

All typed on PNA electric, which types evoked. Black spots are from zeros on other side.

"THE WET SET"

Pacific Northwest Association of Masters Swimmers  
11114-111th Street S. W., Tacoma, Wa. 98498

October 1979

BOARD of DIRECTORS

Pres-Judy Harrison-822-3988  
VP-Jim Miles-232-7050  
Sec-Suzanne Dills-232-3654  
Treas-Carolyn Behse-747-3889  
Rep-at { Fred Wiggin-542-4857  
Large { Russell Hall-631-6685  
COMMITTEE CHAIRPERSONS

Have you  
see use  
styles

Publicity-Evelyn Lercher-825-1038  
Sunshine-Lee Holm-835-3939  
Team Wear & Money Raiser-?????????  
Travel & Social-Susan Dearborn-324-4945  
Banquet-Rosie Latta-243-4575  
Finance-Jack Miller-776-2091  
Membership-Gretchen Anderson-747-3233  
Newsletter-Kathy Crandell-588-4879

Awards-Bill Castner-246-1726  
Constitution-Tom Foley-937-5585  
Community Service-Jane Twight-525-2572  
Meets-???HELP!??? Newsletter Staff-Florence Miller, Marietta James, Marty Dabrock

Records-Diana Kennerud-824-5016  
Stroke Clinic-Neville Johnson-824-2953  
Team & Club Coord-Paul Murphy-938-3735

MEET SCHEDULE & CALENDAR

Nov 18	Pullman	March	PNA meet @ Summer
Dec 1	Rules meeting, Las Vegas	Apr 4-5	Ore Champs @ Albany
Dec 8	Stroke Clinic, Multnomah Ath. Club	April	PNA Champs @ Ft. Steil.
Dec 9	PNA meet, South Central Pool	May 3-4	Reg. XII Champs
Dec 9	Missoula, Montana		Tualatin Hills, Ore.
Dec 9	Willamalane, Eugene, Ore.	May 16-18	SC Nat'ls, Ft. Lauderdale
Nov 18	Stroke Clinic, Mercer Island Pool	June 8	Corvallis, Ore. (LC)
Jan 13	Coos Bay, Ore.	July 6	Eugene, Ore. (LC)
2/3 or 10	1650 meet @ Lake Oswego, Ore.	Aug 13-14	Reg. XII Champs, Mt. Hood
2/16-17	Spokane		Comm. College, Ore.
3/9 or 16	Portland Community College	Summer 1980	LC Nat'ls, San Francisco

BOARD HIGHLIGHTS

KENT-Oct. 23-The meeting was called to order by President Judy Harrison. Minutes of the last meeting were read by treasurer Carolyn Behse in the absence of secretary Sue Dills. The treasurer's report followed: \$835.64 in checking, \$944.09 in savings, \$10.20 interest, \$49.00 expenses, and \$61.00 deposit. The newsletter staff reports that the mimeograph machine has been fixed. One more newsletter will be tried on it. The possibility of printing or copying the newsletter was discussed and the newsletter staff will investigate the costs doing so. Fred Wiggin reported that the next meet will be Sunday, Dec. 9, at South Central Pool (Foster High School) sponsored by Club Northwest. That's on Hwy. 99 north of Sea-Tac Airport (4414 S. 144th, Seattle)... Summer will host a meet in March and Ft. Steilacoom will host the PNA Championships in April. Fred also noted that South Central Pool is an excellent pool for backstroke due to lane lines painted on the ceiling. President Judy Harrison reported that each committee chairperson will write up the job specifications for his or her job by January. A booklet of these job descriptions will be handed out at the PNA banquet in April. Judy encourages everyone to attend board meetings. Your ideas and comments would be welcome. The next board meeting will be Tues., Dec. 11 at 7:30 p.m., at Fred Wiggin's house, 16741-15th Ave. N.W., Seattle, 98177, (542-4857). That's below Shoreline Community College. Other committee chairpersons reported on membership, awards, and the stroke clinic. Look for separate articles on these reports in this issue. The meeting was adjourned by President Judy Harrison.

NOTICE TO NEW MEMBERS

All AAU/PNA membership applicants should pay the 1980 \$10.00 fee now. Membership chairman Gretchen Anderson will hold your application until January. You can swim for the remainder of 1979 by writing "applied for" on the "AAU #" line on the meet entry forms. Send all membership applications to Gretchen Anderson, 13024 SE Newport Way, Bellevue, 98006 (747-3233).

MASTERS CLUBS, GET ORGANIZED!!!!!!!

All Masters teams are urgently requested to PROMPTLY SELECT A TEAM REPRESENTATIVE TO ATTEND ALL FUTURE BOARD MEETINGS. A \$5.00 team fee is due NOW from each club to Carolyn Behse 1321-177th NE, Bellevue, 98008 747-3889. WELCOME HOME, LEE HOLM!!!!!!!!!!!!!!!!!!!!

AN UPDATE OF SWIM TIME AVAILABLE FOR MASTERS SWIMMERS

<u>BELLEVUE POOL-601 743rd NE (747-4245)</u> Adult Swim 12:00-1:00 PM Mon-Fri 8:30-9:30 PM Tue-Thur 1:00-2:00 PM Sat-Sun	<u>MEADOWBROOK POOL-10515 35th NE-Sea(365-9933)</u> Adult Swim 6:30-8:00 AM Mon-Fri 12:00-1:30 PM Mon-Fri 9:00-10:00PM Mon-Fri
<u>REDMOND POOL-17535 NE 104th (885-3600)</u> Adult Swim 6:00-7:30 AM Mon-Fri 12:30-1:00 PM Mon-Fri 8:00-9:00 PM Mon,Wed,Fri Women Only 8:00-9:00 PM Tue-Thur	<u>BALLARD POOL-1471 NW 67th-Sea(782-0282)</u> Early Riser 6:00-7:30 AM Mon-Fri Adult Swim 12:00-1:15 PM Mon-Fri
<u>ISSAQUAH POOL-50th NE Clark St. (392-1650)</u> Early Riser 7:00-8:00 AM Mon-Fri Adult Lap 12:30-1:30 PM Mon-Sat 8:30-9:30 PM Mon-Thur	<u>QUEEN ANN POOL-1920 1stW-Seattle(625-2282)</u> Adult Lap 6:30-8:20 AM Mon-Fri Adult Swim 12:00-1:15 PM Mon,Fri,Sat 7:30-9:30 PM Tue,Thur 5:30-7:00 PM Mon
<u>SHORELINE POOL-49030 1st NE (363-4845)</u> Early Riser 5:30-7:00 AM Mon-Fri Adult Lap 9:00-10:00AM Mon-Fri 8:15-9:15 PM Mon-Fri	<u>YMCA POOLS</u> <u>BELLEVUE Y-Bel-Red Rd (746-9900)</u> Lap Swim 6:00-7:00 AM Mon,Wed,Fri 9:00-10:00AM Mon,Wed,Fri 5:00-5:30 PM Mon-Fri 12:00-2:00 PM Sat
<u>MERCER ISLAND POOL-8815 SE 40th (232-7370)</u> Early Riser 6:00-8:00 AM Mon,Wed,Fri 6:00-7:30 AM Tue-Thur Adult Lap 12:00-1:15 PM Mon-Fri 8:00-9:00 PM Mon,Wed,Fri	<u>TACOMA Y-Members only (565-9622)</u> Lap Swim 6:00-8:00 AM 9:00-11:00AM
<u>KENT DISTRICT POOL-25401 104th SE (854-3260)</u> Early Riser 6:30-7:30 AM Mon,Wed,Fri Adult Swim 12:00-1:00 PM Mon-Sat 8:00-9:00 PM Mon-Thur	<u>EVERETT LAKE FORST POOL</u> Early Birds 6:00-8:30 AM Mon-Fri Lap Swim 5:15-6:15 PM Mon-Fri
<u>TAHOMA POOL-18230 SE 210th-Kent (432-1948)</u> Adult Swim 12:00-1:00 PM Mon-Fri	<u>MASTERS TEAMS</u> <u>FORT STEILLACOOM-Comm College Pool(964-6678)</u> \$15/mo. 11:00-1:00 PM Mon,Wed,Fri 7:00-8:15 PM Mon(beg. Dec) 5:30-7:00 PM Wed,Thur
<u>FEDERAL WAY POOL-30421 16th Ave S(839-1000)</u> Early Riser 6:00-8:00 AM Mon-Fri Adult Lap 12:00-1:00 PM Mon-Fri 9:00-10:00PM Mon-Thur	Coach-Kathy Crandell-Tacoma(588-4879) <u>NEWPORT MASTERS-Newport Hills, Pool-\$15/mo</u> 6:30-7:30 AM Mon-Fri
<u>MT RAINIER POOL-22722 19th Ave S-Des Moines(824-1728)</u> Early Riser 6:30-7:30 AM Tue-Thur Adult Lap 12:00-1:00 PM Mon-Sun 8:00-9:00 PM Mon-Thur	<u>SEATTLE SWIM CLUB-Helene Madison Pool</u> \$18/mo. 5:15-6:45 AM Mon-Fri Dean Sawhill(363-4845) Jan Twight(535-2472)
<u>SOUTH CENTRAL POOL-14114 S-Seattle (242-2787)</u> Early Riser 6:00-7:30 AM Mon-Fri Adult Swim 11:30-1:00 PM Mon-Sat 8:00-9:00 PM Mon-Fri	<u>HIGHLINE COMM COLLEGE POOL-\$50/qtr.</u> Masters Swim 6:30-7:30 PM Mon,Wed,Fri Neville Johnson (824-2953)
<u>EVERGREEN POOL-606 SW 116th-Seattle(246-1610)</u> Adult Swim 12:00-1:30 PM Mon-Sat 8:00-9:00 PM Mon-Thur	<u>SUMNER POOL-1707 Main St-Triton Swim Team</u> \$8/mo. 5:30-6:50 AM Mon-Fri Lynda Bloomquist (845-3612) Coach-Gordon Unruh
<u>RAINIER BEACH POOL-8825 Rainier Ave S-Seattle(723-5900)</u> Adult Swim 7:00-8:30 PM Mon,Wed,Fri 7:00-8:30 PM Mon,Wed,Thur Lap Swim 11:00-12:00AM Sat	For any clarifications, updates, or new information concerning other pools serving PNA Masters not submitted here contact: PAUL MURPHY 10644 Marine View Dr SW Seattle, Wa. 98146 (938-3735).
<u>SOUTHWEST POOL-2801 SW Thistle St-Seattle(935-6006)</u> Adult Lap 12:00-1:30 PM Mon-Fri 5:00-6:30 PM Mon-Fri	*** This typewriter may have been fixed, but it still types crooked!!!***
<u>COLMAN POOL-Lincoln Park-50 mtr outdoor-Seattle(935-1903)</u> Lap Swim-1st & last hr. of public swim Public Swim 12:30-7:00 PM Daily	zeros completely <del>set</del> fall out of stencil. How to stop that?
<u>MEDGAR EVERS POOL-500 23rd-Seattle(324-2560)</u> Adult Swim 7:00-8:30 PM Mon-Thur	
<u>HELENE MADISON POOL-13401 Merdian N-Seattle</u> Adult Swim 12:00-1:00 PM Mon-Thur 12:00-1:30-PM Sat Lap Swim 5:00-6:00 PM Mon,Wed,Fri	

OR IEA MEETS CONTACT: Harry J. Lewis  
 . 2311-16th #64  
 Spokane, Wa. 99204

FOR ORE MEETS CONTACT: Earl Falter  
 3904 S.W. 57th Ave.  
 Portland, Ore. 97221

FOR MONTANA MEETS CONTACT: Montana Grizzlies, Jim Wardwell  
 2400-Old Fort Road #221  
 Missoula, Montana 59801

PRESIDENT'S CORNER

Dear Swimmers-

What fun to participate in the mile meet sponsored by the Seattle Swim Club. As usual it was beautifully organized and very well run. I have new respect for all those milers and lap counters, as this was my first competitive mile. All our fitness swimmers should be encouraged to swim the mile at least twice a season to document their improved physical condition.

A plea for our harried newsletter staff-Please remember these women are volunteers doing their best. They spend an average of 42 hours doing one newsletter. Would you volunteer to help? Let us all cooperate by observing deadlines with written work-preferrably typed. This would save considerable time.

At the next meet, please introduce yourselves to me. I welcome all instructive criticism.

*WRONG STENCIL -*

*stencil meets*

*figured out after this one to match holes as far as possible*

Keep Swimming,  
 Judy Harrison

*Did it right the next one. So on this one lost some letters*

STROKE CLINIC

stroke clinic will be held Sunday, Nov. 18, Mercer Island Pool, 9:00am-12:30pm. The clinic is limited to 60 swimmers due to the water turbulence caused by more than 60 swimmers. Swimmers will be divided into 4 groups and spend 15-20 minutes on the techniques of each stroke, starts, and turns. There will be demonstrations of each. The remaining time will be filled with discussion of seasonal training, diet, tapering, and, if time, relays. The fee is \$7.50. Concessions will be available. Clinic fees will be divided between the local AAU club hosting the clinic and the PNA swimmers. Send in your application now!!!

97 YEAR OLD WINS IN YAKIMA

Rick Ingraham and Carol McMeel from the Tacoma Y, Florence Miller, Marty Dabrock, and Kathy Crandell from Ft. Steilacoom, and Donna Burkhart from Aqua Dive in Seattle, traveled to Yakima October 20 for an IEA meet. Most of these swimmers surprised themselves with times better than they expected. The highlight of the meet was the 50 yard free swim by Yakima's 97 year old swimmer. He was applauded by all upon receiving his first place medal. Thanks to the Yakima people for such a good time!

ROSES!!!!

o Jan Twight and Seattle Swim Club for hosting a fine 1650 meet. There were 8 hats of "Fitness People" at that meet.  
 THANKS JAN!!!!  
 o Russ Hall for hosting the October 23 board meeting.

OOPS!!!!

Apologies to the PNA relays that should have made Top 10 in the nation for times swum at SC Nationals last May and to Joy Rogers who should have been listed #10 in the 100 Back with a time of 1:18.20 and #10 in the 200 Back with a time of 2:54.78. Joy's times were listed in the results of SC Nationals but not in the Top 10. Joy also did a time of 34.59 in the 50 Back which would have been #4 in the Top 10, but that was done at Regionals, which happened after the SC Nationals. Therefore Regional times may not have been considered, but no answer has been received on that yet. The National Top 10 chairman has been notified of these omissions.

AWARDS

ll Castner reported that certificates given at the 1650 meet were well done and all received. The price of awards will be up to \$1.50 in January.

MASTERS COACHES!!!!!!!

nd your names, addresses, and phone numbers to Jim Sherrod, Tacoma YMCA, 1002 S. Carl St., Tacoma, Wa. 98465

NEXT NEWSLETTER DEADLINE !!!

December 11. Submit all contributions to Kathy Crandell, 11114-111th St. S.W., Tacoma, Wa. 98498 (588-4879) or send them to the Board meeting. Contributions "Coach's Corner" are especially needed.

## AWAY FROM YOUR POOL? VISIT OTHER MASTERS' CLUBS!

One of the nice things about Masters swimming is knowing people in other places. I had occasion to go to Spokane several weeks ago and decided to try to continue my workouts. Gail Gladwell sponsored my stay at the Spokane Club where I did a morning workout; but a real highlight was connecting with the Spokane Masters workout. I managed to bum a ride to Gonzaga on Monday night at 9:00 PM. There I found over 20 swimmers varying from 100 free on 2:30 to 1:30 send-offs. There was also a fairly large group of swimmers working up to 100s. The water was about 72 degrees but that didn't seem to stop anyone. At 10:00 we finished off with some drills and games. It was especially fun to see adults playing; our group in the early AM has to hurry off to work and doesn't have time for this. Thanks a lot to Spokane Masters for letting me in Mondays and Wednesdays 9-10 PM, Fridays 6-7:15 PM, and Sundays 6-7:15 PM at Shadle Park. Jan Twight

### 1650 MEET A SUCCESS!

The 1650 meet sponsored by Seattle Swim Club was attended by almost 50 swimmers. A number of people improved their times and we had a large number of new swimmers. A large contingent came from Olympia: Greg Lovelady who has been competing regularly, and new swimmers Lorinda Anderson, Brian Scheffer, Rich Mueller, Lynda Bloomquist, Lori Williamson, and Diana Campbell came from the Puyallup-Summer area. We especially welcome those who made the long trip and stayed the long wait. Jan Twight

### COACH'S CORNER

Favorite workout-Well, I'm not sure about favorite; but it's nice to swim mostly hard, timed sets. The send-offs were for short course meters.  
Swim 8x100 (50 back, 50 free) on 2:30  
Pull 6x200 on 4  
Kick 300 easy  
Swim 8x100 I.M. on 2:15 or 2  
Cool down with 300 easy free or back  
TOTAL-3400 meters Jan Twight

### G-R-R-R-O-W-L !!!

Anyone hearing excessive growling November 8, 1979, at 7:30 p.m. is just listening to a friendly social gathering of the TIGERS in the den of Shirley Lehman, 15734 14th Ave. S.W., Seattle.

Bill Castner

*This was wrong stencil too, but lined up holes right on mimeograph.*

### REPORT ON MASTERS DEVELOPMENT CAMP

Note- The June issue of "WET SET" announced a 4 day to 2 week Masters swimming development camp to be held in New York. The following article is a report on this year's camp. The article appeared in the October 1979 issue of "SWIM-MASTER".

#### MASTER SKWIMMING by Ruth Albert

Master swimmers no longer have to lack training, conditioning and knowledge of their sport. At Skwim Swimming camp in Great Valley, NY, adult swimmers now have the advantage of their younger swimming counterparts.

For the first two weeks in August, I had the pleasure of learning all about competitive swimming from other Master swimmers. Rather than limiting the curriculum to talking and viewing swimming, the emphasis was always on doing water work. No matter what the level the swimmer was at, instruction and practice were always geared to the individual's vitality and ability.

In addition to acquiring swimming skill, the participants learned how to be their own coaches. There were daily critical video tapings of each swimmer. The audio portion of these tapes was given to the participants so that progress and suggestions could be followed at home.

The camp ran on a four day cycle, with each day stressing a different stroke. Five to seven hours a day were spent in the water. The in-water workouts, team practices, and instruction were supplemented with films, video tapes, and talks on swimming strokes and techniques. Conditioning, stretching, and power exercises were used before some of the swimming sessions. In addition, a one hour series of physiological tests were administered to participants so they could get an idea of their own level of fitness.

The individualization and variety of this program made it most worthwhile to me as

# HIGHLINE Community college

# Swimming

PRESENTS

2nd Annual

## Masters Stroke Clinic

Coach - Andy Hathaway  
Athl. Dir. - Don McConnaughey  
Pres. - Shirley Gordon

Sunday Nov. 18, 1979

9 a.m. - 12 Noon

Mercer Island Pool

8815 S.E. 40th - Mercer Island

232-7370

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## Agenda

1. 9-9:45 -Analysis of stroke technique for all competitive strokes, starts and turns.  
-Water demonstrations by Highline swimmers.
11. 10-11:30 -Individual stroke analysis and correction in groups of 5-10.  
-Groups conducted by a stroke specialist under supervision of staff.
111. 11:40-12 -Review of technique - how to plan a season training program - questions.

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## Notes!

- The clinic will be limited to 60 swimmers -
- Applications accepted on a first come first serve basis.  
Applications received after first 60 will be notified.

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## Application

NAME \_\_\_\_\_ M or F \_\_\_\_\_ AGE \_\_\_\_\_  
ADDRESS \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
TELEPHONE \_\_\_\_\_

\$6.50 Clinic Fee  
Payable in advance

Checks payable to:  
Highline Booster Club

Mail entry and clinic fee to:

Neville Johnson - Clinic Director 824-1953  
21219 - 3rd Ave. S.  
Seattle, WA 98148

please return by noon Friday  
16 Nov. 1979

PNA MASTERS STROKE CLINIC

Message from the clinic director -

After our first clinic last March, we solicited suggestions and/or observations. With one exception all the observations we received were "When are you going to do another one?"

This second clinic is presented with the idea of offering advantages to the Masters swimmer and financial help to the younger swimmer with national aspirations.

After the clinic, your suggestions, ideas, criticism and general observations are again welcome.

Thank you

Neville Johnson

Application

NAME \_\_\_\_\_ M or F \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

TELEPHONE \_\_\_\_\_

Check payable to:  
Highline Booster Club

\$5.00 Clinic Fee  
Payable in advance

Mail entry and clinic fee to:  
Neville Johnson - Clinic Director  
824-1953  
3129 - 3rd Ave. S.  
Seattle, WA 98148

Please return by noon Friday  
16 Nov 1979