

PACIFIC NORTHWEST ASSOCIATION OF MASTERS SWIMMERS, AAU

"THE WET SET"

January, 1976

"WET SET" Subscription, \$2 Yr.-write S. Lehman, 10854-34 S.W., Seattle, WA 98146
P.N.A. Membership (oct-Sept) \$3. Yr. & includes subscription

BOARD OF DIRECTORS

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Downtown Y - Wally Hampton, 325-3494 Samena - Mel McElroy, 747-7904
Highline Swim Team-Sheryl Sperry, Totem Lake - Lynn Bell, 523-8905
Newport Hills - Sue Dills, 232-3654 SnoLine Y - John Downey, 776-5270

REPRESENTATIVES-AT-LARGE

Fred Wiggin, 542-4857; Russell Hall, 631-6685; Bob Jacobs (Olympia) 352-1346

COMMITTEES

AWARDS Sue Dills, 232-3654 PUBLICITY ?
MEETS Mel McElroy, 747-7904 NEWSLETTER Shirley Lehman, 246-1372
MEMBERSHIP Tom Foley, 937-5585 RECORDS/TABS. Janet Russell, 486-8910

1976

COMING EVENTS

Feb. 7-8 Inland Empire Meet at Gonzaga University Pool, Spokane, WA
Feb. 15 SWIM-A-THON, 1 - 5 pm at Helene Madison Pool, 13401 Meridian N. Sea.
Feb. 22 MEET, Mercer Island Forward Thrust Pool, Sunday, Warmups 9:15 am,
Meet begins at 10:00 am. Meet Director: Wally Hampton
Feb. 24 PNA Board Meeting, Tuesday, 7:00 pm at Downtown YMCA, 4th & Madison
All PNA members welcome.

TENTATIVE SCHEDULE

Apr. 3-4 MEET, P.L.U., Tacoma WA, Meet Director - Gary Chase. The 1650 will
by run on Apr. 3. Apr. 4 PNA Membership Meeting at the Meet.*
May 1-2 SHORT COURSE REGIONAL MEET, hosted by Inland Empire, to be held at
the University of Idaho, Moscow, Idaho
May 14-16 SHORT COURSE NATIONALS at Mission Viejo, California
June 4-5 PNA CHAMPIONSHIP MEET, Banquet following. *HILINE Comm. Coll. Pool - FRED*
July 10-11 ROUGH WATER SWIM, Kirkland *NORMANDY*
Aug. 13-15 LONG COURSE MEET at Colman Pool (possibly new Bellevue Pool) *PARK COLE*
Sept. or LONG COURSE NATIONALS to be held at Sugar Creek Sports Club in
August ??? St. Louis, MO. Date is still in question. *16450*

* * * * *
* NOTICE OF MEETING OF P.N.A. MEMBERSHIP - A meeting of the P.N.A. membership will
be held April 4, 1976 immediately prior to the first event at the P.L.U. Meet to
vote on a Constitutional Amendment to incorporate P.N.A. as a Nonprofit Corpora-
tion. Text of the proposed amendment is attached for your consideration.

* * * * *

HI-LITES of P.N.A. BOARD MEETING

The meeting held at the Downtown YMCA was attended by 18 persons.

1. New Team Reps. were announced: Sheryl Sperry - Highline Swim Team
Lynn Bell - Totem Lake Team
Fred Wigen was approved by the Board to replace Val Boen as Representative-At-Large.

2. Jack Ridley represented Region 12 at the National Masters Convention and reported.

- (a) 20-24 year olds will be allowed to swim at the local and regional levels, but not on the national.
- (b) 25 and over age group swimmers must choose between Masters and open competition. They can no longer compete in both.

The next National Meet will be held May, 1976 at Mission Viejo, California (south of Los Angeles). He had several suggestions regarding group transportation and accommodations. Team reps. were asked to activate interest within their groups and compile a list of interested people by the next board meeting.

3. Liability. (Dave Webber) Dave advised that PNA incorporate as a non-profit organization. Filing fee \$20.00, \$1.00 annual registration fee. He will donate his time and assist PNA. Since this requires a vote by the membership, he will write an explanation and prepare a ballot which will be placed in the newsletter.

4. Meets. (Mel McElroy) The Meets Committee has made the recommendation that NO late entries, either new or old swimmers, be accepted at meets in the future. The next meet will be at the Mercer Island Forward Thrust Pool on Feb. 22, sponsored by the Downtown YMCA. The April 3 & 4 meet will be held at PLU in Tacoma with Gary Chase as meet director.

Mel also indicated that it was time to begin planning transportation for the Regional Meet (May 1 & 2 at Moscow, Idaho). Steve will appoint a transportation committee... to report at the next meeting.

5. Janet Russell reported a good response from the members on the questionnaire. She is tabulating all questions and will submit statistics to the newsletter.

New Business

1. Meet Starting Time: Bob Jacobs requested later starting times at meets. Mel reported that the next two meets would start at 10:00 am.

2. Maxine Carlson has accepted the honor of serving as the "Sunshine" Chairman. Members should call Maxine at 246-2446 if they hear of a PNA member who is ill or has a serious problem in the family, etc..

3. Lowell Johnson, Steve Engel, Bob Jacobs and Janet Russell will make up a committee to study a Regional and National Meets Travel Fund.

4. Workshops - Burt Bender inquired about the possibility of having Swim & Stroke workshops occasionally for PNA members. Steve will notify Chris Scott and see if something can be worked up for the near future.

The meeting closed at 9:10 pm - the next meeting will be Feb. 24, Tuesday, at the Downtown YMCA.

SOME NOTES ON THE BREAST STROKE

By: Armin Arndt, National Contender in the 35-39 age group for first place in the Breaststroke

In the old days, prior to 1960, the breaststroke was swam at a leisurely pace - i.e. kick-glide, pull-breathe with lots of time within each stroke where no propulsion was occurring. There was even some consideration of not including breaststroke in competitions because it was so unexciting.

The stroke was revolutionized by Chet Jastremski who swam for Consilman at Indiana University. Jastremski, a burned-out age group butterflyer, swam breaststroke with a whip-kick (much narrower than the wedge kick previously used) followed by a quick powerful armstroke. The leisurely glide was no longer there. Rather than with smooth, powerful, slow movements the post Jastremski swimmer chugged down the pool like a tug-boat awok. With the loss of smooth grace the stroke gained speed and excitement. Times for 100 yards went substantially below sixty seconds. The stroke is now assured of on-going competitive status.

At Master's meets the older and newer styles may both be observed. Swimmers above the 35-44 age group tend to use the earlier stroke. For years the Red Cross taught the old sylte. Although the Red Cross text has been changed to reflect the stroke's evolution, many teachers who learned the old stroke still teach it. Thus many young swimmers entering competition from Red Cross sponsored Boston programs must relearn the basics of a stroke they thought they knew. Of course, this problem is shared by the Master Swimmer re-entering competition after a (5) year lay-off.

(Re-printed from I.E. SplashMaster 1/75)

SWIM GOSSIP - By Wally Hampton

Swimming is enjoyable for the average swimmer, therwise he wouldn't do it. But after becoming more than just a swimmer, what is there? Well, there's Masters Swimming. Masters swimming is for those people who enjoy swimming but in different ways than just going to a pool or lake and lounging around in the water or on the beaches.

Masters swimming takes skill, intelligence, endurance, coordination, the spirit to do better and be better than just the average swimmer. Out of all this, one would become physically fit.

What's really amazing to see is a Masters Swimmer trying to better himself or herself, and succeeding. We have hot shots that do this all the time but its rewarding to see this done with the people who haven't swam in years or who do swimming as a means of physical therapy and fitness.

My hat is off to those people that have something to overcome. These people have more fortitude to better themselves and at the same time, it gives the Masters Swim Program a pat on the back. I wish there were more programs like this one around.

I think that we as a whole should have workshops for conditioning and background knowledge of strokes, starts and turns. Just think, a race can be won or lost just by our starts, turns, and strokes.

AN OUTSTANDING COMPETITOR

This lovely lady is one of the outstanding competitors in P.N.A. and in less than two years with us has established 9 rankings in the National Top Ten times and holds a P.N.A. record in every event in which she has competed. She made her first appearance with us during the Expo '74 Swim Meet at Spokane. Since that day many of her female competitors in the 35-39 age group have long awaited February 18, 1976, when at last "Juanita Correa" would bid them fond farewell and aspire to greater heights. Juanita basically swam freestyle but has developed an envious butterfly and backstroke of equally impressive ability. Now swimming for Newport Hills, you can expect Juanita to give some of those Eastern ladies now holding record times a real swim for the money and Juanita - "we sure are behind you 100% - go after 'em". Incidentally this newsletter brings special "Happy Birthday" wishes from all of us, especially Jean Abrams.

(Anonymous)

A DISTINGUISHED COMPETITOR

One of the most experienced competitive swimmers at the Samena and Bothell Meets was Jack Torney. His competitive swimming career has spanned a period of over fifty years. He began swimming in competition in the 1920's. Later, he became Head Swimming Coach at the University of Washington, a position he held for over thirty years. During his tenure as Head Coach, he produced several All-American and Olympic swimmers. His teams were Northern Division champions and very competitive on the Pacific Coast and nationally. Mr. Torney has hosted the NCAA Swimming and Diving Championships, is the author of a book (Swimming, John A. Torney, Jr., McGraw-Hill Book Co., New York, 1950), and recently retired from the University of Washington as an Associate Professor of Physical Education. The PNA-AAU can probably claim the distinction of having the most experienced and knowledgeable competitor in the Nation. Welcome Aboard, Jack Torney!

Written by: John Okerman

TRIBUTE TO AN INSPIRATIONAL COMPETITOR

William Rule, the 1975 "Inspirational" Award winner in PNA, died on Friday, December 5, 1975, at the age of 44. In spite of the hardships inflicted by cancer and brain surgery, Bill trained and competed, waging a zealous conflict with his illness and his courageous outlook has perhaps enriched the lives of all he touched. His legacy to Masters Swimmers should be the re-affirmation of our goals, not only in swimming, but in our personal living. The PNA Board has designated a \$25.00 donation in Bill Rules' name be made to the Tumor Institute at Swedish Hospital. Reprinted at this time is an article written by Bill Rule and published in the "JULY & AUGUST, 1974" WET SET.

" WHAT MASTERS' SWIMMING MEANS TO ME "

First, Master's swimming means much nicer medals than I usually got when I was a highschool, college freshman, and AAU swimmer. Second, it means friendly competition. Third, Master's swimming makes me set and meet specific goals that are essential to get my body to function as well as it can in my fight against cancer.

I swam in my first Master's meet in August of 1972, one year after a malignant tumor caused removal of part of my left foot. I entered every meet in the Seattle area in 1972, 73, and 74. My cancer wasn't cured but I developed new strength and endurance.

This spring, a malignant tumor formed within my brain, causing seizures and paralysis of my left arm. The tumor was removed but my arm was still paralyzed. On the day I left the hospital, April 7, I started swimming. My goal was to swim the 200 yard freestyle in the May 11 meet. By accomplishing that goal, I regained most of the function of my left arm.

I am not setting new swimming goals for myself. Maybe the conditioning won't help me fight cancer but even with cancer, I can have vitality and endurance and joy in life. Still, I find it hard to work for vitality, endurance, and joy. I need to try for specific goals, such as improving my time, beating a rival, or getting lapped fewer times by Bob Miller. Master's swimming gives me these goals.

Bill Rule, May 16, 1974 "

PNA Masters Swimmers Who Ranked in AAU 1975 National Masters 10 BEST TIMES
September 30, 1974 - September 15, 1975

(As published in "Swim-Master" and "Swimming World" Publications.)

| | | <u>SHORT COURSE</u> | | | | | | |
|----------------------------------|-----------------------------|--------------------------|----------------|-----------------------------|----------------------------------|----------------------------|-------------|----|
| <u>Age Group</u> | <u>MEN</u> | <u>Time</u> | <u>Rank</u> | <u>Age Group</u> | <u>MEM</u> | <u>Time</u> | <u>Rank</u> | |
| 25-29 | <u>100 Yd. Freestyle</u> | | | 45-49 | <u>100 Yd. Individual Medley</u> | | | |
| | Alan Bell | :49.6 | #10 | | *Bob Miller (1974) | 1:03.8 | #1 | |
| | <u>200 Yd. Freestyle</u> | | | | <u>200 Yd. Individual Medley</u> | | | |
| | Alan Bell | 1:51.4 | #4 | | *Bob Miller | *2:20.76 | #1 | |
| | <u>1650 Yd. Freestyle</u> | | | 55-59 | <u>200 Yd. Backstroke</u> | | | |
| | Alan Bell | 17:54.0 | #6 | | Fred Wiggin | 3:00.5 | #9 | |
| | 30-34 | <u>100 Yd. Butterfly</u> | | | 60-64 | <u>1650 Yd. Freestyle</u> | | |
| Alan Bell | | :55.4 | #10 | Gene Caddey | | 28:00.2 | #10 | |
| <u>200 Yd. Butterfly</u> | | | | | <u>50 Yd. Breaststroke</u> | | | |
| Alan Bell | | 1:59.3 | #2 | | Karl Frederick | :38.4 | #3 | |
| <u>400 Yd. Individual Medley</u> | | | | | <u>100 Yd. Breaststroke</u> | | | |
| Mike Smithers | | 4:50.0 | #6 | | Karl Frederick | 1:28.3 | #5 | |
| | | | | | <u>400 Yd. Individual Medley</u> | | | |
| | | | | Gene Caddey | 7:02.9 | | | |
| <u>WOMEN</u> | | | | | | | | |
| 30-34 | <u>1650 Yd. Freestyle</u> | | | 25-29 | <u>100 Yd. Freestyle</u> | | | |
| | Steve Engel | 18:35.9 | #3 | | Stella McLeon | :59.5 | #4 | |
| | <u>50 Yd. Breaststroke</u> | | | | | <u>1650 Yds. Freestyle</u> | | |
| | Tony Canlis | :28.5 | #2 | | | Sue Dills | 23:34.2 | #9 |
| | <u>100 Yd. Breaststroke</u> | | | | | <u>100 Yd. Backstroke</u> | | |
| | *Tony Canlis | *1:01.81 | #1 | | | Sandi Smith | 1:14.8 | #8 |
| | <u>200 Yd. Breaststroke</u> | | | | | <u>50 Yd. Breaststroke</u> | | |
| Tony Canlis | 2:19.4 | #2 | | Linda Marks | :37.2 | #9 | | |
| <u>200 Yd. Butterfly</u> | | | | <u>200 Yd. Breaststroke</u> | | | | |
| Steve Engel | 2:19.7 | #8 | | Linda Marks | 3:00.6 | #9 | | |
| <u>400 Yd. Individual Medley</u> | | | | <u>200 Yd. Butterfly</u> | | | | |
| Steve Engel | 4:57.1 | #7 | | Valerie Boen | 3:10.8 | #10 | | |
| 35-39 | <u>50 Yd. Freestyle</u> | | | 30-34 | <u>200 Yd. Freestyle</u> | | | |
| | Lowell Johnson | :24.2 | #9 | | Sue Dills | 2:22.1 | #6 | |
| | <u>50 Yd. Backstroke</u> | | | | <u>500 Yd. Freestyle</u> | | | |
| | Lowell Johnson | :30.2 | #10 | | Sue Dills | 6:34.2 | #7 | |
| | <u>100 Yd. Backstroke</u> | | | | <u>200 Yd. Individual Medley</u> | | | |
| | *Gary Chase | *1:01.4 | #1 | | Sue Dills | 6:34.2 | #6 | |
| | <u>200 Yd. Backstroke</u> | | | 35-39 | <u>50 Yd. Freestyle</u> | | | |
| Gary Chase | 2:21.0 | #2 | Juanita Correa | | :27.7 | #2 | | |
| <u>100 Yd. Individual Medley</u> | | | | | <u>100 Yd. Freestyle</u> | | | |
| Gary Chase | 1:02.1 | #5 | | | Juanita Correa | 1:03.0 | #2 | |
| <u>200 Yd. Individual Medley</u> | | | | | <u>200 Yd. Freestyle</u> | | | |
| Gary Chase | 2:20.9 | #6 | | Juanita Correa | 2:21.83 | #3 | | |

40-44 50 Yd. Breaststroke
 Ron Taylor :33.5 #9
100 Yd. Breaststroke
 Ron Taylor 1:12.2 #6
200 Yd. Breaststroke
 Ron Taylor 2:38.01 #4
100 Yd. Butterfly
 William McAndrews 1:07.4 #9
~~200 Yd. Butterfly~~
~~Ron Taylor 2:46.0 #7~~

45-49 200 Yd. Freestyle
 *Bob Miller *2:00.56 #1
500 Yd. Freestyle
 *Bob Miller *5:29.38 #1
1650 Freestyle
 Bob Miller 20:55.0 #2
50 Yd. Backstroke
 Bob Miller :30.4 #4
100 Yd. Backstroke
 *Bob Miller *1:04.18 #1
200 Yd. Backstroke
 *Bob Miller *2:20.69 #1

500 Yd. Freestyle
 Juanita Correa 6:31.5 #3
50 Yd. Breaststroke
 MaryLou Haugland :39.2 #4
100 Yd. Breaststroke
 MaryLou Haugland 1:26.6 #5
 Jan Moen 1:27.77 #7
200 Yd. Breaststroke
~~Jan Moen 3:09.62 #6~~
 MaryLou Haugland 3:11.7 #7
50 Yd. Butterfly
 Juanita Correa :35.1 #9
 40-44 1650 Yd. Freestyle
 Joy Ross 27:50.0 #5
200 Yd. Backstroke
 Norma McKinney 3:11.8 #4
 45-49 50 Yd. Butterfly
 Pat Dotson :39.4 #10
 50-54 1650 Yd. Freestyle
 Audrey Gilbert 31:19.8 #9
100 Yd. Breaststroke
 Maxine Carlson 1:47.2 #10

(* by name - record holder * record time)

* by name is record holder JAN., 1976 - "THE WET SET" AAU Masters National Rankings
 * is record time

| Age Group | <u>WOMEN Short Course</u> | | | <u>WOMEN Long Course</u> | | |
|-----------------------------|----------------------------------|---------|-------------------------------|-------------------------------|----------------------------|-----|
| | | Time | | | | |
| 55-59 | <u>1650 Yd. Freestyle</u> | | | 35-39 | <u>50 Meter Freestyle</u> | |
| | Lee Holm | 35:07.7 | #9 | Juanita Correa | :32.0 | #2 |
| | <u>50 Yd. Breaststroke</u> | | | <u>100 Meter Freestyle</u> | | |
| | Maxine Carlson | :49.5 | #5 | Juanita Correa | 1:11.9 | #2 |
| | <u>100 Yd. Breaststroke</u> | | | <u>200 Meter Freestyle</u> | | |
| | Maxine Carlson | 1:48.8 | #9 | Juanita Correa | 2:46.2 | #4 |
| | <u>200 Yd. Breaststroke</u> | | | <u>400 Meter Freestyle</u> | | |
| | Maxine Carlson | 4:07.4 | #7 | Juanita Correa | 5:53.3 | #3 |
| | <u>100 Yd. Individual Medley</u> | | | <u>50 Meter Breaststroke</u> | | |
| | Maxine Carlson | 1:49.4 | #10 | Jan Moen | :46.3 | #5 |
| 60-64 | <u>100 Yd. Freestyle</u> | | | <u>100 Meter Breaststroke</u> | | |
| | Lee Holm | 1:45.0 | #8 | Jan Moen | 1:40.5 | #3 |
| | <u>200 Yd. Freestyle</u> | | | <u>200 Meter Breaststroke</u> | | |
| | Lee Holm | 3:43.3 | #6 | Jan Moen | 3:40.1 | #4 |
| | <u>500 Yd. Freestyle</u> | | | <u>50 Meter Butterfly</u> | | |
| | Lee Holm | 9:57.0 | #4 | Jean Abrams | :42.0 | #10 |
| | <u>1650 Yd. Freestyle</u> | | | <u>100 Meter Butterfly</u> | | |
| | Lee Holm | 34:01.1 | #3 | Jean Abrams | 1:47.1 | #8 |
| | <u>100 Yd. Backstroke</u> | | | | | |
| | Lee Holm | 2:08.9 | #10 | 40-44 | <u>400 Meter Freestyle</u> | |
| 65-69 | <u>200 Yd. Backstroke</u> | | | Carol Eaton | 7:29.4 | #10 |
| | Lee Holm | 4:28.5 | #5 | <u>1500 Meter Freestyle</u> | | |
| | <u>50 Yd. Backstroke</u> | | | Joy Ross | 28:29.8 | #6 |
| | Betty Lester | 1:18.3 | #8 | Carol Eaton | 30:10.2 | #10 |
| <u>LONG COURSE</u> | | | | <u>200 Meter Breaststroke</u> | | |
| <u>MEN</u> | | | | Joy Ross | 4:06.7 | #10 |
| 30-34 | <u>400 Meter Freestyle</u> | | | 45-49 | <u>50 Meter Freestyle</u> | |
| | Steve Engel | 5:07.0 | #6 | Pat Dotson | :38.0 | #9 |
| | <u>200 Meter Breaststroke</u> | | | <u>100 Meter Freestyle</u> | | |
| | Steve Engel | 2:59.1 | #5 | Pat Dotson | 1:29.9 | #9 |
| 35-39 | <u>400 Meter Indiv. Medley</u> | | | <u>50 Meter Backstroke</u> | | |
| | Steve Engel | 5:35.5 | #2 | Pat Dotson | :51.0 | #10 |
| | <u>100 Meter Freestyle</u> | | | <u>50 Meter Breaststroke</u> | | |
| | Mel McElroy | 1:04.6 | #10 | Pat Dotson | :49.8 | #4 |
| 35-39 | <u>200 Meter Freestyle</u> | | | 50-54 | <u>100 Meter Freestyle</u> | |
| | Mel McElroy | 2:23.5 | #5 | June Underhill | 1:37.8 | #10 |
| | <u>400 Meter Freestyle</u> | | | <u>400 Meter Freestyle</u> | | |
| | Mel McElroy | 5:11.5 | #5 | June Underhill | 8:20.0 | #10 |
| | <u>1500 Meter Freestyle</u> | | | | | |
| | Mel McElroy | 21:22.7 | #5 | 55-59 | <u>50 Meter Backstroke</u> | |
| <u>100 Meter Backstroke</u> | | | Maxine Carlson | :54.7 | #7 | |
| Mel McElroy | 1:20.2 | #8 | <u>50 Meter Breaststroke</u> | | | |
| | | | Maxine Carlson | :56.7 | #4 | |
| | | | <u>100 Meter Breaststroke</u> | | | |
| | | | Maxine Carlson | 2:09.2 | #6 | |

55-59 200 Meter Backstroke
 Fred Wiggin 3:30.0 #8

60-64 50 Meter Breaststroke
 Karl Frederick :45.3 #3

100 Meter Breaststroke
 Karl Frederick 1:43.7 #4

50 Meter Butterfly
 Karl Frederick :44.0 #5

WOMEN

25-29 50 Meter Butterfly
 Valerie Boen :37.5 #9

30-34 100 Meter Freestyle
 Sue Dills 1:13.2 #7

200 Meter Freestyle
 Sue Dills 2:42.2 #5

400 Meter Freestyle
 Sue Dills 5:52.8 #7

1500 Meter Freestyle
 Janet Russell 21:24.01 #10

50 Meter Breaststroke
 Peggy Smothers :43.1 #4

200 Meter Indiv. Medley
 Sue Dills 3:06.3 #7

SHORT COURSE RELAYS

WOMEN 200 Yd. Freestyle Relay

25 & U Jewish Community Center 1:58.1
 Pat Dotson, Sue Dills, #7
 Juanita Correa, Sue Longman

35 & U Red Shield Tigers 2:23.5
 Jean Abrams, Jean Snyder #10
 Shirley Lehman, Norma McKinney

45 & U Red Shield Tigers 2:44.8
 Judy Smith, Lois Keller #9
 Mary Monsen, Maxine Carlson

200 Yd. Medley Relay

45 & U Red Shield Tigers 3:04.8
 Judy Smith, Lois Keller #8
 Mary Monsen, Maxine Carlson

LONG COURSE RELAYS

WOMEN 200 Meter Free Relay

25 & U P.N.A. Masters 2:29.5
 Juanita Correa, Jan Moen, #6
 Sue Henderson, Janet Russell

(cont'd next page)

Note: 35-39 Age Group Long Course

Klaas Schenck has a time of 2:53.1

at Lake Oswego - #1 Rank & Record - This will be submitted to officials

JAN., 1976

" T H E W E T S E T "

WOMEN

200 Meter Free Relay (cont'd)

35 & U P.N.A. Masters 3:03.2
Maxine Carlson, Jean Abrams
Carol Eaton, Shirley Lehman #5

200 Meter Medley Relay

35 & U P.N.A. Masters 3:21.2
Shirley Lehman, Jean Abrams, #10
Carol Eaton, Maxine Carlson

SWIM-A-THON - Feb. 15, 1976

The Swim-A-Thon will be run at the Helene Madison Pool on Feb. 15th. Forms and information have been sent out to PNA members and proceeds again will go to the HEART FUND. Last year about a dozen swimmers earned \$1300 at this event and in 1976 we hope that this will be even more. The event was given good coverage by the television media. Get in - and participate - every lap counts, so sign up your sponsors and support this very worthy purpose.

S P L A S H T R A S H

Watch out for Russ Hall - he has now recovered from his recent tonsillectomy and is taking his swimming program with renewed strength & vigorous aspirations. A round of applause to Aileen Engel who braved five events plus a mixed relay in her debut into Masters' Swimming. MaryLou Haugland emerged from semi-retirement in good form with a lovely baby Heather - who was a great spectator. Harry Lewis, Armin Arndt, and Jay Smith braved the winter hazards to come over the mountains from Spokane to participate in the Bothell meet. Steve Engel, Wally Hampton, John Downey, Fred Wiggin, Jack Miller, Kim McCoy, David Rivers and Linda Kulchinski travelled the distance to the Spokane Meet on Dec. 13 & 14th.

1975 NATIONAL AAU CONVENTION
NEW ORLEANS, LA.

Our PNA representative, Jack Ridley reported at the last PNA meeting all of the intricate details of the session. We appreciate his interest, efforts and very able representation at this National Convention. Several Rules changes resulted as shown below:

RULE CHANGES EFFECTIVE JAN. 1, 1976

1. Once an athlete registers as a Masters swimmer and competes in a Masters swimming event, he is thereafter restricted to competing in Masters events only and is no longer eligible for Senior competition.
 2. Those swimmers registered for Masters events may participate in non-AAU aquatic activities, meets, exhibitions, demonstrations, etc., without jeopardy to their eligibility to swim in AAU Masters competition. However, any times achieved in non-sanctioned activities will not be recorded for official purposes (top ten, etc.).
 3. The 70-79 age group will become two age groups - 70-74 & 75-79. Also, the 65 & over age group was added to Relays.
 4. After National Championship meet expenses have been met, the profits shall be divided 50/50 between the sponsoring organization and the National AAU. The \$10.00 surcharge is to be used by the meet sponsor to help pay meet expenses and an additional \$5.00 fee may be charged for a social function, which is not mandatory.
- !@!@!@!@!@!@!@!@!@!@!@!@!@!@!@!@!

NEW PNA MEMBERS

| | |
|-----------------|------------------|
| Susan Chalk | Paul Murphy |
| Aileen Engel | Peter Dodson |
| Dawn Musselman | Tim Weatherbie |
| Joanne Rehfeldt | Don Harrison |
| | Laurence Straker |
| | Gerald Ruthrauff |

Questionnaire Summary - Janet Russell who contributes lots of time and talent to PNA is presently in the process of re-locating and will summarize the results of the Questionnaire as soon as she gets settled in.

Sylvia's Swimwear in Bellevue, 747-5466, had an excellent display at the Bothell Meet. As a matter of fact - it was all-in-all a terrific meet with a good turnout.

Sylvia will also have a display at the Feb. 22 Meet at the Mercer Island Forward Thrust Pool. Come prepared...

TEAM TROPHY STANDINGS AS OF 1/12/76

| | | | |
|-----------------|----|------------------|----|
| 1. Red Shield | 60 | 7. SnoLine Y | 30 |
| 2. Newport Hls. | 54 | 8. Bellingham Y | 15 |
| 2. Downtown Y | 54 | 9. Sea. Swim Cl. | 14 |
| 4. B.E.S.T. | 47 | 10.S.S.C.D. | 13 |
| 5. Samena | 46 | | |
| 6. HiLine Swim | 32 | | |

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TEAM STANDINGS FROM Northshore Meet

| TEAM | N/S Meet Points | Trophy Points |
|-------------------|--------------------|------------------|
| Red Shield | 324 | 20 |
| Newport Hills | 250 | 19 |
| Downtown Y | 243 | 18 |
| Highline Swim T. | 200 | 17 |
| B.E.S.T. | 193 | 16 |
| Bellingham Y | 106 | 15 |
| Seattle Swim Club | 83 | 14 |
| S.S.C.D. | 61 | 13 |
| Sno-Line Y | 28 | 12 |
| Samena | 25 | 11 |

"What's So Free About Freestyle?"

Freestyle is the most swum of all competitive strokes. The novice usually swims this stroke for the first couple of meets before braving the "harder" strokes in practice. In this article, I'd like to hit upon a few aspects of freestyle applicable both to the novice and the experienced swimmer. We'll begin with breathing patterns, then progress (hopefully) into the stroke for the better swimmers. Obviously, with different stroke techniques, there are many ways to tackle the stroke, but it seems some of the basics are set aside for the "finer points" which only improve the basic stroke. Unless equipped with oars, its difficult to travel up the estuary in ye olde canoe (yes, I can, thank you).
Onward

If you remember from the last article, we got you to the edge of the pool and eager to jump right into workout, right? Now that you're in the water, how do you coordinate your stroke with the natural function of breathing? If you're having difficulty in this area, then revert to some of the more basic exercises to refresh your mind as to what you should be doing in the water. Do a few bobs in the water-- performed in water deep enough that you can extend arms' length below the surface before touching bottom with your feet. If you're still concerned about the security of the gutter, then hold onto the side as you re-acquaint your body's respiratory system with the water. Bob at a rhythm that allows normal, relaxed breathing. Don't rush through the bobbing, but merely inhale fully, sink gradually to the bottom, push from the bottom lightly so when you reach the surface you have gradually (and normally) expelled your breath, ready for the next batch o' gas. Progressing from the bobbing exercise, hold your body at arms' length from the side (horizontally this time) and practice the same rate of breathing in a swimming posture -- breathe to the side. From here you should expand to kicking with the board, then without the board, then stroking. (Note: if comfortable, you should inhale by mouth and exhale by nose and mouth; however, some of you have problems with this latter one, so do whatever is natural and comfortable.) Now that you can breathe and stroke at the same time, you may wonder about the frequency of stroking and breathing. That is, should you breathe every second or third stroke? Again, whatever is comfortable for you! Before you become a crackerjack worker, you must be comfortable with your breathing and stroking as coordinated tasks. So, if you're still somewhat squeamish about inhaling when you should be exhaling, get back to basics (eat Grape Nuts, right, well?)

Now we're cool -- we have our breathing pattern synchronized with our stroking, our stroke coordinated with our brainwaves, we've attained oneness with ourselves in the water, right? Right??? Don't be so sure. . . . The mind plays funny tricks on us all, in and out of water. To be sure you're doing what you feel you're doing, have a casual observer (someone like a c-0-a-c-h) (space for this advertisement was paid for by PNAAU Coaches Association and the ASPCA) watch your stroke. Your mind may be telling you little white lies, in which case your stroke may be all wet. Are you really pulling down the centerline of your body? Do you have full extension forward before starting your pull? Are you rolling too much/little? Is your head positioned properly? Do you push all the way through to the thighs? Do you recover with the elbows bent, hand below the elbow? Are you leading with the pull of the hand, or with the elbow? Are your hands webbedquackquack? Is your kick supporting the stroke, or causing you to snake through the water? Are you swinging your arms to the side on the recovery, or are your hands recovering directly forward? Is this activity really better for your health, or do you just have water on the brain? One of the most prevalent errors in strokes is the misconception of what your body is actually doing in comparison to what your mind is convincing you that you're doing. Don't be content with being comfortably smooth in the water -- get some positive criticism from the guy on the side.

Let's move to a couple specific aspects of freestyle which are important as basics. The first item takes us back to breathing. You may be comfortable with your breathing, but is your technique correct? Many swimmers believe that to breathe properly requires exposing the entire mouth to the air (and in some cases, the air 6 inches above the surface -- there is more up there, you know!). This is another of those wide-spread misconceptions. Through the normal breathing function, you should be able to draw in sufficient air with only a portion of the mouth above the surface. (Note: don't try to cut it too closely in choppy water -- you're only asking for gurgles and glubs.) To me, the best place to inhale air is from the armpit -- the pocket of air created by the forward movement of the shoulder when the arm recovers for the next stroke. Don't jerk backward to stuff your whole head into your armpit. Just turn your head to the side naturally and the armpit will move to your mouth. Oh, and once you have your breath, close your mouth so the whole East River doesn't come rolling behind the air, and at the same time return your head to the forward position. By obtaining your air near the surface of the water, you enhance the rhythm of your stroke (or should enhance, anyway).

Back to the stroke. There are many styles, each "free" to the particular coach or swimmer. In my own technique I try to have the swimmer visualize a somewhat flat

oval in explaining the entire stroke movement. The end points of the oval correspond to the reach of the arm forward and then backward to the thighs. The movement between these two points above and below the water is created by the hand -- not the whole arm, but the hand. Starting from the forward point, the hand travels back and down along the centerline of the body (elbow is outside the movement of the hand) until the swimmer has some leverage on the water. The leverage is pictured with the hand almost parallel with the elbow, the point at which the swimmer can use his elbow joint and shoulder-related muscles to put authority in the stroke. From this leverage point the hand moves horizontally backward (still along the centerline of the body) (if I may wander a bit here . . . With a natural roll, the centerline of the body is constantly in motion back and forth. Therefore, the pull along the centerline will not correspond to pulling along the line on the bottom of the pool. How many of you pull along the bottom of the pool? (figure-a-tively or literally)) (back to the pool . . .) extending toward the thigh. As the elbow straightens out towards the end of the stroke, the hand should gradually move (how does a hand move gradually in a sprint, or even workout?) (keep your mind on the theory...) upward to meet the thigh. (Thigh, meet hand; hand, meet meaty thigh.) In the recovery, the hand movement is probably a bit more flattened than during the pull, but you should still keep the oval path in mind. The hand pulls slightly above the water then stretches forward for the reach. After reaching beyond the head, the hand should descend through the surface extending to the forward point of the oval. If you can keep this picture of the oval in mind, feel your hand pass along this oval course, and get someone on the side to confirm the movement, you should have the basic arm movement for freestyle. A good exercise to perform to watch your hand movement can be done with a kickboard. Grasp the front edge of the board with one hand and put some of your weight onto the board, such that you can somewhat support your body a little above the surface (or at least higher in the water than with normal swimming). With your body in this position, take a few strokes (with kick and natural roll) with the other hand. You should be able to watch your hand through the whole stroke cycle.

Those are some of the basics. Before I expend future articles on some of the finer points, we should ensure that we're all thinking along the same general lines (in comes the good air, out goes the bad air). If you take exception to some of my contentions, please give me some feedback. If you enjoy or agree with what I'm saying, I'd also appreciate some feedback -- my head's been shrinking lately and I need some more pumping.

" Hydrohead "

SURVEY ON REGIONALS & NATIONALS?

The PNA Board is making a survey of those who are interested in going to either or both the Short Course ReGionals on April 30, May 1-2, 1976, to be held at the University of Idaho Pool in Moscow; and/or the Short Course Nationals at Mission Viejo, California on May 14-16, 1976. Please indicate on the meet entry form in the appropriate blocks as we are trying to get together group transportation and accomodations or let your team or area representative know if you plan to go. HOPE YOU'LL TRY & MAKE IT!

SUBSCRIPTION FORM

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"THE W E T S E T "

January, 1976

P.N.A. MEMBERSHIP MEETING

The P.N.A. will hold a membership meeting on April 4, 1976 prior to the first event at the Pacific Lutheran University Meet in Tacoma. The proposed Constitutional amendment as shown below, if accepted, will enable P.N.A. to incorporate as a Nonprofit Corporation. A vote will be taken on this proposal at the meeting on April 4, 1976.

Proposed Constitutional Amendment to Add New Section 4.4

"Section 4.4 Incorporation as a Nonprofit Corporation: The Board of Managers is authorized to cause the formation of a Nonprofit Washington Corporation, pursuant to Chapter 24.03 RCW, and to file this Constitution as a part of the Articles of Incorporation thereof. The Board of Managers as presently constituted shall be the initial Board of Directors of such corporation and all current members of this association shall be members of the incorporated Pacific Northwest Association of Masters Swimmers. All assets and liabilities of this association shall be transferred to said corporate entity which shall thereafter function in every respect as the successor to this association."

(DETACH HERE)

Survey on Group Transportation and Accomodations for Regionals & Nationals

In order that some arrangements may be made for group transportation and accommodations for The Regional and National Meets - PNA needs a feedback from those who are interested in going to either or both of these meets.

Return this form with your entry to the Mercer Island Meet or mail to Steve Engel, 2005 S. 308th St., Federal Way, WA 98002

NAME _____

I am interested in:

Regionals

Nationals

Group transportation

Group accommodations
