

PACIFIC NORTHWEST ASSOCIATION
OF MASTERS SWIMMERS, AAU

"THE WET SET"

June/July 1976

BOARD OF DIRECTORS

PRESIDENT Steve Engel, 839-8889
VICE PRESIDENT Tom Foley, 937-5585
TREASURER Jack Miller 776-2091
SECRETARY Audrey Gilbert 772-2438

REPRESENTATIVES-AT-LARGE

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

TEAM REPRESENTATIVES

B.E.S.T. - Janet Russell 486-8910
Downtown Y - Wally Hampton 325-3494
Highline - Sheryl Sperry 927-0306
Newport Hills - Sue Dills 232-3654
Red Shield - Lois Keller 762-4871
Samena - Mel McElroy 747-7904
Totem Lake - Lynn Bell 523-8905
Snoline Y - John Downey 776-5270

COMMITTEES

AWARDS - Sue Dills, 232-3654
MEETS - Mel McElroy, 747-7904
MEMBERSHIP - Tom Foley, 937-5585
PUBLICITY - Bob Musselman, 485-5325
NEWSLETTER - Shirley Lehman, 246-1372
RECORDS/TABS. - Janet Russell, 486-8910

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P.N.A. Membership (Oct.-Sept.) \$3 Yr.
* includes subscription to "THE WET SET"*
and reduced event entry fees.

"WET SET" Subscription \$2 Yr. - Write to: * * * * *
Shirley Lehman, 10854 - 34th S.W.,
Seattle, WA 98146

C O M I N G E V E N T S

CANCELLED OPEN WATER SWIM in Kirkland will not be held....
Aug. 13-15 LONG COURSE REGIONALS, Colman Pool in Lincoln Park, Seattle, WA
Meet Director - Gary Ladd, 10852 - 32nd S.W., Seattle, WA 98146
Entries due to director by Aug. 7th. Entries attached.
Aug. 17 PNA Board Meeting, Tuesday @ 7PM at Downtown YMCA, 4th & Madison Sts.
in the 2nd floor board room. All PNA Members are welcome.
Aug. 27-29 NATIONAL LONG COURSE CHAMPIONSHIPS at St. Louis Mo. For entries
write to: Wade Barber, Meet Dir., 7314 Whitehaven Dr., St. Louis MO
Sept. 6 ANNUAL LABOR DAY CROSS CHANNEL SWIM OF THE COLUMBIA RIVER, Hood River
Oregon. Entry info. later

PNA Board Meeting Highlites (6-8-76)

OLD BUSINESS included: (1) Incorporation: Steve announced that we were still short votes required to validate the incorporation. Board members were requested to contact team members, etc. Forms will be placed in the newsletter for those who have not yet voted. (2) PNA Championship Meet - 80 entries & an efficiently run meet. (3) PNA Banquet - Fred Wiggin reported 68 persons attended a lovely banquet at the Sea-Tac Motor Inn. We were 7 people short of our quota and \$59. short which will be absorbed by the treasury. (4) Masters National Meet (Judy Harrison) Suggestions for the future for Nationals were: a. the option of team suits for PNA members who represent our club, b. the possibility of prepaid relay fees, c. individual clubs doing fund raising functions to assist their own members.

COMMITTEE REPORTS: (1) Membership - Vikki Davis has resigned as membership chairman. Tom Foley will appoint a person to fill this position. (2) Shirley Laman announced Susan Dearborn as Newsletter chairman for the coming year. (3) Sue Dills - (Sue Dills) Delivery was delayed on the PNA Championship patches which should have been available at the meet. These can be purchased at the Regional Meet in August by all persons who earned a first place medal at the Championship meet. (4) Meets - (Mel McElroy) The Meets Committee has proposed the following:
a. New fee structure: \$2.50 surcharge; \$1.00 Awards entry; no charge for No Awards option. The reason for the proposed increased in surcharge is due to the increase in pool rentals and staff wages. Also sponsoring groups have requested higher payment. Any excess could be used to subsidize the banquet next year.
b. Regionals: A full slate of events will be offered. The Colman Pool has been confirmed for Aug 13-15 @ \$120. Liability insurance will be needed for this meet.

BOARD MEETING HIGHLITES (continued)

c. Team Competition: Because of the time consuming job of scoring for teams, checking eligibility of relay team participants, etc., Janet Russell sent in her suggestion to drop the team competition next year. A discussion followed and the following were discussed: (1) Schedule only one meet for team competition (PNA Championship or Relay Carnival): (2) Make each team responsible for its own entries (3) Each swimmer mail in his own cards with his entry. This last suggestion would relieve the meet director of the task of filling out all entry cards.

After the discussion, the decision was made to stay with team competition next year. The Meets Committee will evolve a simpler method of team scoring, and present other alternatives to having the Meet Director saddled with this job.

d. Meet Directors: Due to difficulty in obtaining persons to run meets, the committee proposed that each team registered with PNA be responsible for one meet per year. e. Scheduling: The suggestion is to re-schedule the PNA Championship meet next year to an earlier date (before Regionals & Nationals) and to hold the banquet at that same time.

(5) Records & Tabulations - (Janet Russell - Carolyn Behse & Judy Harrison, Asst.s Judy suggested that a handbook be compiled which would welcome new members, list locations of pools, the schedule of PNA meets for the year, a copy of the constitution, etc.

NEW BUSINESS: (1) Publicity - (Bob Musselman) Bob reported negative results from his contact with Seattle newspapers. They have agreed to print prior notices, but not meet results. He recommended the purchase of 100 eye-catching posters to be displayed at pools, sporting goods stores, recreation centers, etc. Paul Murphy suggested TV and Radio publicity and will work with Bob on this project.

(2) Use of Excess Funds - a. A swimming stroke clinic was proposed by Paul Murphy. b. The purchase of a PNA banner was authorized. (3) Special Olympics - Mel has been working with the handicapped in the "Special Olympics" programs and stressed the need in this field and requested that the Board involve PNA members in manpower for this event next year.

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IF YOU MOVE OR CHANGE YOUR ADDRESS - be sure to notify either the Newsletter Chairman or the Membership Chairman. PNA material is sent out under bulk mail regulations and is not forwarded.
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DOWNSTREAM - from the Newsletter Chairman

About this time o' month, prior to a mailing of the newsletter, I begin to try and collect my thoughts as to what might be worthwhile in print to the reader of the "WET SET".

The past year has given me an opportunity to peer into the inner workings of PNA and to meet and respect the many people who put long, hard hours of labor and talent into planning and organizing the meets and improving the organization. It is rewarding to recognize that so many people devote their energy to make it possible for all PNA Masters Swimmers to get in and swim. I hope that the general membership will pull together to offer their support and try to be understanding when unavoidable circumstances arise.

Certainly my deepest appreciation for all the input, cooperation and support that I have received during the past year; particularly to Janet Russell and to my team "The Red Shield Tigers". All have been the greatest sports around and without their assistance I could have been under the gun. Sincerest thanks to all of you.

Respectfully, Shirley Lehman

"THE NEW DAWN"

Many masters swimmers come from a background of swim competition during their growin' up years but Dawn "Babe" Gilson Musselman joins PNA Masters from an era which landmarked swim history in the Northwest.

Almost fifty years ago a group of young Seattle area swimmers began the road to national acclaim. Beginning in 1927 at age 14, Dawn came under the watchful support of coach George Douglas of Luna Park in Seattle. In May of 1928, Coach Douglas announced that Babe Gilson would probably represent Luna Park in June Olympic Trials. Her 50 yard backstroke time equalled the record of 37.0 seconds and was 2/5 seconds from the World Record. Seattle had three swimmers eligible at the time but no funds to send them so Babe passed on the '28 trials to wait for 1932 to roll around.

George Douglas, and Ray Daughters of the Crystal Pool, were becoming well known as leading coaches in the area. Ray Daughters had a new swimmer named Helene Madison that was beginning to make her mark in swim meets. At age 15, Dawn beat Helene in the 100 yard freestyle with a 1:11.3 at a dual meet with the Crystal Pool. The coaches were every bit as competitive as the swimmers and Douglas and Daughters had occasional disputes. Both were hard at work developing the leading swimmers of the near future.

Babe Gilson was one of the first swimmers in the Northwest to adopt the ensemble bathing suit. When lounging on the beach she added an unrevealing dark skirt; for racing she wore only the short tank suit. The birth of the two piece suit with a separate skirt allowed "Miss Swimmer" to take a dip in a suit of somewhat striking brevity and still be dressed to the approval of the prudish while on the beach.

The year 1929 brought about competitions in Toronto, Red Lake, Jantzen Beach, Winnipeg, Long Beach, and other cities across the nation. Much of the competition here was sponsored by the Seattle Star and Seattle P.I. newspapers and prizes consisted of loving cups, meal tickets, silk stockings, groceries or maybe even a haircut. In the East, the Wrigley Company had a \$50,000 Marathon Swim each year where Mr. Wrigley threw \$50,000 out on the waters and hoped to see it float back in gum wrappers. Advertising was supportive of most swim competitions.

Babe and her sister daily dipped in the waters of Puget Sound - a must for distance training. Cold water swim is considered part of the practice and Babe won the Seattle Star Mile Swim in 1927, 1928, and in 1930 with a time of 30:05. Jack Medica, a name familiar to many, won with a time of 25:48 for the men. In August of 1930, Babe wone the Women's Pentathlon in Renton. When Ray Daughters went to the Washington Athletic Club in June 1930, Sven Anderson, Helene Madison and Babe Gilson followed the fast becoming famous mentor. His swimmers were achieving world record times as fast as they could fall. Ray found temperament in competitors and employed psychology such as exhibition tours across the country for training. Instead of always coming in the same position against teammates, he took them to competition from city to city to develop self assurance. He also had to see that they completed their academic studies so that they could finish school.

Swim races lengths of the day were of numerous variety compared to the fairly standard events at present. Dependent upon the pool they ranged from 40 yds, 50 yds, 75 yds, 100 yds, 150 yds, 300 yds and also in meters. The butterfly was not yet recognized in competitive swimming.

Babe Gilson was establishing a name for herself. March, 1930, she achieved the American record in the 75 yd. backstrook at 51.3; her free time as 1:04 for 100 yds. and in October of 1931 she captured the 40 yd. backstroke American Record at 25-1/5 seconds.

Prior to the Olympic Trials in New York, her former coach, George Douglas predicted "that with five pounds of weight and just a bit more experience, that you won't be able to stop her". He believed her to be the greatest woman swimmer in the world. A whirlwind exhibition tour from meet to meet ensued - Minneapolis, New York, Montreal, Portland and San Francisco. On to Los Angeles in April 1932 to the National Indoor Championships and Babe became truly an Olympic hopeful. She was considered the #3 woman swimmer in the country. In June of 32 she was doing the 100 meter back in 1:20-3/5.

At age 17 Babe was 69" tall, 120# and went into training for the 1932 Olympic Trials allied with Helene Madison, Eleanor Holm, Jack Medica and Olive McKean (who is presently Aquatic Director for the Multnomah Athletic Club in Portland and now know as Olive Mucha). The group set out to conquer world records.

What Luck! - our poor heroine sprained her ankle the day before her events in Olympic Trials and was unable to participate. Who knows what the repercussions might have been if it had been the other side of the coin. The great chance now gone by, Dawn assumed the responsibilities of marriage, raising children and the maintenance of a household which marked the decline of her swim career and drifted into the normal lane of everyday living.

Dawn and her husband, Bob, learned about the Masters Program in swimming at the Northshore Pool in Bothell immediately became involved with getting back into shape. Bob is supportive of Dawn and is actively pursuing the tedious task of publicizing Masters Swimming and is PNA's official photographer and cheer-leader. Bob is also training for the day when he too will enter into the pool.

Excited about being able to re-enter a much loved sport, Dawn remains not an iota less the superb competitor of the 1930's and her times in performance still prove her to be a champion. Region XII Championships and Short Course Nationals have already witnessed new national records in freestyle and backstroke set by Dawn this year. With a twinkle in her smile and a load of determination she is presently making plans to conquer the Long Course marks in St. Louis in August. And so comes forth - "the new Dawn".....

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ANNOUNCEMENTS

The Fifthe Annual Maui Channel Swim - is a six-man relay race from the island of Lanai (beach start) to the Lahaina small boat harbor, island of Maui (9 miles). It is the most enjoyable open ocean swim in the country, with sunny sides, warm, clear water, and tropical island scenery. DATE: Sept. 4, 1976.

The Maui Channel Swim is a Master's event. Members of coed or all-male teams must be 25 yrs. or older. All-female teams, however, may have members in the 20-24 year age group. Associated swim events of the Labor Day weekend are: Sunday- Sept. 5: - Long Course Master's Meet in Honolulu AND Monday - Sept. 6: - Waikiki Rough Water Swim, a two-mile open ocean race along waikiki Beach; open to all age groups. Further information may be obtained by contacting the race chairman as soon as possible: Write: Bob Rocheleau, 6229 Kawaihae Place, Honolulu, Hawaii 96825

FLORIDA's GAIN - PNA's LOSS

Bob and Jan Miller will be leaving the Seattle area in the fall in a move to Ft. Lauderdale, Florida. Bob who has been the Aquatic Director of the Lake Washington School System and 1973 Coach of the Year of the American Swimming Coaches Association will coach the Pine Crest Preparatory School teams. Bob has placed swimmers on the 1956, 1960, 1968 and 1972 U.S. Olympic Teams and was one of the U.S. coaches for the 1975 Pan American Games. Both Bob and Jan have been actively participating in the Masters Swim Program in PNA and they will be missed. PNA sends their best wishes with you to Florida and will envy you all that great sunshine & balmy breezes.

ATTENTION ALL WOMEN!!

In the past few years some of our swimmers have diversified and taken up what is one of the fastest growing sports in this area ---- Women's Soccer. When I started this last season I thought I was in pretty good physical shape because of my swimming, that is until I limped home in a state of exhaustion after the first practice. It seems as though I had never called upon my legs to do much work before and they were woefully undeveloped. That is the best part. Soccer does wonders for firming up saggy rear ends and slightly bulgy thighs! And if that doesn't convince you, now when I kick 10x50 repeats I average 10 seconds faster on each one.

Why am I telling you all this? Well, in the past three years in Masters Swimming I have found the most congenial group of people I have ever known. They have the friendliness, enthusiasm and understanding which is so necessary for a team sport. So, I thought it would be fun to start a soccer team of Masters Swimmers.

The season runs from March through the first week of June with an optional tournament following. The teams start practicing in January and must be registered by February. There are usually practices twice a week and when the season starts the games are normally played on Saturday mornings. The games are played in 45 min. halves. So by the time you warm-up, play and then hash it over, it takes about 2 1/2 hours. Soccer is not an expensive sport. All you really need to start is a pair of shoes, which run \$10 & up, and a ball, which you can always borrow. There is a \$5 per person registration fee for the season. Uniforms average around \$10 for shirt, shorts and socks but this is absorbed by a sponsor if you get one.

If you are interested or you want some more information, please call Janet Russell at 486-8910. Those calling from Bellevue numbers dial 1 first or contact Mary Jane Harader at 325-6508.

IMPORTANT!

IMPORTANT!

IMPORTANT!

If you have not yet had the opportunity to vote on this important issue, PLEASE take the time to do so now by marking the ballot below and returning.

Proposed Amendment to the Constitution of Pacific Northwest Association of Masters Swimmers.

"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."

A copy of the P.N.A. CONSTITUTION is attached in case you have not yet received one. Please mark your ballot and return to Tom Foley, 10011 - 40th S. W., Seattle, WA 98146 as soon as possible.

Note that the back side of this page is pre-addressed and may be taped or stapled, stamped, and mailed. Your cooperation will be appreciated.

B A L L O T

Please vote either for or against the adoption of Section 4.4 to the P.N.A. Constitution by marking the appropriate box below.

for against

NAME: _____ PNA# _____



For once in my life I can buy clothes that fit me,
 I don't have to hunt anymore.
 For once in my life I can r'lax when I sit me,
 My tummy doesn't hang like before.
 For once in my life I can eat what I want to,
 It's all so very new
 From my head down to my shoe
 I've found out what to do.
 For once in my life I exercise daily,
 It doesn't hurt like before.
 For once in my life I can swim to the middle,
 And make it back to the shore.
 For once in my life I can go to the beach,
 Put on my trunks,
 Leave my towel out of reach.
 For once in my life I'm pleased with the physical
 me.

BECAUSE

I'm getting better,
 Growing stronger,
 Swimming longer,
 I'm getting better everyday.

I never thought I'd learn how,
 Then you showed me how to plow
 Through the water and now I've found me the way.

There's room for much improvement.
 I've only begun to dent
 The times I wanted to swim at the meet today.

BUT I WANT TO

dream the impossible dream,
 To swim the unwinnable swim,
 To try when your arms are to weary,
 To enter even though you can't win.

To encourage those who've come just to watch
 To get in and to try it like you,
 Not worry if they never have done it
 'Cause there's others who are just as new.

This is my quest,
 To share it with them,
 How good it does feel
 To get into the swim.

To know if they swim
 And give it a try,
 They will soon do the back,
 The breast, the free, and the fly.

And I know if they'll only be true
 To this glorious quest,
 That their hearts will all be strong
 When they get back to rest.

So I'll talk to all that I meet
 Whether in the pool or out in the street,
 To encourage them to join the team
 And to dream the impossible dream.

TO THE SWIMMER FROM SPOUSE

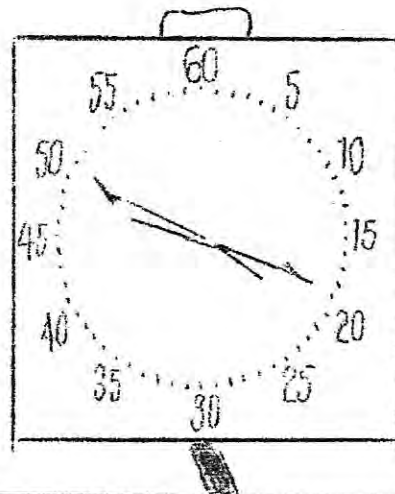
Wash the chlorine from your hair,
 Put those towels back out of
 sight,
 Use some Visine in your eyes,
 We're having guests come in
 tonight.

Forget about the body roll,
 Forget about those yards of fly,
 Get those dishes done right quick,
 Please do give it a try.

Chorus:
 I don't care what's right or
 wrong,
 I don't care what people say,
 Let the coach take tomorrow,
 We've got things to do today.

The kids think you are just a
 prune,
 They've never seen you really
 dry,
 If I don't get to go golf,
 I know I'll have to sit and cry.

I'm tired of cooking all the
 meals,
 Just 'cause you have swum a mile,
 I don't want to do the wash,
 My turn to rest for just a while.



PACIFIC NORTHWEST ASSOCIATION OF MASTERS SWIMMERS
CONSTITUTION

ARTICLE ONE: NAME

- 1.1 This organization shall be called Pacific Northwest Association of Masters Swimmers, and hereafter may be referred to as PNA Masters Swimmers.

ARTICLE TWO: OBJECTIVES

- 2.1 To encourage and promote physical fitness and health improvements through swimming for people of all skill levels who are over 20 years of age.
- 2.2 To provide programs whereby young people can continue their competitive/recreation interest in swimming throughout their adult lives.
- 2.3 To offer encouragement to individuals, clubs, organizations, and communities in the organizing and conducting of life-long physical, recreational, and competitive masters programs.
- 2.4 To enhance fellowship among participants in masters programs.
- 2.5 To stimulate interest in masters programs at all levels of involvement - physical educators, clubs, organizations, recreation directors, communities, medical societies, and higher educational institutions.
- 2.6 To stimulate research in the physiology and psychology of masters participation at basic and clinical research levels, and further to investigate the involvement, orthopedic problems, and other preventable debilitating processes.

ARTICLE THREE: DURATION

- 3.1 The duration of PNA Masters Swimmers shall be perpetual.

ARTICLE FOUR: NON-PROFIT PURPOSE

- 4.1 General: This association is one which does not contemplate pecuniary gain or profit to the members thereof and is organized for non-profit purposes.
- 4.2 Earnings: No part of the property or earnings of PNA Masters Swimmers shall be paid or distributed to or inure to the benefit of any private individual members, officer, or participant of the organization called PNA Masters Swimmers except as approved by the Board of Managers as reasonable reimbursement for goods or services furnished or rendered.
- 4.3 Dissolution: Upon dissolution of PNA Masters Swimmers, any remaining assets and obligations of PNA Masters Swimmers shall be transferred to the successor organization, if any, established to assume the function of PNA Masters Swimmers, and if there be no successor, any remaining assets after payment of the obligations of PNA Masters Swimmers, shall not inure to the benefit of any private individual, or corporation, but shall be distributed to another masters swimming organization, or if none exist, then to another organization operated exclusively for charitable or educational purposes.

4.4 PROPOSED AMENDMENT

ARTICLE FIVE: MEMBERSHIP

5.1 The following classes of membership shall be recognized in PNA Masters Swimmers:

- A. Individual Membership - those persons who meet the requirements as stated in the By-Laws for membership.
- B. Team Membership - those groups of individual who meet the requirements as stated in the By-Laws.

5.2 Application for membership: Application for membership shall be in the form prescribed by the By-Laws of PNA Masters Swimmers, and acceptance of the membership shall bind such individuals or teams to abide by the Constitution, By-Laws, and rules of PNA Masters Swimmers and to accept and enforce all decisions affecting or relating to such individuals and teams aforementioned.

ARTICLE SIX: BOARD OF MANAGERS

- 6.1 The affairs of PNA Masters Swimmers shall be managed and directed by a Board of Managers consisting of the President, Vice President, Secretary and Treasurer of PNA Masters Swimmers, plus one member from each team duly registered with the membership chairman and meeting the minimum size requirements specified in the By-Laws for Board representation, and one to three representatives at large. The number, qualifications, terms of office, manner of election, time and place of meeting, and powers and duties of the board shall be such as are prescribed by the By-Laws of the PNA Masters Swimmers. None of the members of the Board of Managers shall receive any compensation for his or her services as such.
- 6.2 Initial Board - The initial board shall be the existing officers from the PNA Masters Swimming until the first scheduled election according to the By-Laws. Any positions not currently filled will be so filled by a two-thirds agreement of the existing board.

ARTICLE SEVEN: BY-LAWS

- 7.1 The Board of Managers shall develop and operate under a set of By-Laws not inconsistent with this Constitution, as shall be appropriate to the conduct of the affairs of PNA Masters Swimmers. The initial By-Laws of PNA Masters Swimmers shall be approved by the affirmative vote of a majority of the individual members of PNA Masters Swimmers. Thereafter, such By-Laws may be altered, amended, or repealed as the purposes of PNA Masters Swimmers may from time to time require, by the affirmative vote of a majority of the individual members present at a meeting called for the purpose, or by the affirmative vote of a majority of individual members obtained by ballots mailed by the Board of Managers to all such members. Either method of voting on By-Laws changes shall require receipt of total ballots (including proxies) representing at least 30% of the membership. To be counted, mailed ballots must be received within 30 days of the mailing of the proposed amendment. The Board of Managers shall have the option of extending this deadline.

ARTICLE EIGHT: CONSTITUTIONAL AMENDMENTS

- 8.1 This Constitution may be altered, amended, or repealed in whole or in part by a two-thirds majority vote of the voting members of PNA Masters Swimmers present at a meeting called for the purpose, or by a two-thirds majority of all ballots returned to PNA Masters Swimmers in response to the mailing of ballots to all voting members of PNA Masters Swimmers. For amendment balloting to be valid, at least 50% of the current PNA Masters Swimmers membership must be represented (including proxies) at the meeting or in the case of mail balloting responses must be received from at least 50% of the current PNA Masters Swimmers membership. The proposed amendment must be mailed to the members at least thirty (30) days in advance of the meeting of the members or the mailing of the ballots, and placed on the agenda. Ballots shall be opened and counted by a committee of three members appointed by the Board of Managers. To be counted, mailed ballots must be received within 30 days of the mailing date. The Board of Managers shall have the option of extending this deadline.

PACIFIC NORTHWEST ASSOCIATION OF MASTERS SWIMMERS

BY-LAWS

1.0 PURPOSE

1.1 To foster and improve amateur swimming through its territory. To promote and protect the mutual interests of its members and encourage a spirit of pride, unity, and cooperation between all swimming associations.

2.0 MEMBERSHIP

2.1 Individual Membership

Membership is open to all men and women over 20 years of age who reside within the boundaries of the Pacific Northwest Association of the Amateur Athletic Union. 20 to 24 age group are excluded who are currently competing on college or AAU swim teams other than masters.

2.2 Team Membership

Any group of two or more paid members of PNA Masters Swimmers who are duly registered with the membership chairperson for the purposes of swimming as a team shall be recognized as a team. Any team with more than eight (8) individuals on its roster shall be eligible to have its own representative sit on the Board of Managers with full board privileges and duties, provided that, the annual team membership fee of \$5.00 is paid.

3.0 BOARD OF MANAGERS

3.1 Membership of the Board of Managers

The Board of Managers will consist of the President, Vice President, Secretary, and Treasurer, plus one representative from each eligible team duly registered, plus one to three representatives at large.

3.2 Duties of the Board of Managers

The Board of Managers shall be responsible for determining the direction and focus of the organization; executing the fiscal expenditures of the organization; determining the yearly meet itinerary; conducting the business of the organization on behalf of its members; and publishing its newsletter. The Board shall also establish those standing and special committees it requires to conduct the organization's business.

3.3 Board of Managers Meetings

The regular meeting shall be on a day in the third week of each month at a site determined at the previous meeting. Any changes shall be acknowledged by the President, and he will notify the other board members at least seven (7) days prior to the scheduled meeting, whenever possible.

3.4 Board of Managers Voting

Each member of the Board of Managers; i.e., all officers and duly recognized representative; will have one vote on each issue. Unless otherwise stated in the By-Laws or Constitution, a quorum will be 50% ($\frac{1}{2}$) of the recognized members, and a simple majority of any quorum will decide the action on an issue. In the case of a tie, the issue shall be considered defeated.

3.5 Board of Managers Action Without Meeting

The President may occasionally confer between board meetings with the other members on a given situation pertaining to PNA Masters Swimmers by letter or phone and act according to the consensus of all members of the Board. Such situations shall not involve expenditures in excess of \$25 nor policies having major impact on the organization. Any business done without a meeting must be discussed and approved at the next board meeting.

4.0 OFFICERS - ELECTIONS AND DUTIES

4.1 Terms and Election Method

The officers of PNA Masters Swimmers, President, Vice President, Secretary, and Treasurer, shall be elected by the PNA Masters Swimmers membership to two year terms. They shall be voted on by secret ballot with winners determined by a simple majority vote of the members casting ballots. Elections shall normally be held every two years. Interim vacancies in any office shall be filled by a majority vote of the Board of Managers. The PNA Masters Swimmers Secretary shall mail election ballots containing the names of all qualified nominees to the membership prior to April 10. Ballots, to be counted, must be returned to the Secretary by May 10.

4.2 Nominations

A Nominations Committee consisting of at least three (3) members shall be appointed by the Board of Managers by February 15 of a year requiring elections. Current PNA Masters Swimmers officers shall not serve on the Nominations Committee. The Nominations Committee shall report back, in 30 days, to the PNA Masters Swimmers Secretary the nominees who have consented to run for the respective offices. Other nominations will be accepted directly from the membership if the petition is received prior to March 15 and contains the nominees' consent and an endorsement by at least 10% of the current PNA Masters Swimmers membership. The Nominations Committee shall also be responsible for proposed nominees for the at large representative position on the Board of Managers.

4.3 President of PNA Masters Swimmers - Duties

The President of PNA Masters Swimmers will serve as chairperson at all the Board of Managers meetings with all the powers delegated to such a person as stated in Roberts Rules of Order. The President of PNA Masters Swimmers will select the agenda, time, place, and host of all monthly meetings. The President of PNA Masters Swimmers or his delegate will represent PNA Masters Swimmers in all other meetings and will have the authority of voting in behalf of the PNA Masters Swimmers at those meetings. It shall be the President's responsibility at the start of each year of his term to propose to the Board of Managers a set of goals that the PNA Masters Swimmers organization should strive to achieve.

4.4 Vice President of PNA Masters Swimmers - Duties

The Vice President of PNA Masters Swimmers will assume the chairmanship of the monthly meeting if and when the President is unable to participate. In addition, the Vice President shall be the chairman of the Membership Committee and also be the focal point for any proposed By-Law changes. The Vice President of PNA Masters Swimmers will assume all responsibilities delegated to the office by the President, including the authority to vote in behalf of PNA Masters Swimmers.

PACIFIC NORTHWEST ASSOCIATION OF MASTERS SWIMMERS

BY-LAWS

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4.5 Secretary of PNA Masters Swimmers - Duties

The Secretary of PNA Masters Swimmers will prepare the minutes of each monthly Board of Managers meeting and retain a permanent file of the minutes. In addition, the Secretary shall place in the subsequent newsletter a summary of the Board Meeting including significant actions/decisions. The Secretary is responsible for the PNA Masters Swimmers Directory and for obtaining a physical roll call for each meeting. The Secretary shall list all unfinished business from the previous minutes and present it to the President for action at the ensuing meeting. The secretary shall, by the initiation of the President, notify the Board membership of the next meeting and the agenda of that meeting not less than one week prior to the next scheduled meeting. The Secretary shall also advise all the membership at least one week prior to any general membership meeting. The notice shall include time, place, and agenda for the meeting. The Secretary shall prepare all correspondence notices and invitation of PNA Masters Swimmers as directed by the President.

4.6 Treasurer of PNA Masters Swimmers - Duties

The Treasurer of PNA Masters Swimmers shall receive all monies and pay all bills approved by the Board of Managers. The Treasurer will be required to keep adequate records of all transactions committed during the particular term of office and will report at each meeting the progress of those transactions. The treasurer shall prepare in a timely manner a yearly budget proposal for consideration by the Board of Managers and subsequent referral to the membership for approval. The budget shall include proposed expenditures, income, and recommended fees. The Treasurer will have the fiscal authority of \$25.00, provided that the allocation maintains the intent of the Constitution. All expenditures over \$25.00 will be processed by the Treasurer, but only with a two-thirds majority of the Board of Managers attending the meeting in which the particular allocation is presented to the Board.

4.7 Representatives of PNA Masters Swimmers - Appointed

Each duly recognized team registered with the Membership Chairperson, with eight (8) or more individual members, shall be allowed to appoint one representative of their choice to represent them at each regular meeting of the Board of Managers. The name of this representative shall be forwarded to the Secretary. The term of office shall be one year, and consecutive terms are allowed.

Representatives for the unattached swimmers, or for teams with less than eight (8) members will be selected for two-year terms by the non-affiliated swimmers, with one representative allowed for each 25 swimmers or fraction thereof not presently represented up to a maximum of three. The secretary will determine the total number of representative seats open. The name of each representative at large shall be forwarded to the Secretary.

4.8 Representatives of PNA Masters Swimmers - Duties

Each representative will serve to conduct the business of the Board of Managers on behalf of the membership, and to represent his team or group of swimmers at each Board Meeting. In addition, each representative shall accept and carry out the duties of chairperson or member of one or more of the standing or special PNA Masters Swimmers committees.

4.9 Vacancies of Officers

All vacancies in the offices of PNA Masters Swimmers, except the office of President, shall be filled by appointment by the Board of Managers, with two-thirds majority necessary for appointment. The office of President shall be filled by the Vice President.

4.10 Vacancies of Representatives

All vacancies of representatives of teams to the Board of Managers shall be re-appointed by the teams represented. Vacancies of at large representatives shall be appointed by a majority of the Board to finish the term until the next

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5.0 PNA MASTERS SWIMMERS COMMITTEES

Both Standing and Special Committees shall be established and staffed to carry out various aspects of the PNA Masters Swimmers business under the direction of the Board of Managers.

5.1 Standing Committees

The following shall be standing committees staffed by three (3) or more persons from the PNA Masters Swimmers organization including at least one person from the Board of Managers.

- | | |
|-------------------------|-------------------------|
| a) Finance Committee | e) Publicity Committee |
| b) Membership Committee | f) Newsletter Committee |
| c) Meets Committee | g) Awards Committee |
| d) Records Committee | |

5.1 Standing Committees (Continued)

The Treasurer shall serve as a member of the Finance Committee. The responsibilities of the committees shall be as directed by the Board of Managers but shall include at least the following activities:

- * Finance - Fund raising, budget proposals, and cost/fee studies.
- * Membership - New member signups, encourage team formations, motivate current members to remain active, interface with County, City and other aquatic groups to encourage master swimming in PNA Masters Swimmers.
- * Meets - Meet schedules, host team, entry fees, recommended events, and place awards.
- * Records - Maintaining records of PNA Masters Swimmers individual and relay times at the association, regional, and national level.
- * Publicity - Prepare articles on meet results and other PNA Masters Swimmers activities for publication in local, metropolitan, and national publications.
- * Newsletter - Prepare informative publication for PNA Masters Swimmers membership.
- * Awards - Establish an appropriate annual awards program.

5.2 Special Committees

Special Committees shall be established by the Board of Managers as necessary to conduct PNA Masters Swimmers business. These committees may include but not be limited to:

- | | |
|---------------------------|---|
| a) Nominations | d) Equipment (suits, warmups, patches, watches, etc.) |
| b) Phone | e) Stroke and training |
| c) Social (banquet, etc.) | |

6.0 MEMBERSHIP MEETINGS

There shall be a general membership meeting held annually in the spring quarter. The meeting can be separate or combined with the annual awards banquet at the Board of Managers discretion. Special membership meetings can also be convened by the Board of Managers as required. All members shall be notified in writing of any such meetings at least a week in advance.

7.0 DISSOLUTION OF PNA MASTERS SWIMMERS

Dissolution of the PNA Masters Swimmers organization can be effected by a majority vote of the membership acting on a recommendation of two-thirds of the current Board of Managers. Dissolution shall be in accordance with Article 4.3 of the PNA Masters Swimmers Constitution.

8.0 BY-LAW AMENDMENTS

The PNA Masters Swimmers By-Laws can be amended in accordance with Article 7 of the PNA Masters Swimmers Constitution. Such By-Law amendment can be proposed by a two-thirds majority vote of the Board of Managers or a petition from the membership endorsed by at least twenty percent (20%) of the then current PNA Masters Swimmers membership.