

**Minutes of the PNA Board Meeting
March 25, 1997**

The Meeting was called to order at 7:06 P.M. by President Jane Moore at the 320th Library in Federal Way. Present were Deborah Bagg, Frank Newquist, Jeanne Ensign, Jan Kavadas, Robin O'Leary, Tammi Keeler, Dan Frost, Walt Reid, Hugh Moore, Gary Maynard, Suzie Ness, Tom Foley, Steve Peterson, Phyllis Gill, and Lee Carlson. Teams represented were SSEA, FWM, GLAD, N. Whidbey, Ft. Steilacoom, Samena, Orca, Tigers, and OOPS.

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

TREASURER'S REPORT/FINANCE COMMITTEE: Tammi Keeler's report was MSA'd as submitted. The PNA balance is \$11,925.05, and the Wiggin Fund balance is \$2490.45. It was MSA'd to approve \$208 in miscellaneous Champs expenses.

COMMITTEE REPORTS:

- A. Meets -- Suzie said there were 160 swimmers at the Orca meet.
- Orca is bidding for the July meet. It was MSA'd to approve a \$12 flat fee for this meet. It was also MSA'd to approve a senior discount to \$10 for swimmers 65 and older.
 - The question of including a voluntary donation to IGLA (International Gay and Lesbian Aquatics) on the entry form was discussed; the consensus was not to set such a precedent.
 - There was also discussion of a motion by Suzie to use a new formula for meet fees: \$1 per swimmer, plus 25% of profits after deducting all expenses. It was decided that the Board needs financial history and information from Tammi before this can be discussed. The motion was withdrawn.
 - It was MSA'd to approve the Orca meet bid for July.
- B. Membership -- Jeanne (for Suzanne Dills): PNA membership is at 775.
- Suzanne is looking into the cost of setting up a mailing list for coaches and team reps, and adding this to Kal's database.
- C. Records/Top Ten -- No report.
- D. Publicity -- No report.
- E. Newsletter -- Hugh suggested that Gary include information about the op-

portunity to sponsor an event at Nationals for \$25 in the WetSet. Gary can do this, despite the tight turnaround time.

- F. Awards -- No report (need new chair).
- G. Social -- No report (need new chair).
- H. Officiating -- Jan has the rule books for Nationals.
- I. Fitness -- Phyllis will continue as chair.
- J. Computer Applications -- Dan Frost has created a PNA home page on the World Wide Web. Its address is <http://www.whidbey.net/frosty/pna.htm>. It was MSA'd to approve this as the official PNA web site.
- K. Constitution and By-Laws -- Policies were mailed out with the meeting agendas.

OLD BUSINESS:

- A. 1997 Short Course National Championships -- 220 entries have been received so far. There will be a meeting at the Moore's house on April 19, beginning at 9:00 am, for people who want to help enter data, prepare information for the heat sheet, etc.
- Lee has 67% of the officiating positions filled so far.
 - Deborah has reserved the display case at the 320th Library for a swimming display in May, to coincide with Nationals.
- B. Other -- Frank said that we need to fill the position of Social Chair before the 25th anniversary banquet. Tom Foley will call Kiko VanZandt about a banquet/potluck for the 25th anniversary of PNA.

NEW BUSINESS:

Jane said that we need to prepare a list of likely candidates for Convention. Frank has asked for delegate-at-large status. Steve Peterson, Phyllis Gill, Lee Carlson, Dan Frost, and Robin O'Leary will be on the list. (Steve and Phyllis went last year, and thus will get information in the mail.) Delegates will actually be chosen after Nationals.

NEXT MEETINGS:

Tuesday, April 22 at the Bellevue Athletic Club (sign in at the desk).

Tuesday, June 24 at Jan Kavadas' home in Edmonds.

The meeting was adjourned at 8:36 P.M.

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Swim as fast as you can, at a constant pace, for thirty minutes. Whatever pace you hold will be at your anaerobic threshold. For example, if you swim exactly 2000 yards at an even pace for 30 minutes, your anaerobic threshold speed is 1:30 per 100 yards. You could also determine your anaerobic threshold by swimming a series of intervals on a short rest, say 100s on 10-30 seconds rest. Again, hold as fast a pace as you can for 30

minutes, and this will be your threshold speed. This interval method works well with strokes other than freestyle.

The training sets that you see on the workout board are designed to target your efforts at some level above, below, or at your anaerobic threshold...

- Basic endurance training, cardiovascular conditioning, and swimming for weight loss takes place *below* the anaerobic threshold. Since fat can only be metabolized aerobically, you can lose weight and gradually improve your cardiovascular fitness without ever speeding over the anaerobic threshold.
- By training *at the threshold* speed, you best condition yourself to improve your aerobic metabolism. While this sounds like the optimum speed that everybody should swim at, threshold speeds can not be maintained day after day due to eventual depletion of muscle glycogen.
- Training *above* that anaerobic threshold has many purposes. One is to continue to overload the aerobic system. Another is to improve the anaerobic metabolism, in effect to *increase* lactic acid production. Yet another is to condition the body to tolerate the elevated lactic acid levels. Swimming faster than threshold speeds also develops muscular strength and power. Again, due to the extreme fatigue induced, training above the threshold should make up only a small percentage of your total training distance.

Whether you swim laps on your own or have a coach, you can exercise and train smarter by knowing the value of rest and the importance of swimming at certain speeds and intensities.