeting was called to order at 7:13 P.M. by Vice President Jeanne Ensign at the home of Suzanne Dills. Present were Deborah Bagg, Frank Newquist, Robin O'Leary, Jan Kavadas, Jeanne Ensign, Tom Foley, Hugh Moore, Kathy Casey, Phyllis Gill, Suzie Ness, Gary Maynard, Suzanne Dills, and Steve Peterson. Teams represented were SSEA, FWM, GLAD, Tigers, Ft. Steilacoom, Orca, Samena, Bellevue Club, OOPS, and Officials.

MINUTES: The July minutes were MSA'd as amended.

TREASURER'S REPORT/FINANCE COMMITTEE: Jeanne Ensign presented Tammi Keeler's report. The PNA balance is \$3,486.65, and the Wiggin Fund balance is \$2,285.05.

COMMITTEE REPORTS:

- A. Meets: No report. Discussion of the generic meet entry form was tabled.
- B. Membership: Suzanne Dills reported a membership of 685. The national registrar will do a bulk mail certification for us. It was MSA'd to approve \$182.60 for stamped window envelopes, and a \$33.50 reimbursement to Suzanne for mailing. It was decided that registrations should be mailed out after Election Day.
- C. Records and Top 10: Kathy Casey (for Walt) gave the Boise Zone Champs results and records to Gary for the WetSet. The SCY Top 10 is done; PNA winners will be listed in the next WetSet.
- D. Publicity: It was noted that the Third Age newsletter ran an article about swimmer Pat Mathiesen.
- E. Newsletter: No report.
- F. Awards: No report.
- G. Social: No report.
- H. Officiating: Jan said that recertification notices are being mailed. There will be a stroke and turn clinic on October 12 at the King County Aquatic Center.
- I. Fitness: No report. Frank Newquist noted that the coaches' clinic held at the Samena Club was the largest in the U.S. this year.

(Continued on page 5)

**HAPPY BIRTHDAY - PNA
SWIMMERS**

- | | | | |
|-------|-------------------|-------|---------------------|
| 10/17 | SHIRLEY MACLEOD | 11/01 | ANNE HEALEY |
| 10/17 | TARA CANNAVA | 11/01 | STEWART ELLISON |
| 10/18 | JACK ANDREWS | 11/01 | WILHELM WIELAND |
| 10/18 | SHEILA GUARD | 11/01 | JAY MANNING |
| 10/18 | JEFF OSBORN | 11/01 | ERICA TIFFANY |
| 10/19 | BILL FENNER | 11/02 | ERIK STROM |
| 10/19 | JILL NUSS | 11/02 | STEPHEN WARMEMHOVEN |
| 10/19 | STEVEN THRASHER | 11/03 | GREG DYMERSKI |
| 10/19 | MARK GETZENDANER | 11/03 | GLENN HILL |
| 10/20 | BETTY KERCHEVAL | 11/03 | TED THOMAS |
| 10/21 | PAUL SKOGLUND | 11/04 | LARRY DEGROEN |
| 10/22 | JEANNE ENSIGN | 11/05 | MICHAEL KELLER |
| 10/23 | BILL PEPIN | 11/05 | WILLIAM PENN |
| 10/23 | ROBERT DORSE | 11/06 | ERIKA GISTE |
| 10/24 | KENDALL | 11/08 | NICOLE KESLER |
| | BODDEN-CONRAD | 11/08 | JIM WILLIAMS |
| 10/27 | JENNIFER LEONG | 11/11 | JANE MOORE |
| 10/27 | LEE E HOLM | 11/13 | DEBORAH BAGG |
| 10/28 | MICHAEL COLLINS | 11/14 | GREGORY HULLENDER |
| 10/29 | ADRIAN GJURASIC | 11/14 | MICHAEL MC COLLY |
| 10/29 | ERIK FREDERICKSON | 11/14 | FRED LOCKE |
| 10/29 | PATRICIA NELLIS | 11/14 | DAVID SCHMALZ |
| 10/30 | JEFF WOLF | 11/15 | ELIZABETH JONES |
| 10/30 | MARK WILSON | 11/15 | PETER MUNA |

WELCOME TO THE PNA

*The Following Swimmers Have
Joined PNA In The Last Month*

*DAVID ARNOLD, JULIA BENT,
TONYA BERG, DAVE BRANDLAND,
JOHN CROWLEY, MARILYN FILLEY,
PAUL FREDERICK, JERRI
FREIMUTH, GEORGE GONZALEZ,
KARL HALLESY, LAURA HANAN,
GARY HOLMQUIST, JENNIFER
LEONG, EVERETT MC GOOEY, JILL
NUSS, AND ANDREA POWERS.*

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J. Computer Applications: Steve Peterson is looking into a low-cost or no-cost site for a PNA home page on the World Wide Web.

K. Constitution and By-Laws: No report.

OLD BUSINESS:

Hugh announced that the information for the Nationals brochure to be published in Swim Magazine is ready. Hugh distributed notebooks to members of the Nationals planning committee.

CONVENTION:

Hugh distributed a spreadsheet, prepared by Jane Moore, of all the meetings at Convention.

Rules change proposals were discussed for the remainder of the meeting.

NEXT MEETINGS: Tuesday, September 24 at the 320th Library in Federal Way.

Tuesday, October 22 at the Green Lake Community Center.

Tuesday, December 10 (combined November/December meeting), location TBA.

The meeting was adjourned at 9:20 P.M.

Respectfully submitted,
Deborah L. Bagg, Secretary



IMPORTANT!! Bulk Mail is NOT Forwarded!! Change of Address

NAME	_____	USMS #	_____
OLD ADDRESS	_____		_____
NEW ADDRESS	_____		_____

Return to: Suzanne Dills, 1101 N Northlake Way, Seattle WA 98105