

PACIFIC NORTHWEST ASSOCIATION OF MASTERS SWIMMERS, A.A.U.

"THE WET SET"

Feb./March, 1976

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

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1976

COMING EVENTS

- Apr. 3&4 P.L.U. MEET & Membership Meeting, Tacoma, WA; Meet Director-Gary Chase
Meet information, entry and map to P.L.U. attached. 1650-Apr. 3rd.
- Apr. 6 PNA Board Meeting, Tuesday, 7 PM at Downtown YMCA, 4th & Madison Sts.
All PNA members welcome - meets in 2nd floor board room.
- Apr. 16-18 REGION XII Short Course Regional Meet at the University of Idaho at
Moscow, Idaho. NOTE: Date change; entries and information regard-
ing this meet are included in this newsletter.
- May 7-8 Open Date for a PNA Meet - anyone wishing to sponsor should contact
Mel McElroy, 747-7904
- May 14-16 SHORT COURSE NATIONAL MEET at Mission Viejo, California. Information
on this meet is included in this newsletter. Contact Steve Engel,
Tel. 839-8889 if you plan to attend.
- June 4&5 P.N.A. Championship Meet - open to P.N.A. members only. To be held at
Highline Community College Pool; Meet Director - Steve Engel.
Banquet following; Banquet Chairman - Fred Wiggin, 542-4857

TENTATIVE SCHEDULE

- July 10-11 ROUGH WATER SWIM, Kirkland
- Aug. 13-15 LONG COURSE REGIONAL MEET at Colman Pool (possible new Bellevue Pool)
- Aug. 27-29 ? LONG COURSE NATIONALS to be held at Sugar Creek Sports Club in
St. Louis, MO. Date still to be confirmed.

* * * * *

SHORT COURSE REGIONALS, April 16-18th.

Additional information from Harry Lewis regarding this meet has just been flown in: ABOUT THE FACILITY: This relatively new pool is located on the campus of the University of Idaho in Moscow. The pool itself is 8 lanes wide and (4)' deep at the shallow end. There will also be installed non-turbulant lane markers and automatic timing via electronic touch pads in the pool. The times achieved will be displayed on the electronic readout board both by lap time and total overall time. There is also an additional 25-yard by 4-lane warmup pool which will be available for competitors all during the meet. The meet will be sponsored by: IEA Masters' Swimmers, and the University City Masters Swim Club. AWARDS: A special 2" Region XII Championship medal with neck ribbon will be awarded for 1st thru 3rd places. Each member of the winning relay team from 1st thru 3rd places will be awarded medals. SCORING: All scoring total will be according to the association you belong to and not your club affiliation. There will be three large trophies to be awarded to the 1st, 2nd and 3rd place association. ~~Meet results will be mailed to every swimmer entered within one week.~~ SOCIAL & DINNER: In the style of the three previous regional S/C championships the IEA will have a banquet dinner about 6:00 pm Saturday night, April 17th. It will be preceded by a no-host cocktail party at 5:00 PM. The location and menu will be announced before the end of the events on Sat., April 17. We are asking all competitors who plan on attending or bringing a guest to check it off on your entry form so the Meet Director can arrange for the proper size facilities. ACCOMMODATIONS: There is a Travel-Lodge in both Pullman and Moscow. Also the Royal Motor Inn and the Hillcrest. Make your reservations early to the motel you plan on staying at. RULES & RELAY ENTRIES: In addition to the current Rules for Masters, your attention is called to relay entries. (1) Names of swimmers eligible to compete for their association in relays shall be all those listed on the entry blanks. (2) Names of competing relay swimmers & their order of swimming shall be declared in writing when the relay heat in which such team is entered is called to report to the Clerk-of-Course. (3) All four swimmers must be registered or have applied for registration in the same AAU Association they are representing.

PNA BOARD MEETING HI-LITES

1. LOGO - The board chose a new sketch of a swimmer for T-shirts which was submitted by Bob Knudsen (suggested colors dark blue on white shirt with red printing. Tom Foley's logo with a killer whale was also chosen for the patches (suggested color - black on white, with green). Sue Dills will handle this and make available as soon as possible.
 2. SWIM A THON - \$3200 was collected and all monies were given to the Washington State Heart Association. The Board wishes to thank all 22 swimmers who participated.
 3. NATIONAL MEETS ENTRY FUND - It was recommended that the decision to use PNA funds for National expenses should be subject to a vote of the general membership. A motion was passed that any travel fund-raising functions be conducted as a separate entity from PNA Masters.
 4. GROUP TRANSPORTATION FOR REGIONALS - John Downey investigated and cost by bus per person would be between \$16.75 and \$18.00. Minimum numbers of passengers - 39.
 5. PNA ANNUAL BANQUET - Since the PNA Championship Meet is scheduled at Highline College Pool, the banquet will be held at nearby Normandy Cove, if possible. Date of banquet - Sat., June 5 and will be catered. More info. to come on this.....
 6. COMMITTEE REPORTS (1) Treasurer, Jack Miller reports \$1100. in savings and \$100. in checking. A motion was passed to allow for purchase of a typewriter for the use of the newsletter chairman. A Hewlett-Packard calculator stop watch was also considered as a top priority for use as back-up timer at meets. (2) Awards-Sue Dills and the Meets Committee will decide whether to allow the award/no-award option at the PNA Championship Meet. (3) Membership - Tom Foley submitted information from Harry Lewis for computerizing Region XII. This will be studied and a final determination made by the Membership and the Records Committees. (4) Records & Tabulations - Janet Russell cautioned all swimmers, when participating in Regional Meets, to keep a record of times and get the results to her if there is a possibility of a record time. She also emphasized the need for an experienced starter at all meets and an experienced head timer to brief volunteers in advance of meet starting time. Because of the "contamination clause" by AAU, the following recommendation was made: "Until final ruling from AAU, PNA should ban all non-masters exhibition swimmers". (5) Meets - Mel McElroy - Due to numerous request, the Meets Committee has tentatively scheduled a meet for May 8 & 9. If any club is interested in handling this meet, the Meets Committee will support. The following event will be included at all meets: 200 yard mixed medley relay. Recommendation: - new fee division: 1st \$50. to sponsor club and remainder 3/4 to sponsor and 1/4 to PNA. A motion was made and passed to this effect. Fred Wiggin, John Downey, and Steve Engel will serve on a committee to investigate the possibility of PNA hosting the next National Swim Meet.
- NEW BUSINESS - included a request by Steve for input for the next Regional Meeting; items already on the agenda are (a) advantages of computerized records system; (b) travel as Region to National meets; (c) sponsorships from businesses at Regional meets. Also, Janet Russell read her letter addressed to National Swim-Master re-iterating our stand on the issue of 20-24 year olds. It was approved by the Board, signed and recommended that it be sent to Oregon and Inland Empire for consideration. Meeting closed at 9:40 PM - with next meeting scheduled for 7 PM at the Downtown Y on April 6.

Advice for THE SWIMMER'S BODY

By Dr. Paul Hutinger (Feb/Mar '76)

WARM UP

SWIM-MASTER

Q. I am a Master swimmer with a limited competitive background and would like to know what I should do at a meet for a warm-up. I have watched the best Master swimmers and most do different warm-ups.

A. Research has not demonstrated consistent results on the effect of warm-up and performance. Many individual situations have been cited where a person did his/her best time without a warm-up. However the benefits are in favor of taking a warm-up before competing. Many Master swimmers are not trained well enough to take the total warm-up taken by senior swimmers and could tire themselves.

A warm-up of thirty minutes with swimming, kicking, starts, turns and several short sprints could be a general warm-up for most Master swimmers. This gets the rectal body temperature up to about 101° and lasts for about 45 minutes. Warm-ups of short duration should be taken about 10 minutes before each event during the meet. The body works more efficiently and will perform better if the body core temperature is above the norm.

Do not swim your race in the warmup though. Easy swimming with some paced 50's and one or two 25 yard sprints should be sufficient. A warm-up of 500 to 1000 yards would take care of most Master swimmers. Another way to determine warm-up length is to take one-fourth or one-half of your daily training yardage. Try different warm-ups before meets and find the one that works best for you since there are individual differences. Stretching and flexibility exercises are also recommended as a supplement to warm-up and help to loosen up joints for maximal range of movement.

There are four general reasons for a warm-up: 1. to prepare the cardio-respiratory systems for efficient performance; 2. to prevent muscular and joint injury; 3. to be prepared psychologically for a top performance; 4. to prevent cardiac oxygen insufficiency. The cardiac response to a warm-up has been reported by Dr. James Bernard, a UCLA researcher. He found that adaptation of coronary blood flow to a rapid increase in cardiac work

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P.N.A. - "THE WET SET"

Advice for THE SWIMMER'S BODY (cont'd)

is not instantaneous and for a short period there is an inadequate blood supply, even in the healthy young heart. He suggests a minimum of two minutes warm-up in preparing the heart for an all out sprint performance. Most swimmers do not warm-up as they should before relays which are all out sprint efforts.

BE A WINNER

Q. I always seem to come in second place in my races instead of winning. My repeat times are good in practice but others seem to do better in the meets. What can I do to improve?

A. You apparently need to program yourself to be a winner and to improve your psychological approach to competition. Set a goal for yourself, such as

achieving a certain time for your event. Think in terms of achieving this goal every day in your practice. Forget past failures and remember only the successful performances. Think of yourself as a winner by mentally picturing yourself coming in first in a race and watching the others finish after you. Imagine that you look up at the score board clock and see your goal time or that you are standing on the winner's block receiving the first place medal. Of course you must be prepared by training diligently and working hard. Rehearse your race four or five times before you swim, thinking through each length, stroke by stroke, from start to finish. When you step up on the block for the start you can then put yourself on 'automatic' and follow the program you established by the many mental rehearsals.

LOIS' MOLASSES BRAN QUICK BREAD (good for nourishment at swim meets)

- 1/2 cup molasses
- 1 tsp. soda
- 1-1/2 cup buttermilk
- 1-1/2 cup bran (buy at Health Food Store)
- 1-1/2 cup whole wheat flour
- 1 tsp. salt
- 1/2 cup raisins

Put molasses in measuring cup; add 1 tsp. soda in cup and stir until doubled in size. Put in bowl, add milk, bran, flour & salt & raisins.

Place in buttered, floured loaf pan 8 1/2 x 4 1/2" and bake at 325° about 45 min.

I WONDER IF BEN WOULD HAVE BEEN A MASTERS SWIMMER?

Passing time at the dentist office revealed information about a famous American, Ben Franklin, and in this Bi-Centennial Year of 1976 - it is being passed along. Consider it part of the course of history. (From an article in Hi-Lites Magazine" by Nancy Garber)

"Almost everyone knows that Ben Franklin experimented a lot with electricity and invented the lightning rod. He also invented the Franklin Stove, bifocals, new kinds of printing presses. BUT - SWIM FINS!

Ben was a great swimmer and he made little paddles he could wear on his hands and feet to make himself go faster. He could have become rich by selling his inventions, but he said that ideas should belong to everyone. That's the kind of person he was.

Benjamin Franklin was the only person to sign four of America's greatest documents - The Constitution of the United States of America; The Declaration of Independence; the Peace Treaty with England; and the Treaty with France for aid."

A Note from Janet Twilight -

After fighting it for many years, I have finally begun wearing goggles. So I have personally become aware of the fact that after a week in chlorine the foam begins to separate and turning them upside down doesn't help forever.

Last week I spent half an hour reading labels at the glue department. General Electric makes a "silicone glue and seal" which has worked for a week. (Almost as good as new.) It is something like tub caulk and seal; it is waterproof and flexible. It comes in clear, white, and black in a 3 ounce tube for under \$2. It does require 24 hours to "cure".

It comes with a nozzle which is really too big for this job and wastes glue. I used a toothpick to spread it between the foam and the goggle.

NOTICE to ALL TEAM REPS.!!

The disqualifications in the men's 200 yd Free Relay on 2-22-76 were the result of improperly filled out cards.

Please note the names - - in each case one of the swimmers is listed on another relay. Since there was probably only one heat there were probably 12 different swimmers.

It is the responsibility of the swimmers and the team rep. to fill in each name, circle the proper age group, and circle "MEN", "WOMEN" or "COED".

We are all in Masters to swim and enjoy ourselves, so if you will take a little of your time to check your cards it will be easier for all of us.

ATTENTION - All PNA Swimmers in I.E. or Oregon Meets!

If you swim your best time of the year todate, please call and let me know so I can record it. Gone are the days when I could recognize the names of all of our swimmers. PNA Masters is growing so fast that it really is impossible for me to track down "Ten Best Times" in all of the meets outside of PNA. So if you want credit for the time as your best or as a PNA record then you will have to submit the time to me by phone or mail. NOTE: - New address: Janet Russell

Phone: 466-3910

14913 - 123rd N.E.
Kirkland, WA 98033

P.S. If you are in doubt as to whether it is a record, send it anyway! I'll check it.

F.N.A. RECORDS
Multnomah Athletic Club
Portland, Oregon - Jan. 31, 1976

<u>Women</u>					
35-39	200 Free	Juanita Correa	2:20.5	#2	
	100 Back	Juanita Correa	1:23.0		
40-44	200 I.M.	Norma McKinney	3:27.6		
60-64	50 Back	Dawn Musselman	:43.2	#National Record	
	100 Back	Dawn Musselman	1:38.1	#1	
<u>Men</u>					
65-69	200 Free	Art Erickson	3:02.3	#10	
	50 Fly	Art Erickson	:44.1	#6	

- These numbers show a relative national ranking according to the 1975 National Top Ten. Since times are changing at meets all over the country there is no way to keep an accurate tally during the swimming year. But these rankings give us an idea of how our PNA swimmers are doing. The National Record has been submitted and is awaiting confirmation.

SWIM-A-THON II - By Janet Russell

What a difference from last year! I was again installed in my chair as lap counter extraordinaire, but this year instead of watching just a few people swim I was looking down at a crowd. There were enough people participating that they had to wait their turn for a lane and some of the lanes were even overcrowded. That is never pleasant for the participants but the people counting the money loved it!

Of course the regulars were there as usual. How many meets have you attended that you haven't seen Tom Foley, Fred Wiggin, Maxine Carlson and Lee Holm. Audrey Gilbert, for the second year in a row, had so much pledge money that we would all have jumped in to push if she couldn't make it. But never fear, Audrey always makes it in top shape. When her husband, Lou, walked in, she yelled from the water "Where's my hamburger?" So he had to hop back in the car and go get her a slightly delayed lunch.

Then we also have our resident "Borderline Nut," Steve Engel. Have you ever heard of a 5000 IM? Well now you have, and you heard it here first. Now I won't be one to call one of our newer swimmers (if you can call a National Champion a newer swimmer) a nut. But Lynn Bell, who is new to Masters swimming this year, was told by her pledges that they would only pay if she swam the whole 200 laps in Butterfly! And Bob Miller, her former coach, not to be outdone even wrote in a time standard - every 100 yds. in less than 1:30. Now if that isn't pain ---? Sorry, I had to leave and didn't see the finish of that one, but knowing Lynn I'm sure she did it.

And then we have Fern Anderson who turned in a 100 lap performance. When Fern first started swimming at the Eastside Y a little over a year ago she could barely swim one length. But she had one goal in mind - Fern was going to swim a mile! She progressed to 50's, 100's, and then 200's, all the while concentrating on improving her strokes. Fern swam in her first meet at Bothell this year and even with all the "Butterflies" I think she really liked it. Well, Fern made her mile and more and she is an inspiration to all of us. And Folks, that is what Masters Swimming is all about. I love it!

STATISTICS on the Swim-A-Thon - about 22 people earned approximately \$3,000 for the HEART FUND - and if that isn't swimming from the heart for the heart - What Is?

RESULTS OF PNA MASTERS SWIMMING QUESTIONNAIRE

Thanks to all of you who returned the questionnaire that was sent out at the end of 1975 - there were a total of 54 responses. Answers that could be tabulated are provided here for your interest.

I. SWIMMING BACKGROUND

	High	College		Age		Masters	None				
Competition:	<u>School</u>	<u>College</u>	<u>Group</u>	<u>Masters</u>	<u>None</u>						
	24	17	15	9	9						
Years:	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>	<u>12-16</u>
	3	3	5	5	2	2	2	1	1	3	1 2

Other areas of swimming: Teaching - 33 Pool Manager - 17
 Volunteer - 16 Age Group Official - 11 Age Group Volunteer - 11
 Coaching - 5 Starter - 1 No Answer - 19

Involvement before or after joining Masters: Before - 36 After - 5

II. WORKOUTS - The following pools, times were listed.

<u>Pool</u>	<u>Time</u>	<u>Frequency</u>
Auburn	12 - 2 PM	3 X Week
Bellingham Y	Evenings	2 X Week
B.E.S.T.	9 - 10 AM	3 X Week
Evergreen State College	12 - 2, 4:30-6:30	3 - 4 X Week
Enumclaw	Noon	3 X Week
HEC Pavillion	12 - 1 PM	3 X Week
Helene Madison	6 - 7 AM - Noon	3 X Week
Highline Community College	4 - 5 PM	Daily
Issaquah	Evening	3 X Week
Kent District Pool	12 - 1 PM	3 X Week
Meadowbrook	Early AM - Afternoon	3 X Week
Mountlake Terrace	AM & Noon	Daily
Newport Hills	7 - 8 AM	Daily
Red Shield	9:30 - 10:30 AM	3 X Week
Seattle S. C.		2 X Week
Seattle Tennis Club	5 - 6 PM	Daily
Samena	9 - 10 PM, 2 PM	Daily
Seattle Elks	Noon	2 X Week
Shoreline	6 AM	4 X Week
Tacoma Elks		4 X Week
Totem Lake	5 AM	Daily
Puget Sound NSY	Noon	Daily
Yakima Y	5:30 - 6:30	Daily

34 with a team and 20 did not swim with a team.

Where you heard about Masters Swimming? Swimmer - 12; Pool - 16;
 Paper-Mag. - 6; Age Grp-Masters - 19

III. FINANCES - How cost of swimming compares to other recreational activities:
 LESS - 26 MORE - 4 SAME - 10

Actual Cost of swimming:

None	\$1./less-Day	\$4/Mo.	\$8/Mo.	\$10/Mo.	\$12/Mo.	\$35/Yr.	\$50/Yr.			
10	6	1	11	3	6	3	2			
		\$60/Yr.	\$120/Yr.	\$180/Yr.	\$200/Yr.					
		3	1	2	1					
Meets per year entered:	1	2	3	4	5	6	7	8	9	All
(People) -	4	6	5	12	8	7	1	2	9	11

46 felt they get adequate service for their fees and 2 did not.

5 people felt fees were high; 5 felt they were low and 40 felt them adequate.

IV. AWARDS - 45 - YES; 5 - NO & 5 - No Opinion on new choice system of awards at a reduced fee.

33 - YES; 13 - NO & 6 - No Opinion on continuation of the No Awards Option.

31 liked team trophy competition and 6 did not; 17 - No Opinion

Do you think team competition coincides with the goals of Masters Swimming? 33 answered YES; 9 - NO and 3 would like to see team competition at one meet only.

P.N.A. - "THE WET SET" Questionnaire Results - (2)

Feb/March, 1976

IV. AWARDS; Preferences for types of awards:

	1st	2nd	3rd	4th	5th	6th (Choice)
Medals (no ribbon)	7	11	5			1
Medals (w/ribbon)	12	9	7	1	1	
Plaques - wood	3	1	3	3	2	
Plaques - marble	1	1		3	3	2
Trophies - small	5	2	2	2		3
Patches (meet name)	19	6	5			
Other (any kind)			2	1		
Ribbons	5	1	1			
Certificates	2					

Five responses gave "no opinion on this"

V. MEETS

- 44 answers indicated the choice of pools for meets was satisfactory;
9 answers gave no opinion on this
- Pools not preferred None - 25 4-lane - 16 No opinion - 11
Red Shield-6
- Diversity in area:
(YES - 31 NO - 2 No Opinion-21) Best-3, Mt. Vernon
Olympic SS
Samena, Snohomish
- Would you attend meets in areas such as Olympic, Bremerton, Bellingham, etc.?
YES - 24 NO - 11 MAYBE - 10 No Opinion - 10
- Do you feel meets are running smoothly?
YES - 46 NO - 6 No Opinion - 1
- Interest in summer lake swim? YES - 25 NO - 15 MAYBE - 11 No Opin.-4
- Standardized Event arrangement - YES - 30 NO - 15 No Opinion - 9
- Interest in "Fun" events? YES - 23 NO - 20 MAYBE - 4 No Opin. - 4
- preferences for meet frequency - Bi-Monthly Monthly 6 Wks No Opinion
1 15 32 6

VI. EQUIPMENT

- 1. Electric Timer YES - 28 NO - 12 No Opinion - 14
- 2. Items to purchase: Suits - 25, Goggles - 15, Warmups - 12, Caps - 10
- 3. Purchase at Meets: YES - 27 NO - 5 No Opinion - 21
- 4. PNA or Masters Symbols: T-Shirt - 25, Patches - 28, Pins - 8, Hats - 4,
Others - bumper stickers, sweat shirts

VII. RECORDS

- 1. National Rankings in Newsletter: YES - 46 NO - 5 No Opinion - 3
- 2. PNA Handbook Format: YES - 22 NO - No Opinion - 31

VIII. NEWSLETTER

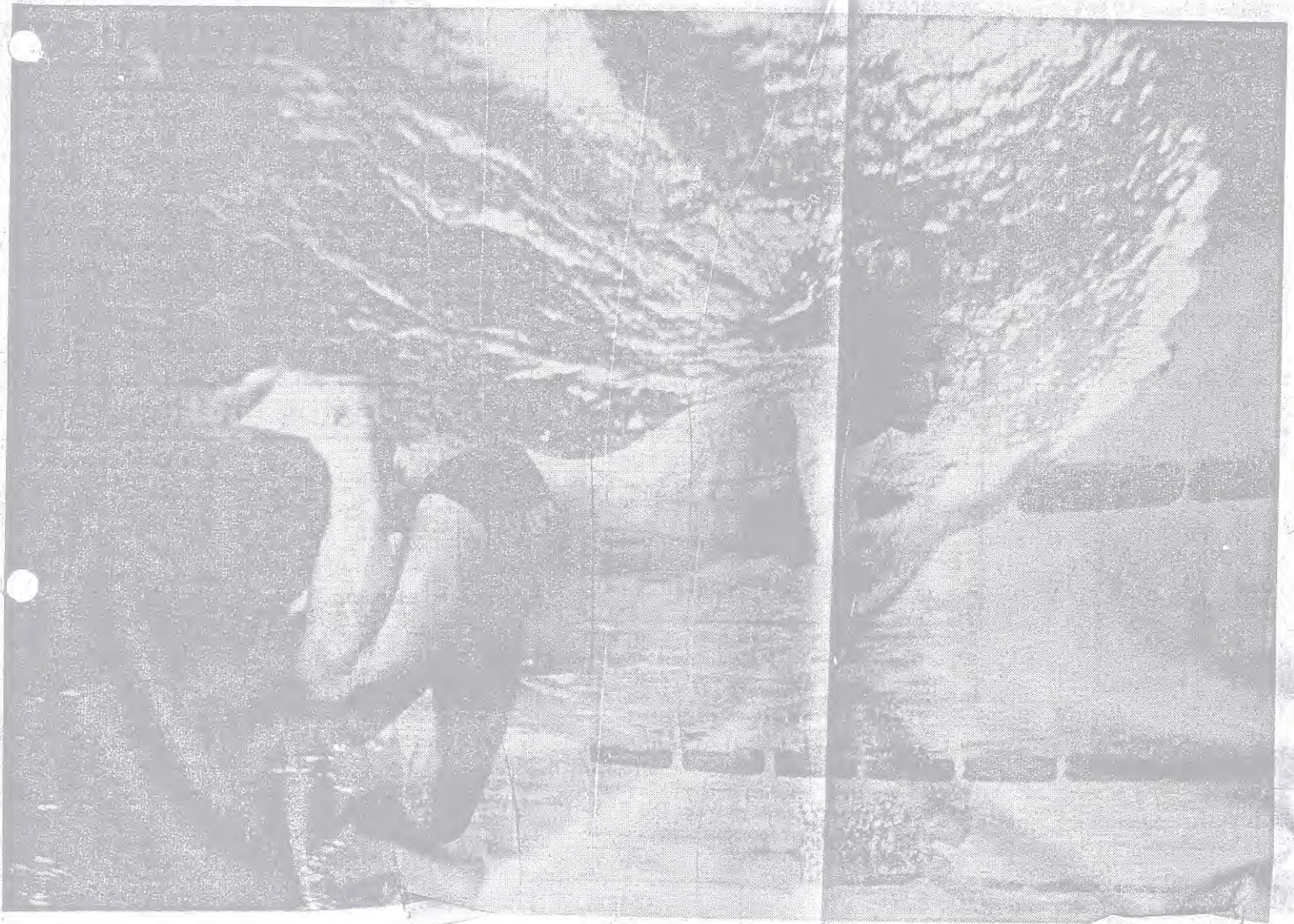
- 1. Receiving all "WET SET"s? YES - 44 NO - 4 No Opinion - 8
- 2. Interest in SWIM MASTER: YES - 28 NO - 6 No Opinion - 8
All ready do - 7

IX. BANQUET

- 1. No Host Format YES - 32 NO - No Opinion - 22
- 2. Day SAME - 20 SEPARATE - 7 No Opinion - 27
- 3. Record holder Awards? YES - 19 NO - 4 No Opinion - 28

X. NATIONALS

- 1. Interest in going: YES - 28 NO - 13 No Opinion - 13
- 2. Fund Raising for Nationals? YES - 16 NO - 20 UNSURE - 6 No Opin.-11
- 3. Participation in fund raising? YES - 17 NO - 16 MAYBE - 2 No Opin.-19
- 4. Participation in funds for charity? YES - 14 NO - 14 MAYBE - 3
No Opinion - 22



Swimathon was an affair of the heart

A submerged swimmer's breast stroke created rippling patterns in the water overhead at the Helene Madison pool, 13401 Meridian Ave. N. The photograph was taken through an underwater viewing window. The pool was the site of a swimathon in which participants raised about \$5,000 Sunday for the Washington State Heart Association. — Staff photo by Greg Gilbert.

Swim-A-Thon to raise funds for research

The second annual Swim-A-Thon to benefit the Washington State Heart Association and PNA Masters Swimming will be Sunday, Feb. 15, at the Helene Madison Pool in Seattle, announces Steve Engel of Federal Way.

Engel, Swim-A-Thon Director and PNA Masters Swimming President, says the benefit will involve 160 members of the swimming association in King, Pierce, Snohomish, Thurston and Whatcom Counties.

Members of the swimming organization are now signing up sponsors who agree to donate a specific amount for each pool length (25 yards) the entrant covers during the Swim-A-Thon.

Swimmers will try for 200 lengths (2.9 miles) or two hours.

Funds raised will benefit the research, education and service programs of the Heart Association as well as PNA Masters Swimming projects. Last year's Swim-A-Thon raised over \$1,000.

Persons wishing to sponsor a Swim-A-Thon entrant who are not contacted by a member may send a donation to Swim-A-Thon at 2005 S. 308th, Federal Way, Wa. 98002.

Engel