

September 1978

"THE WET SET"

Pacific Northwest Association of Masters Swimmers

President - Tom Foley, 937-5585	Vice-President - Judy Harrison, 822-3988
Secretary - Carolyn Behse, 747-3889	Treasurer - Paul Murphy
Representatives-at-Large: Russ Hall, 631-6685	Fred Wiggin, 542-4857
Awards - Neville Johnson	Newsletter - Shirley Lehman, 246-1372
Meets - Fred Wiggin, 542-4857	Publicity - Judy Harrison, 822-3988
Membership - Karen Kohler, 746-0284	Sunshine - Maxine Carlson, 246-2446
Records - Juanita Correa, 747-1734	Travel - Sue Dearborn, 324-4945

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3401 E. Mercer St.  
Seattle, 98112

WELCOME TO THE NEW SEASON!

After our long hot??? summer we're ready to start the 1978-79 P.N.A. Masters Swimming year. The swim meet schedule planned by Fred Wiggin and his meet committee starts with the first meet on October 22, 1978 to be hosted by Northshore Swim Club at Northshore Pool, Bothell. Other meets will follow about every six weeks throughout the year. Hawaii has a bid in for the short course Nationals and if successful this could be an interesting goal for our group to strive towards in terms of maximum P.N.A. participation.

Other committee activity will be building up as the season starts and we need your help to achieve the goals set for PNA Masters swimming. So, please volunteer early and help direct the activities of our group and have an enjoyable time in the process, working with your fellow swimmers.

I would like to thank Tom Cooper for his efforts in setting up our PNA Masters Picnic held at Lincoln Park in August. We had a good time and enough people for an exciting softball game ending in an 8-8 tie.

PNA MASTERS GOALS 1978-1979

In line with our by-laws, I've identified a set of goals for the coming year that I'd like to share with you and elicit your support and discussion so that we as a group can effectively attain them and the associated benefits. These goals were discussed in our last board meeting and have been assigned to the appropriate committee for pursuit. The goals are as follows:

- \* Increased Membership . . . . .
- \* Active Area Groups . . . . .
- \* Improved Fitness and Training Tips . . . . .
- \* Expanded Social Activity . . . . .
- \* Opportunity for Community Service . . . . .
- \* Increased Participation in Regional Meets . . . . .

The continued health of any organization is traced to an expanding membership involving new people with new ideas and energies. However for those of us now in Masters swimming there should be a more pressing drive for recruiting others to swim. We know the health benefits of our activity and have a serious obligation to encourage all adults in our area to participate in what is a program of lifelong health benefit through swimming. I would like each of us to take the responsibility to bring one additional person into the program this fall. We all have friends and associates who need to get into an exercise program and by encouraging them and accompanying them to workouts and meets. You'll give them the support they need and they'll soon be avid supporters of swimming for fitness.

Happy swimming, Thomas K. Foley, President  
PNA Masters Swimmers

IMPORTANT MESSAGE from Connie Wilson, Athlete Representative to AAU for Region 12

To All Masters Swimmers in Region 12:

I had the honor of being elected as your athlete representative from Region 12 to represent you at the Fall, 1978 National AAU Convention. This was done by all those present at the swimmers meeting held during the Long Course Nationals in Spokane last summer. The convention this year is in San Antonio, Texas and is the meeting at which all major decisions concerning our sport are made. The type of things discussed and voted on are: Rules and Rules Changes; National meet sites; etc.

I do not wish to go to this meeting and vote on issues as I see them but rather as we all see them. Those of you who have been in the sport for some time may have strong feelings about things you would like to see done differently or possibly additions to the program.

I want to know your views. How do you feel about All-American selection, citizen vs. non-citizen, age groups, records, organization, etc.? I would like you to discuss these things in your meetings and get your views back to me. I would also like to hear directly from individuals.

We have never had direct representation at the National convention and I can only hope to do a good job with the help of all of you. I REPRESENT YOU, SO - LET ME HEAR FROM YOU!.

I must have your input no later than Nov. 15, 1978.

The position of Athlete Rep. is new this year, so help me do a good job.

I will submit a report to each Chairman and newsletter editor for publication upon my return covering the results of the convention and all items pertaining to the Masters Program.

Please contact me either by mail or phone with your inputs.

Connie Wilson  
8383 S. E. Battin Rd., #1  
Portland, OR 97266

Tel: (503) 771-1663

"Too Bad Tut Couldn't Swim"

Prose by Not Yelof, Master Poet

Tut, Tut,  
Poor Young King Tut.  
He didn't swim and  
look what happened to him.

Don't let your self become mummified;  
Get a checkup and be exercise certified.  
Push away from your table and telly,  
and place in the water your stomach of jelly.

Stroking down the pool will melt,  
any tension and stress that you've felt.  
The payoff is a heart and lungs with  
the right sounds,  
and firm muscles with many less pounds.

PNA Masters swimming as a way to arrive  
at a body and mind that feels great  
to be alive . . .

BOARD MEETING HI-LIGHTS!

(Original minutes by Carolyn Behse)

Eleven member present on 7-18-78. Meets: will be about 6-8 weeks apart beginning October. A fitness clinic hopefully can be set up for November. Membership is 241. Publicity - Dawn Musselman was a guest of EyeWitness News and the Boeing News spotlighted Tom Foley, Art Erickson, Jim Davies, Fred Wiggin & Rick Colella with a fine article. Records.. Ted Haartz revealed that short course season ended with meets held up to May 22 - times from meets after that cutoff date will be considered for 1979 times. Region 12 Top Times will be distributed at all meets throughout the year -(pick yours up). Consideration is being given to affiliation with Greater Seattle Swim Association. Next meeting will be on Tuesday, October 24, 1978 at Sue Dearborn's home at 3401 E. Mercer. All reps. should try to attend.

Tentative Meet Schedules - 1978

Oct. 22

PNA on Sunday at ~~Enumelaw~~ **BOTHELL**

\*\*Oct. 21 - IEA meet at Yakima YMCA - (See below for details)

Nov. 26

IEA at Pullman

Dec. 3

PNA

Jan. 12-14 1979

IEA at Spokane

Jan. 20 1979

PNA at Ft. Steilacoom

\*\* The Yakima Y will hold a meet 10/21 Warmups at 2PM - Meet at 3PM - Sign up at the meet. Surcharge - \$1.00 \$.25 Event (ribbons for 1 - 3rd) or medals available at \$1 each.

Judging and Disqualifications

The Toronto meet especially but also the long course championships pointed out the need for tighter stroke and turn judging at the local level. Ted Haartz, national Masters' chairman; national record holder in the breaststroke, and former records chairman was disqualified in Toronto in the 100 and 200 breaststroke. He maintained in the 200 that he had touched even which he did, but he dropped his shoulder before the touch. In the 100 his head which appeared borderline in the earlier event was declared by the judge to go too far under water. Several people had apparently told Ted this past year about this latter fault, but he had not been told by a disqualification. Whether his reputation or the usually slack judging were responsible, I don't know, but I think that an international competition is the tough way to learn. Other disqualifications included turning over before the touch in the backstroke, underwater recovery in the butterfly--this disqualified a relay in one instance. Several of the swimmers disqualified did not understand what the correction needed to be because no one ever told them.

This year I have matched our membership list against the list of tested officials that Chuck Weil has. I will ask (if they don't volunteer) that each Masters swimmers who is rated a stroke and turn judge work one meet or half of a meet, or perhaps provide another qualified judge. No one would be stuck to officiate at more than one meet but we would have officials to warn and disqualify swimmers who do violate the rules. Those persons who have attended the clinics but not turned in their tests should do so and become qualified if only to work with the Masters events. We really need you. I will also try to notify anyone interested when officials' clinics are given. There is one for timers (so that persons running meets will know the correct way to record differing watch times); a clinic for stroke and turn judges, starters, etc; and a clinic for administrative duties. We have swimmers qualified in all areas. I hope we can obtain better officiating at our meets as a result.

By Janet Twight, Meets Committee

PNA. MASTERS POOL & WORKOUT SCHEDULES

Fort Steilacoom Masters: Community College Pool beginning Sept. 25; M,W,F, 11AM - 1PM; W,Th. - 5:30-7:30. Fee: Use of pool -\$5/30 swims and Coach's Fee -\$10/Mo. Coach - Kathy Crandell - (Tacoma) 588-4879

Lynnwood Masters: (Tom Cooper, 743-9100)

Everett YMCA - 12 Noon - 1:30 Daily

Mountlake Terrace Community Pool - call pool for info. on adult swims

Northshore Pool, Bothell - call pool for info. on adult swims.

Lynnwood Community Pool - 6-8AM, M - F; adult swims 8:30-10PM on T, Th.

Forrest Park Pool, Everett - Adult lap swim - long noon and mornings.

Newport Hills: (Karen Kohler, 746-0284) M - F, 6:45-8AM Coached workouts.

Highline Masters: (Neville Johnson, 824-2953)

Highline College Pool, Fall, Winter & Spring Qtrs., 6:30-7:30PM on M, W, F.

Pool Fees \$35/Qtr. payable to Highline Booster Club. Fee may be revised.

Seattle Swim Club: (Janet Twight, 525-2572)

Seattle Swim Club - 6:15-7:15AM, Fees: \$10/club fee & \$12/Mo.

Shoreline Pool - 5:30-7AM for early risers, pool fee; Adult lap swim M - F, 8:30-9:30PM, call pool for added info.

Meadowbrook Pool - Adult Swim, T - F, 6:30-8:30AM

Tigers - S.W. Seattle (Shirley Lehman, 246-1372)

Salvation Army Pool, 9050 - 16th S.W., Seattle - structured workouts on M,W,F, from 9-10:15AM - Fee: \$12/Mo. or \$1/Day - pay to Maxine Carlson, 246-2446 (Also a small Red Shield Center Annual fee)

Evergreen Pool 626 S.W. 116th, Seattle - M thru F from 6-7AM and/or T, Th from 4:30-6PM, Fee: \$39/Qtr. payable to Club Northwest. Call Paul Murphy, 938-3735. Adult lap swims scheduled - call pool at 246-1610.

West Seattle Y - Adult Swim on M & F, 9-10PM - Call the Y at 935-2270 for info.

Kent Forward Thrust Pool: Adult Swims 6:30-7:30AM M, W, F. & Noon-1PM M---Sat. Also 8-9PM on T, Th.

Tahoma Forward Thrust Pool: (East of Kent) Noon-1PM M - Sat. Adults Only 8-9PM M, W., Adults Only (Russ Hall, 631-6685)

Evans Greenlake Pool: T, Th from 5:30-6:30PM, W from 8:30-9:30PM, Sat 9-10AM & 12-1PM. All adult swim at Noon - Barbara Lindsley guards & coaches.

Also, call any of the Forward Thrust (county or city) for Adult and Lap swim times.

NOTE: Clarification, updates, corrections and new information is requested and most welcome! Call or write Shirley Lehman, 15734-14th S.W., Seattle 98166, tel: 246-1372.

P.N.A. Teams - Fees & Rosters Due!!!

Team members should elect their Rep. to the board; hopefully someone who can attend board meetings. The \$5 team fee and rosters should be submitted to Karen Kohler before the first meet so that our relays will be in sparkling order.

PNA Boundary - The Pacific Northwest Association (Organized June, 1905-- Washington, west of but not including Okanogan, Chelan, Kittitas and Yakima Counties and north of but not including Cowlitz, Skamania and Klickitat Counties.

Karen Kohler, 4111 - 133rd S. E., Bellevue, WA 98006, Tel: 746-0284

PNA & AAU membership for the rest of '78 is \$6.50. You must have AAU registration to participate in our meets.

MEMBERSHIP - During the daytime call GRETCHEN ANDERSON - 747-3233 to obtain info. and membership forms.....

First Senior Age Division Aquatic  
Competition and the National Long Course Meets

by Janet Twilight

I have a detailed journal of my trip to this year's meets but it would cost too much postage to print all of it. Here are a few highlights...

First, the PNA banner flew at both the First Senior Age Division Aquatic Competition in Toronto and the National Long Course Championships in Providence, Rhode Island. And both meets were indoors so the environment was a great improvement over last year. Linda Kulchinski and I represented PNA in Toronto; John Downey and I attended the Providence meet. Region 12 was also represented by Connie Wilson at both meets and Gail Gladwell from Inland Empire at Toronto and Nadine Whitehall and Mary Beth Phelan at Providence. Sue Tandy formerly from the University of Idaho also attended both meets.

There were two important things to get used to in Toronto -- the pool was 20 miles from the York University dorms and the events did not start until 4PM each day. There were 9 or 10 countries represented: Canada, United States, West Germany with 106, Venezuela, England, Japan, Scotland, Australia, ???. The West Germans were toughest in breaststroke which they apparently learn before the free-style in beginning swimming. Gail Gladwell and I both swam the fly and breaststroke events and were the only U.S. entries in those events. We were beaten by several ex-Olympic swimmers who now swim for Canada as well as West Germans... Gail and I both improved our times and the Region 12 swimmers placed in all their events. Everyone but me got a medal for 2nd or 3rd place.

This 50 meter pool has automatic timing built in with the printout right over the finish so even with my nearsightedness I could read my time! That's exciting. There was a warmup 25 yard pool 10 feet away. The rooms in the dorm were good but the food was not as good as Gonzaga's -- for one thing, an extra cup of coffee cost 35¢. With the afternoon start, sightseeing was limited to morning hours and after the meet each day was limited to finding F O O D! Then, to bed at 11 or 12. Because of the automatic timing (and televised "photo finishes") most of the officials seemed to be stroke and turn judges. More on that elsewhere. The last important thing about Toronto is that with 20 miles to the pool downtown, etc., our group never got out of West Toronto -- The eastern half of the city is still an "unknown".

After a brief interlude, we arrived at Providence, Rhode Island, where they tested our adaptability by starting the events at 7:30 or 8AM. Warmups started at 6AM. Breakfast, naturally, was at 7:30-9AM and the "continental" breakfast at the pool was donuts and coffee and juice and didn't really suit me for 5 hours of events. The dorms were warm to hot because of the humid weather, but the food...!! This was on an "all you can eat" basis and the football players were eating at the same time. We ate like football players. A most outstanding salad and fruit bar. Then Connie Wilson discovered the ice cream machine... I think the only reason I didn't gain weight was the fact that the schedule allowed at the most two meals a day.

I could hardly believe my eyes as I read the heat sheet. My age group held a single entry in the 400 I.M. As someone said, being a masochist sometimes pays off. So my first gold medal on my first day. Very exciting after facing Rinconada for two Nationals. The 200 I.M. was my best race, but at 8AM I'm not sure anyone saw it. I gained 30 feet or more on the second place swimmer during the breaststroke leg and finished only a half second out of second place. I skipped the 50 fly to rest up for the 100 meter breast where I was the only swimmer seeded under two minutes. The second place swimmer led for the first 50 and made a poor turn and faded to second by 6 seconds. I was also the only finisher under 2 minutes, but my time was the same that earned me only 7th place in Toronto. (cont'd next page)

(Cont'd - Toronto & Providence Meets)

The next day in the 100 fly I placed 3rd and in the 100 free placed 4th. John Downey placed 8th in the 400 in a faster time than his 7th place finish last year; he placed 9th in the 200 and the results were not in on the 1500 when we left. Nadine Whitehall placed first in the 100 fly and 2nd in the 50 fly; 7th in the 400 I.M.

This pool was a 50 meter pool without adequate warmup facilities (maybe that's why I was slightly slower in each event than in Toronto). The day of the 400 I.M. I expected to swim after 2PM so I ate a huge breakfast, watched until Connie had swum an excellent 200 back and 50 free and then drove to the nearby warmup pool. This was a 25-yard pool at a local YMCA -- 5 lanes, sparkling clean, and for most of the time I was the only swimmer. Then back to wait until about 4PM to swim. We again had a heart case -- a man suffered a heart attack during or following his 100 breaststroke event. He was in intensive care but up and eating by Sunday.

The pool at Brown was within a half mile and there was an IHOP within 3 blocks of the pool for back-up nourishment.

The same issue arose regarding foreign swimmers competing in national championships but with a different result. The ruling in Texas had been that duplicate awards would be given because Ted Haartz thought it was a Masters' rule. It is not a rule and so foreign swimmers were given the awards according to time and displaced American swimmers. The rule change has not been proposed for action this year according to Connie Wilson so no duplicate awards are likely next year.

At the banquet, it was noted that Hawaii had bid for short course nationals next year, but the final decision has not been made and will not be until the AAU Convention in November. Mission Viejo was reported interested in bidding but had not formally done so. Bids are apparently in or anticipated from Canton, Ohio and St. Louis for the long course championships.

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THANKS & APPRECIATION TO:

Andy Madel of Channel 7 (KIRO) TV and to Dawn Musselman who shared an interview on Eye Witness news this summer. Dawn gave a sparkling and invigorating insight to the Masters program and publicly revealed her many talents and hobbies. Dawn has asked the PNA Board to express hers and their thanks to Andy and to Channel 7.

Also, long overdue is a note of gratitude to Bob Musselman who has devoted his photographic expertise' physically recording special moments for Masters swimmers.

Tom Cooper set up the Masters Program at Lincoln Park - not too many turned out for this event - guess summer is a busy time of year for Masters. Those who went had a great time and Tom and his committee did a bang-up job.

Thanks to Sue Dearborn for PNA Masters posters for pool display.. Sue is trying to get them into as many pools as possible.

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HELP! HELP! HELP! WANTED

Call Judy Harrison - 822-3988 in response to the following:

PERSONS to serve on PNA committees i.e. Social, Community, & Publicity!!!

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Time & Talent from the general membership will enable PNA to continue to grow and function -- The Board welcomes any person interested in involvement back-stage!

COMMUNITY SERVICE - Washington State Lung Ass'n. needs volunteers to assist in therapy of asthmatic children.

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Sue Dearborn 324-4945, has designed posters to promote PNA - if you are interesting in displaying one at your pool - give her a call and get one.