

Way too much space
typed below line 63

"THE WET SET"

Karen typed
9 stencils

Pacific Northwest Association of Masters Swimmers
11114-111th St. S.W., Tacoma, 98498
June 1979

BOARD OF DIRECTORS

President - Judy Harrison, 822-3988	Treasurer - Carolyn Behse, 747-3889
Vice-President - Jim Miles, 232-7050	Representatives-at-Large: Fred Wiggin
Secretary - Suzanne Dills, 232-3654	542-4857 Russell Hall, 631-6685

COMMITTEES

Awards	?????????	
Banquet	Rosie Latta	243-4575
Constitution	Tom Foley	937-5585
Finance	Jack Miller	776-2091
Community Service	Janet Twight	525-2572
Membership	Gretchen Anderson	747-3233
Meets	Fred Wiggin	542-4857
Newsletter	Kathy Crandell	588-4879
Publicity	Evelyn Lercher	825-1038
Records	Diana Kennerud	824-5016
Sunshine	Lee Holme	825-3939
Stroke Clinic	Neville Johnson	824-2953
Team Wear & Money Raiser	?????????	
Team & Club Coordinator	Paul Murphy	938-3735
Travel & Social	Susan Dearborn	324-4945
Newsletter Staff	Florence Miller	
	Marietta James	
	Marty Dabrock	
	Karen Young	
	Julie Hilken	

COMING EVENTS

June 16-17, 1979	S.C. - Monaana Championships & Invitational Meet Missoula, Montana
July 7-8, 1979	L.C. - Mt. Hood Community College, Gresham, Oregon. See following information
August 10-12, 1979	L.C. - Region XII Championships - TACOMA????
August 12, 1979	Potluck Party after meet.
December 1, 1979	Rules Committee Meeting - Las Vegas, Nevada P.N.A. needs a Representative.
May 18-20, 1980	S.C. - Nationals - Ft. Lauderdale, Florida
Summer, 1980	L.C. Nationals - San Francisco, California

L.C. Meet at Mt. Hood Community College

The meet is being held along with the National Masters Track & Field Championships. Swimming will be in the morning, track & field in the afternoon. The swim meet starts at 9:30 a.m. each morning. There will be no 1500. Entries will be due July 2. For entry forms contact Judy Harrison, Fred Wiggin, Tom Foley, or Kathy Crandell. There will be a steak BBQ Saturday night, July 8, at 8:00 p.m. Make reservations on the entry form - adult/\$7.00, child/\$5.00.

P R E S I D E N T S C O R N E R

Dear Swimmers:

Congratulations for winning the Regional Meet in Spokane! (in spite of gas shortages, 42 brave swimmers carpoled their way across the mountains) Tom Cooper, who was quarterbacking the PNA Team, managed to include everyone on a relay. Great Work Tom! A job well done!

Susan Dearborne did a super job of organizing PNA participation at Nationals, Thank you Susan!

We are having a difficult time locating a team to sponsor the Long Course Regional Meet on August 10th - if you know of a team interested or have any ideas please contact Fred Wiggin - 542-4857. This is our year to host the Long Course Championships. Lets all pull together and help Fred make this meet a great success.

At the Tri-area presidents meeting in Spokane, which Tom Foley attended, we were asked to consider a petition to limit competition at the AAU Masters National Meet to Swimmers from the USA. This subject has been brought up due to the increasing number of international swimmers competing and bumping US Swimmers and records at National Meets. Traditionally the AAU has allowed international representation at all National Meets. Please let your Team representative know your feeling on this subject - this will be discussed at the July 17th Board Meeting, all are welcome to attend.

I am looking forward to an exciting year, but we need volunteers to help make the season go more smoothly. As a great president once said. "ASK NOT WHAT PNA CAN DO FOR YOU, BUT RATHER WHAT YOU CAN DO TO HELP PNA."

I welcome any suggestions and ideas-

Keep swimming,

Judy Harrison

Single space Not Double

COACH'S CORNER

FOLLOWING IS A COLUMN NEW TO THE "WET SET", FEATURING A COACH'S FAVORITE WORKOUT.

- 5X100 - free - on 1:40
- 5X100 - free - on 1:30
- 5X100 - free - on 1:20
- 5X200 - breast - on 3:30,
descend each time. or,
- 5X200 - breast - on 3:15

- 10X50 - whip kick - on :55
- 20X25 - breast pulls - on :30
- 08X25 - breast sprints - on :30 -
rest 1 min. & do 4 more sets of 8
(HINT: Training for long course
in a short course pool? Do 125's,
225's, and 500's. Adjust intervals.)

Kathy Crandell

Contributions to the "COACHES CORNER" are welcome! Get your coach's (or your) favorite workout and send it in.

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ROSES!!!!!!

To Tom Foley for past service as President

To Sue Dearbor for relays at Nationals

To Tom Cooper for relays at Regionals

To everyone who travelled to Regionals in Spokane. We Won!

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WANTED!!!!!!

- - - - An Awards Committee Chairperson.
- - - - A Team Wear & Money Raiser Committee Chairperson.
- - - - Names & phone numbers of all team representatives.
- - - - A club or group to sponsor (run) the Region XII L.C. Championships, August 10,11, & 12, 1979.
- - - - A PNA representative to the Rules Committee Meeting in Las Vegas, Nevada, December 1, 1979.
- - - - National results - each swimmer who went jot down their results from Nationals & send them to Kathy Cradell, 11114 - 111th St. S/W, Tacoma, WA 98498 (588-4879)

DID YOU KNOW????? DID YOU KNOW????? DID YOU KNOW????? DID YOU

There was an article on Masters Swimming in "Parade Magazine," Sunday, May 20, 1979?

There is a new magazine strictly for Masters Swimmers called "SWIM SWIM"? Write to: SWIM SWIM, P.O. Box 5901, Santa Monica, California 90405. Region XII has a new association; the "Snake River Asscciation." It includes Southern Idaho, Montana, & Utah?

NOW YOU KNOW!!!!!! NOW YOU KNOW!!!!!! NOW YOU KNOW!!!!!! NOW YOU

FITNESS CLINIC

The Northwest Fitness Clinic will test a group for fitness. Any club interested can call 206-485-5355. Mobile testing available uses the water immersion test.

MASTERS DEVELOPMENT CAMP

Anyone interested in attending a Master's swimming development camp in New York, contact Kathy Crandell for an application. A minimum stay is four days; maximum stay is two weeks. The fee is \$25.00/day or \$150.00 per week. Dates available are July 30 - August 12. Camp will be coached by Harry Rawstrom (University of Delaware), and Jim Fulton (formerly of S. U. N. Y., Brockport).

NEXT BOARD MEETING: TUESDAY, JULY 17, 7:30 P.M. LOCATION TO BE ANNOUNCED.

NEXT NEWSLETTER DEADLINE: JULY 14. Send articles and items to Kathy Crandell, 11114 - 111th. St. S/W, Tacoma, WA 98498 (588-4879). All material will be printed as submitted. Items will also be collected at the Board meeting (which is after the deadline), but the July 14th. deadline is preferred. Don't be shy! Send it in!!

REGIONAL CHAMPS

That's us! We are Number 1 in Region XII, which includes Washington, Idaho, and Oregon for 1979. We came to Spokane with Forty-two entered and registered swimmers, swam 198 individual events and every combination of relay with our maximum number of swimmers participating. And so - - not withstanding the gas shortage, not withstanding our hosts quite outnumbering us, not withstanding many gold medalists absent, we WON!! And enjoyed IEA's hospitality; convenient accomodations, super breakfasts and banquet at reasonable proce AND outrageously good weather. Who came? In random order: Light, Geyman, Bloomquist, Sherrod, Power, Wigger, Mueller, Foley. Rueff, Burke, Carlson, C. Miller, J. Miller, F. Miller, Amiad, Young, Koruga, Rietshel, Kulchinski, Remington, Crandell, Reid, Miles, Cooper, J. Miller, Holm. James. Castner, Burkhardt, Justeson, Rogers, Horne, Murphy, Latta, Fitz Downey, Dearborn, Adams, Klein, Anderson, Basett, and Frederick. (approx)

A thousand cheers for PNA!!!

S. Dearborn

PNA Masters were well represented at the Masters National Meet in Mission Viejo May 4-7. The old folks set the example with a mixed medley relay win in the 65-69 by Karl Frederick, Gene Caddey, Dawn Musselman, and Marian Mueller. Orange County airport saw 23 swimmers arrive on Wednesday and Thursday for the competition. Joy and Jan were greeted with a chance to appear on Leisure World's TV station to talk about the Masters meet- Leisure World : with five swim pools does not have a Masters team and knew nothing about it.

I cannot give specific times and accomplishments. The talk around our space was of best times for many, but tough competition. Gene Caddey and Karl placed high in their events, but someone came out of the woodwork with 10-20 seconds head start! Dawn and Juanita dominated their events. Juanita in the 200 free was followed closely by Jane Thornburg of Mission Viejo for the first 100 yards....and beat her by half a length or more.

Others attending included Chaya Amiad, Kirk Adams, Gretchen Anderson, Kathy Crandell, Marty Dabrock, Sue Dearborn, John Diehn, John Koruga, Tom Long, Joy Rogers, Ron Taylor, Jan Twight, Gary Hafer, Sue Dills, Juanita Correa, Carol Dewell, Marietta James, Dawn Musselman, Marian Mueller, John Guyman, Karl Frederick, and Gene Caddy.

The National attracted over 1,000 entries; there were 20 or so foreign teams from Great Britain, Japan, Australia, and Canada. In this company, the PNA team showed with good swimmers who are as good as any others in the world. California has several very large teams: Rinconada had over 40 swimmers representing them. But the swimmers all talk time, technique, strategy; buy and trade souvenirs, eat, sun, and visit. Sue Dearborn did a good job of getting us down there, organizing, and demonstrating what a good tan was like!

Mention should also be made of the new PNA mascot; a lovely stuffed whale from our logo prepared by Dawn Musselman and her family. They knew