

1980-81 SC

MEET CALENDAR & SCHEDULE

|                       |  |           |                                  |
|-----------------------|--|-----------|----------------------------------|
| Nov. 18               | Board Meeting, Sue Dearborn's              | Mar. 8    | Summer Meet                      |
| Dec. 12-13            | Club Northwest Meet at Evergreen           | Apr. TBA  | Ft. Steilacoom PNA Championships |
| Jan. <del>24-25</del> | Bellevue Athletic Club 18                  | May 1,2,3 | (Tentative) TBA                  |
| Feb. 14               | Capri Relay Meet at Helene<br>Madison Pool | May 22-25 | Irvine, Ca. SC Nationals         |

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SEATTLE: Vice-president Jim Miles called the meeting to order in the absence of President Judy Harrison. Due to the absence of Secretary Carolyn Behse and Treasurer Sue Dills the minutes and Treasurer's report were tabled until the next meeting. Jim announced an executive board meeting on the 20th of Oct. to discuss late registration and the effects on the PNA of the AAU pull-out. There will be a regular board meeting Nov. 18 so that the executive committee may report on their recommendations concerning the above mentioned subjects. Fred Wiggin discussed the meet schedule, reporting that Evergreen meet will be held Dec. 12-13th. Jan Twight fixed the Capri Relays for Feb. 14th. Russ Hall gave an extensive report on his trip to the National meeting at Show Bird, Utah. There are many changes in rules and policy which Russ wrote up in a summary. Copies may be obtained by writing to Russ. A suggestion made by Florence Miller in the absence of Walt Reid that the results of the Shoreline meet and the Evergreen meet be held by Walt until unregistered swimmers can be weeded out from those results was approved. Florence also suggested that the newsletter solicit paid ads as a means of reducing the costs of producing the newsletter. It was approved. Florence hopes to have ads in the January issue. The meeting was adjourned. The time and place of the Dec. board meeting was not decided. Nov. 18th the board will meet at Sue Dearborns, 3401 E. Mercer, Seattle, at 7:30 p.m.

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BOARD OF DIRECTORS

- |                                     |  |
|-------------------------------------|--|
| Pres--Judy Harrison 822-3988        | Publicity--Bart Carter 653-3410            |
| VP--Jim Miles 232-7050              | Sunshine--Lee Holm 825-3939                |
| Sec--Suzanne Dills 232-3645         | Team Wear--Russ Hall 631-6685              |
| Treas--Carolyn Behse 747-3889       | Money Raiser--Heather Oesting 522-5058     |
| Reps-at-Large--Fred Wiggin 542-4857 | Travel and Social--Susan Dearborn 324-4945 |
| Russell Hall 631-6685               | Banquet--Rosie Latta 243-4575              |

COMMITTEE CHAIRPERSONS

- |  |  |
|--|--|
| Awards--Bill Castner 246-1726          | Membership--Cookie Justesen 774-8721       |
| Constitution--Tom Foley 937-5585       | Newsletter--Florence Miller 582-4683       |
| Meets--Fred Wiggin 542-4857            | PNA Top Ten--M. Dabrock 584-8447 & W. Reid |
| Newsletter Staff--Florence Miller      | Records--Walt Reid 847-2972                |
| Kathy Crandell, Marietta James         | Stroke Clinic--Neville Johnson 824-2953    |
| Community Service--Jan Twight 525-2572 | Team and Club Coordinator--Needs Help!!    |

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AN UPDATE OF SWIM TIMES AVAILABLE FOR MASTERS SWIMMERS

BELLEVUE POOL-601 143rd NE 747-4245  
 Adult Swim 12:00-1:00 PM Mon-Fri  
 8:30-9:30 PM Tue-Thur  
 1:00-2:00 PM Sat-Sun

REDMOND POOL-17535 NE 104th 885-3600  
 Adult Swim 6:00-7:30 AM Mon-Fri  
 12:00-1:00 PM Mon-Fri  
 8:00-9:00 PM Mon, Wed, Fri

Women Only 8:00-9:00 PM Tue, Thur

ISSAQUAH POOL-50th NE Clark St. 392-1650  
 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

EVERETT-FOREST PARK POOL-259-0311  
 Masters 5:00-6:15 PM Mon-Fri  
 Lap Swim 6:00-8:30 AM Mon-Fri  
 Coach--Bart Carter 653-3410

MERCER ISLAND POOL-8815 SE 40th 232-7370  
 Early Riser 6:00-7:30 AM Mon-Fri  
 Adult Lap 12:00-1:15 PM Mon-Fri  
 8:00-9:00 PM Mon, Wed, Fri

TAHOMA POOL-18230 SE 210th, Kent 432-1948  
 Adult Swim 12:00-1:00 PM Mon-Fri

FEDERAL WAY POOL-30421 16th Ave. S. 839-1000  
 Early Riser 6:00-8:00 AM Mon-Fri  
 Adult Lap 12:00-1:00 PM Mon-Fri  
 9:00-10:00PM Mon-Thur

MT. RAINIER POOL-22722 19th Ave. S. 824-1728  
 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

SOUTH CENTRAL POOL-4414 S., Seattle 242-2787  
 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

EVERGREEN POOL-606SW 116th Sea. 246-1610  
 Masters 5:00-6:00 PM Mon.-Fri.  
 Bill Castner 246-1726

RAINIER BEACH POOL-8825 Rainier Ave. S.  
 Seattle 723-5900  
 Adult Swim 1:00-2:30 PM Mon, Wed, Fri  
 7:00-8:30 PM Mon, Wed, Fri

Lap Swim 11:00-12:00AM Sat

SOUTHWEST POOL-2801 SW Thistle St. 935-6006  
 Adult Lap 12:00-1:30 PM Mon-Fri  
 5:00-6:30 PM Mon-Fri

COLMAN POOL-Lincoln Park--50 M outdoor  
 935-1903 Lap swim 1st and last hour of public swim 12:30-7:00 PM-Daily

MEDGAR EVERS POOL-500 23rd, Seattle 324-2560  
 Adult Swim 7:00-8:30 PM Mon-Thur

HELENE MADISON POOL-13401 Meridian N., Seattle  
 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

KENT DISTRICT POOL-25401 104th SE 854-3260  
 Early Riser 6:30-7:30 AM Mon, Wed, Fri  
 Adult Lap 12:00-1:00 PM Mon-Fri  
 4:30-5:30 PM Mon-Fri  
 8:00-9:00 PM Tue, Thur, Fri

MOUNTLAKE TERRACE RECREATION PAVILION  
 Adult Con. 7:30-8:30 AM Mon-Fri  
 776-9173

MEADOWBROOK POOL-10515 35th NE  
 Seattle 365-9933  
 Adult Swim 6:30-8:00 AM Mon-Fri  
 12:00-1:30 PM Mon-Fri  
 9:00-10:00PM Mon-Fri

BALLARD POOL-1471 NW 67th 782-0282  
 Early Riser 6:00-7:30 AM Mon-Fri  
 Adult Swim 12:00-1:15 PM Mon-Fri

QUEEN ANN POOL-1920 1st W 625-2282  
 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

YMCA POOLS  
BELLEVUE-Bel-Red Road 746-9900  
 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

TACOMA YMCA-Members only 565-9622  
 Lap Swim 6:00-8:00 AM

FT. STEILACOOM--Comm. Col. Pool 964-6678  
 \$15/mo. 10:30 a.m.-12:30 p.m. M.W.F.  
 7:00-8:15 p.m. Mon.  
 5:30-7:00 p.m. Wed, Thur.

AM Coach-Bill Miller, Tacoma 759-5075  
 PM Coach-Roy Litts, Tacoma 964-6678  
 South End Boys Club Pool 474-0626

NEWPORT MASTERS-Newport Hills Pool  
 \$15/mo. 6:30-7:30 AM Mon-Fri

CASCADE SWIM CLUB-Shoreline Pool  
 King County Pass Plus \$15/mo.  
 5:15-6:45 AM Mon-Fri

Dean Sawhill 365-4845  
 Jan Twilight 525-2572

HIGHLINE COMM. COL. POOL-\$50/quarter  
 Masters Swim 6:30-7:30 PM Mon, Wed, Fri  
 Neville Johnson 824-2953

TRITON SWIM TEAM-Summer Pool, 1707 Main St.  
 \$15/mo. 5:30-7:00 AM Mon-Fri  
 Coach--Gordon Unruh 863-8110  
 Lynda Bloomquist 845-3612

RED SHIELD POOL-9050, 16th SW Sea. 767-3150  
 Women Lap 9:15-10:30 a.m. M-W-F  
 Adult Lap 11:30-1:00 p.m. Mon.-Fri.

For any clarifications, updates, or new information concerning other pools serving PNA Masters not submitted here, contact:  
 PAUL MURPHY  
 10644 Marine View Drive SW  
 Seattle, Wa. 98146 (938-3735)

FOR IEA MEETS CONTACT:

Harry J. Lewis  
W. 2311 - 16th, #64  
Spokane, Wa. 99204

FOR ORE MEETS CONTACT:

Earl Walter  
3904 S. W. 57th Avenue  
Portland, Oregon 97221

FOR MONTANA MEETS CONTACT:

Montana Grizzlies, Jim Wardwell  
2400 Old Ford Road, #221  
Missoula, Montana 59801

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DEAR MASTERS: Thanks for making my pregnant season so enjoyable. The only time I felt normal was when I was with Masters. Thanks for not throwing me out of your meets, for letting me go off your blocks and for never saying, "Gee, you're fat!" No one came even close to making me feel bad because of my whale proportions. All of you made me feel good about myself the whole season (very important to a pregnant lady). You are all terrific! Sincerely, Kathy Crandell

FITNESS FAIR: The "Good Health and Fitness Fair" (sponsored by Overlake Hospital) was held on Saturday, October 11, from 10 a.m. to 6 p.m. at the Crossroads Mall in Bellevue. Master Swimmers were represented with a booth displaying posters, brochures, swimsuits, warmups and various accessories for swimming. A special thank you to Pat Dotson, Pam Wagner, Janet Russell and Sylvia Powell for their help and assistance in making our representation a success! Carolyn Behse

FAVORITE WORKOUTS: The "Wet Set" from time to time has published coaches' favorites and swimmer' favorites, but there has not been consistent publication for the many Masters who work out on their own. I highly recommend the new book by Marianne Brems. This book contains 101 Favorite Swimming Workouts which can become many more with the section on "Adjusting a Workout to Your Ability". (Several workouts from the book have already been published in Swim Swim.)

Each workout identifies the emphasis: speed endurance, pacing, leg or arm conditioning, etc. As usual with some of these publications, the suggested intervals do not fit my abilities although I'm sure they are too long for many of you. Marianne does give rest intervals at times rather than send-offs. With this suggestion, you can identify your own interval. Workouts are also labeled in sections for early, or mid-season and taper workouts. There are also some interesting workouts for the off-season. \$3.95 with \$1.25 through the Swimmer's Bookshop, P.O. Box 5901, Santa Monica CA 90405. Was selling for \$3.95 direct from Workouts, 1027 Northwood Dr., San Carlos, CA 94070 at Nationals, but would need to add 50¢ postage.

TOTAL SWIMMING: reprise. This book by Harvey S. Wiener received brief comment in an earlier newsletter. But I questioned its message for anyone bitten by the competitive bug as I was. Wiener plays down the value of Masters competition although recommending swimming for flexibility, endurance, strength, weight control, and relief from daily tension.

My uneasiness was somewhat clarified by George Sheehan's excerpts from his new book in the October, 1980 RUNNER'S WORLD. Dr. Sheehan uses running as I use swimming to test his limits: potential. As usual, Sheehan uses a number of literary and philosophical quotations to establish that pushing yourself to your limits is a way to know yourself. Effort is an original contribution in this world, whereas health, strength, talent are given to us. He also describes mental health as not the state of being free from feelings but developing the ability to live with stress and tension.

Dr. Sheehan finds in running this testing which I find in swimming. The person who follows the Total Swimming approach will undoubtedly find some arena other than swimming or running. Sheehan seems to think it should be a physical testing; however, this is a means of relaxation. I recommend the RUNNER'S WORLD article to swimmers who find that competition is an important part of their swimming program. Jan Twight

ROSES! ROSES! ROSES! To Jan Twight who wrote the excellent and informative book reviews in this issue. To Russ Hall for the summary he wrote concerning the rule changes made at the conference at Snow Bird, Utah, which were pertinent to Masters Swimming. Write to Russ at 12518 SE 232nd, Kent, WA 98031 if you wish a copy of this excellent summary. To Cookie Justesen for hosting the potluck after the Shoreline Meet. It was a great party, Cookie!

MR. AND MRS. GENE CADDY were involved in a serious car accident last month but are now recovering well, reports Fred Wiggin. We hope to see them at a meet soon.

SWITZERLAND was the destination of our fellow newsletter staffer and good friend, Marietta James. Marietta plans an extended stay to visit her parents and childhood friends. We miss her already.

EXCERPTS FROM RULES CHANGES taken from the report by Russ Hall.

3. Added to the rules: The breaststroke kick may be used exclusively or interchangeably with the dolphin kick while doing the butterfly at any time during the race.

4. The extension of age groupings to 90+.

8. The following changes were made in the National Meets Rules:

A. All meets will be 4 days.

B. The maximum number of individual entries per person will be 6.

C. The following events were added to the National meets: 200 yd./M mixed relay, 50 yd./M breaststroke, 50 yd./M backstroke, 200 yd./M butterfly, 400 yd. I.M.

# SWIM-MASTER SUBSCRIPTION FORM

New  Renewal

ONE YEAR - NINE ISSUES

USA - \$ 7.00

FOREIGN - \$ 11.00

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

Mail To: SWIM-MASTER  
2308 NE 19 Ave., Ft. Lauderdale, FL 33305

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YES, I want to become a CHARTER SUBSCRIBER. Enclosed is my check or money order for \$10.00 for six issues of SWIM SWIM. As a BONUS for paying now I will receive my seventh issue absolutely FREE!

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Age \_\_\_\_\_ Male  Female

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1980 PNA MASTERS SWIMMERS #79310 and AAU APPLICATION

PNA/AAU for 1980 is a combined total fee of \$10.00. This amount includes the \$4.00 AAU fee. (Insurance is optional for an additional \$1.50.) Senior citizens (65+) need only pay the \$4.00 AAU portion.

Please complete the form, sign it and mail with payment to: Cookie Justesen  
22704 - 73rd Place West  
Mountlake Terrace, Wa. 98043

DATE: \_\_\_\_\_

FULL NAME: \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ (OPTIONAL--OCCUPATION): \_\_\_\_\_ BUS. PHONE: \_\_\_\_\_

Have you lived in the PNA for 4 months:  YES  NO

Do you wish insurance coverage, \$1.50 extra?  YES  NO

(Senior citizens (65+) pay \$4.00 plus insurance if desired.) PNA/AAU \$ \_\_\_\_\_  
Optional Insurance \_\_\_\_\_  
TOTAL ENCLOSED \$ \_\_\_\_\_

APPLICANT SIGNATURE: \_\_\_\_\_

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