

THE W E T S E T

PACIFIC NORTHWEST ASSOCIATION OF MASTERS SWIMMERS AAU

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COMING EVENTS

MAR 1, 2 PNA Short Course Championships
 Pacific Lutheran College. PNA banquet following at The Poodle Restaurant and in Fife (Wash.) Entry form this letter--deadline for meet and banquet March 28. Don't miss this!

MAR 5 7pm Board Meeting. Susan Dearborn's
 3401 E. Mercer St., Seattle, 324-4945.

MAY 29,30, MAY 1 Our Regional Short Course Championships, Portland, Oregon. Entry form, banquet and hotel information in this letter. Make reservations and send in entries now!

MAY 13,14,15 Short Course Nationals, Ft. Lauderdale, Fla. Contact Steve Engel. So far we have a possible 9--with 10 or more we can get a group travel rate. Please call Steve--Nationals are a marvelous Spring present, warm, exciting & fun!

MAY 5 Meet at Arbor Hts., West Seattle.

MAY 16 Meet Coleman Pool, West Seattle. Long Course, Red Shield sponsoring.

AUGUST 25-27 Long Course Nationals, Spokane, Wash.

We have a busy Spring and Summer schedule leading up to Long Course Nationals in August and hope to have super attendance all this year round.

EDITORIAL NOTES FOR SPRING

Our board received a petition for more King County meets, noting in the review that none were scheduled following the Mercer Island Meet--the best attended of all our meets this year. We have therefore provided two local meets, one in June, one in July and hope for full turn-out of our membership.

At several board meetings we have taken up the issue of Masters Swimming, for physical fitness and for competition. There is real concern that competition can become too important, to the detriment of sound health practices, and therefore defeat the purpose of an adult fitness program such as ours.

Though many of us love competition, it needs to be recognized and emphasized that frequent, regular swim workouts must precede competitive events at which enthusiasm, excitement and often anxiety are higher than usual. Diving in the water and swimming as rapidly as possible once every month or so, or swimming when on medication may have dire consequences. So please note: this is your good health program. The development of sound swimming technique can be more valuable than extraordinary exertion and take seconds off swimming time too!

For new swimmers, please take time for a medical check-up; all the swimming and other sports journals suggest this and we agree.

You'll note that our PNA Short Course Championships are almost here -- last year this was a grand and friendly meet followed by the least tedious banquet in the world. The program again this year promises to be fun and informative. (A banquet article by Maxine follows on page 6.) See you there!

As for Regionals, Connie Wilson has really sparkling things to say about their plans for swimming and feasting at the Multnomah Athletic Club. It will be the Region 12 event of the year and most definitely we'd like it to include PNA in force. How's that? See the last page news for information and entry form.

And last, thanks for getting meet information and articles in to the Newsletter. It is becoming rather a kick to get together. Would that it could get me turned around before my competitors leap from the water victorious--whatever!

SD

New Master's T Shirts on sale PLU- \$3



PNA CHAMPIONSHIP BANQUET

April 2, 1977

"The Poodle" at Rife, Washington

It has been deemed propitious that we observe the occasion of the PNA Championships to be held the second day of April, 1977 from 11AM to 4PM with some appropriate festivities placed upon the great timetable to follow the contests. Non-abstentiousness, hospes absentia will commence at 5PM with consumption of the edibles to follow at 6PM. The sumptuous repast includes top sirloin and all trimmings for the miniscule sum of \$5.25 including gratuities for the governor and servants.

The fantastic program contains items of interest to everyone. Awards and recognition for all great feats accomplished during the last twelve month interim - in PNA and National competition. Mystery too! - who will be our swimmers of the year? Master of ceremonies, Russ Hall will preside over the varied program of speeches, film and skits produced by Janet Twilight. Come and enjoy!

The faithful chancellor of the exchequer would appreciate your early response in all cases prior to the date herein set forth. Be sure to complete the printed statement and forward with your written order on your financial institution in the appropriate amount now, that you may be among those accounted ready for the gala affair.

MC (Maxine)

THE BIONIC WOMAN LIVES

by Janet Russell

The Bionic Woman is alive and well. She lives in Medina; she just turned 50, and her name is really Pat Dotson. Now we all know Masters. Swimmers are odd---they can't wait to get to the next age group. But Pat has been waiting 3 years for this moment! To celebrate this occasion her husband, Ben, gave her what every 50 year old woman dreams of---- a new motorcycle! This isn't a bit surprising if you know Pat.

Pat is always the first one in the pool for workout and the last one out. She goes so fast she leaves us 30 year olds gasping and she can't understand why we need to rest. While we recuperate in the lounge with a relaxing cup of coffee, Pat rushes home to jog before she starts her other activities. Pat is into Tennis, Kayaking, Sailing, Gardening, and her latest venture is our Masters Swimming Soccer Team. In her spare time Pat is a Docent at the Zoo and the Museum of History and Industry, and a member of the Board of Managers at the Eastside YMCA.

Before Pat left the 45-49 age group she held every PNA record. She worked for over a year perfecting her butterfly for her assault on the 400 IM. We all knew she could do it in a breeze, but she was worried sick about it. She swam it in a 6:53.9, good enough for a #6 ranking in the Top Ten.

Pat's enthusiasm is infectious. She will try any sport and work at it like fury. Physical fitness is extremely important to her. When she tore an

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achilles tendon we thought she would have withdrawal symptoms from lack of exercise. But Pat hobbled down to the pool and kept going. The only concession she made was to push off with just one foot!

Pat is a very special person to us at the Eastside Y. She keeps us going all the time and we love her. So, Happy Birthday, Pat! Here's to many new records and challenges in the next 50 years. And of course, first on the list is that motorcycle!

HOW I LEARNED TO LOVE FREESTYLE

by Janet Twight

The real secret is to take 2 seconds off your fifty freestyle time in two consecutive meets. If I did that in back stroke, I might even love back-stroke.

The real subtitle of this piece is "How I took 2 seconds off my freestyle time!"

If one is Juanita Correa, this method will not work. The first thing that you have to have is a really bad time for freestyle. My time was so bad in my first meet at Colman Pool that I took 5 seconds longer for the 100 meter freestyle than I did for the 100 meter breast stroke.

Coaches told me that I should spend a lot of time in workouts on freestyle. I didn't. I did read a lot about strokes and I practiced a lot of kicking.

The books said to bend your arm at the elbow. So I bent my arm. Then Steve Zak (Seattle Swim Club Coach) told me I wasn't really bending my arm. It seems that 90 is about right. I also pulled freestyle for about 1500 meters one morning and frequently after that. On December 18th I dropped to 42.7 seconds for the 50 free. (They didn't catch me in that false start, so I became afraid I'd never do it that fast again.)

Steve also told me that my two-beat kick was so deep that it was holding me back. (Well, it must have been because I could pull 50 free in 35" but if I swam it, it was more like 45".) I tried to get that kick shallower, and the coach would say: "It's still too deep." John Allen showed me a drill for kicking that really worked. You kick 50 using a fast kick and no kickboard. You hit the turn, and swim 50. Your legs forget to slow down (you hope) and they go six beats and if it doesn't all fall apart at the far turn, you've made it. This drill makes it a lot easier for me to kick 200 in a workout also. So then, in January, without a false start, I swam 40.8 seconds for the 50 free.

I do a lot of freestyle in workouts now; almost half the yardage. Unfortunately my breaststroke is not improving so I will have to go back to work.

To sum up: Find a good coach who will look at your stroke. Some things may make sense and some won't so you might as well try them all for a while.

I don't think I'll beat Juanita (nor even Pat Dotson), but improvement is really motivating! I expect to break 40 sec. next meet so watch out.

For workouts, try pulling or kicking on one day and emphasize swimming the next, especially if your arms and legs tire.

Typical workout: 1500-2000 yds. 400-500 warm-up freestyle (or 3 x 200) major set, swim 6/100 or 8 x 50 timed with a minute rest between 100's
kick 50's
pull 75's
sprint until dead?
warm-down - usually backstroke

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Note to the gentleman from out-of-state who wrote me a letter asking why we printed the times from January 76 in January 77. We dint. Our result typist is Rip Van Winkle in January and herself again Twinkle-toes in February-March 77.

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Ray Jeffries wrote a brief and funny article about how he can do the 500 in his race car in less than seven minutes and therefore gets out of the water at the seven minute mark regardless since he's obviously done but I misplaced the article with either two race cars or two swimmers embracing on the top of it and now I have only a memo left saying print the article but how can I. Ray is now, by the way, finishing the 500 and about to challenge his race car in PNA championships except for reasons unfathomable Shirley keeps telling him neither he nor the car have valid AAU numbers. Oh well, keep on embracing, right? SP

HIGHLIGHTS OF MINUTES FROM BOARD MEETING PNA MASTERS

MARCH 8, 1977

16 persons present

\$ Treasurer reported \$35.00 in checking and \$1081 in savings.

Fred Wiggin reported a successful Anacortes Meet, with 113 entries.

Next Meet - PNA Championships April 1 and 2.

Arbor Heights Pool wants to host an outdoor short course meet June 4 and 5.

Space will be reserved for Masters work-outs at Coleman Pool during the summer. Long Course Meet will be held there July 16.

Swim-A-Thon pledges are DUE! March 28 set as deadline -- send to treasurer, Jack Miller.

Some swimmers are entering Meets without AAU cards. Check your card to see if current.

Membership currently stands at 205 PNA/AAU, 31 AAU only. A proposal was made to extend PNA Membership to 12-31-77 to coincide with AAU.

April 2 Banquet plans are underway. Cocktail hour 5:00, dinner 6:00. The Poodle restaurant in Fife is the place, dinners \$5.20 (top sirloin steak). A program is planned.

Discussion was held re: medical check-ups for new Masters swimmers before work-outs. Judy Harrison will do an article for the newsletter. It was felt that too much emphasis is being placed on competition and not enough on the fitness aspects of the program.

Tom Foley suggested that we poll members to get a list of persons with medical or first aid training because they may be needed in case of an accident at one of the meets.

Russ Hall suggested moving meet entry deadlines to the Friday of the week preceding the meet to give Meet Directors more time to do the paper work.

The unattached delegates at large need a list of names of unattached swimmers. There are presently 47.

Next meeting April 5, 7:00 PM at ^{San} Dearborn's, 3401 E. Mercer, Seattle.

You probably won't believe this, but we all have a good time at these meetings, and you know, you are all welcome on next month's first Tuesday. See you then!

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Thanks to those who swam in the Swim-a-thon: Liz Adelman, Fern Anderson, Carol Boushey, Bea Baxter, Lucy Clark, Nathan Budish, Maxine Carlson, Sue Dills, Pat Dotson, Susan Dearborn, John Diehm, Jack Erickson, Steve Engel, Tim Foley, Audrey Gilbert, Robert Gotshell, She Heffernan, Catherine Hain, Kevin Houer, Marge Hershey, Russell Hall, Marlene Hammerling, Ray Jeffries,

Betty James, Jim King, Birdie Knispel, Lois Keller, Robin McCain, Bill McAndrew, Paul Murphy, Dwight Phillips, George Risch, Marie Roe, Chris Scott, Carl Siderberg, Agnes Tichi, Greg Tudor, Tom Taylor, Janet Twilight, Bob Wilder, Fred Wiggin.

I understand someone from the Heart Association wishes to say a word of thanks at our next board meeting, and also express sorrow about our not having receipts or support from them at the event!

We did well by them though----.