



the OFFICIAL PNA MASTERS NEWSLETTER

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Schedule • Calendar

November 19-20	Rainier Valley SC
December 9-10	Husky Foster SC
January 15	Bangor SC
January 27-29	Snake River Assc. Swim & Ski weekend
February 11-12	Kent Area Dolphins Meet
March 18	Anacortes
May 26-29	1984 SC Nationals, Industry Hills, California

BOARD MEETING ON OCTOBER 18, 1983

EDITOR'S CORNER...

ROSES! ROSES! ROSES!.....to Donna Phelan for all her super swims at Long Course Nationals.Rick

IEA's Schedule:

October 22-23	Fairchild
December 3-4	Spokane
January 13-14	Coeur D' Alene
February 26	Pullman
March ?	Richland (tentative)
April 6,7 & 8	IEA Champs

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"DECK PROFILES"

This month's Masters swimmer started swimming in Iowa when he was 10 years old. He continued swimming through high school, college and the military. Always having a wide variety of athletic interests, he participated in track and field in high school -- running the high hurdles and becoming the state discus champion. He joined our naval forces and was assigned to the U.S.S. Saratoga where he joined the rowing, boxing, wrestling and weight lifting teams, and showed his excellent fitness by setting a Marine obstacle course record. During his college swimming days, he was the 1946 Colorado State champion in the 100 yard Butterfly.

Even with his many other athletic interests swimming still remained an important part of his life. Job obligations made it impossible for him to attend regular workouts or compete. However, upon retiring 10 years ago, time became available for regular workouts and he joined Masters. The extra time for training produced some very gratifying results. April 1981 found him swimming a leg on a Men's 200 Free Relay which set a National record that held until October 1981, when another team beat it by only .01 second. In the 1982 Long Course Nationals in Oregon, he swam to five second place finishes, including swimming for a second place relay team, and two thirds.

Besides swimming, his current athletic interests include: golf, badminton, track and field, race walking and scuba diving. For the last two years, he has competed at the Masters Nationals for race walking. His scuba diving interest has lasted 27 years and has given him the opportunity to dive in Hawaii, the Caribbean Sea, off the island of Crete, in the China Sea and Philippines Islands. He considers the Philippines among the top five scuba diving areas in the world. The waters there have visibility at a depth of 200 feet enabling one to fully enjoy the beauty of the underwater world. In addition to his other talents, he adds, "I play a mean harmonica". Who is this aquanaut? You have seen him competing for the Fort Steilacoom Team. His name is Karl Frederick. Now you know the rest of his story.

Cathy Brooks

Dear PNA Friends:

Welcome to the 1983-84 Shortcourse swim season! I am so excited about getting into shape and meeting some new people and having fun with you all!

Please remember our motto: "Fitness, Fun, Friends..." and set some goals for yourself in each area for the upcoming year. These might include: being more consistent in workout attendance, losing weight, reducing your resting heart rate or blood pressure, just feeling better about yourself! Or, meeting five new people every meet, swimming some new events, attending the Short course Nationals in L.A., or the World Champs in New Zealand! The possibilities are endless...SO GO FOR IT!

Masters swimming is More, MUCH MORE than bettering your times, winning your events, setting PNA regional or even national records, or being PNA regional or national champion or #1 in your event. These are just icing on the cake.

Masters swimming is you...and what you make it! Without you all, Masters swimming couldn't exist. Masters swimming is: the natural "high" that you feel when you are in really good shape, the friends and people you meet and grow to respect and love, the new places you travel to for meets, the satisfaction at setting goals and going for them and making them and at giving something your best shot. This is success in its purest sense and I truly believe that each one of us can be "successful"!

Again, I want you to know that you are an important part of PNA Masters! When it gets down to the bottom line, each and every one of us represents Masters swimming. We are our best advertisement, our best example. People are only going to inquire about us if we encourage it, if we are something to inquire about! So....continue your exemplary model and.....

Bring a friend to that October meet! See you there!

Til next month,

Kike

P.S. A special thanks to Scott Lautman, Husky coaching staff for his article in last month's Wet Set on Warming up to swim fast! (Did you all read it?) Thanks Lauty!

K.



Dawg days for fans of Michigan

Some fans are incorrigible. Others might bend a little bit, but not Bonnie Wegner and Mary Jane "M" Garlick.

It's safe to say the two women, who share a house in Puyallup, are football fans. With a bit more caution you might call them Washington Husky fans. After all, they hold season tickets to all the James Gang home games. And Bonnie will tell you that they are Husky fans every day expect today — when the Dawgs play Michigan.

You see, the two women, both members of the Summer Tritons swimming team, grew up in Michigan. And the University of Michigan is M's alma mater.

This summer Bonnie and M visited Michigan during the summer, and they unknowingly got themselves into hot water by mailing postcards picturing Michigan Stadium to fellow Tritons. These teammates, as you might guess, happen to be diehard Husky fans. Husky fans who became even more enthralled when they discovered Bonnie and M were planning to cheer on the Wolverines today smack in the middle of Husky Stadium.

Now these Tritons could have reacted by giving Bonnie and M dirty looks, talking behind their backs or calling them traitors. But no, that would have been all too nice. These Tritons decided to "purify the misguided souls." After all, it wasn't their fault they came from Michigan.

It started out simply enough. On Monday, Wegner and Garlick received an official UW diploma in the mail, and the "Go Blue" license plate frame on their pick-up truck was pilfered and replaced with a "more appropriate" UW alumni frame, highlighted in Husky colors purple and gold.

The next day had a romantic touch. A professional florist delivered a purple and gold flower arrangement to their doorstep. The note read: "Hope you have a nice week. See you Saturday. Love, J.D." (The initials of Husky Coach Don James.)

But these exorcises weren't about to stay that friendly. On Wednesday Wegner and Garlick awoke to find their front yard littered with signs that read "The James Gang Rides Again," "B.S. (the initials of Michigan Coach Bo Schembechler) is No Match for J.D.," "Go Dawgs" and "Husky Fever."

And if that wasn't enough, the women also found 12 pictures of Bo (with a circle around and a slanted line through his face) staked

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around the perimeter of their driveway. Purple and gold streamers spiraled around their mail box and artistically accented any empty space.

The Husky fans took things one step further on Thursday. Garlick, a teacher at Surprise Lake Middle School, found her class room decorated pro-dawg.

Yet Wegner had the biggest surprise. A 70-year-old man drove in front of her house in a 1951 Desoto, grabbed her attention by honking the horn and then flashed her by opening his long trench coat. The perpetrator worn only his birthday suit, save for a sign covering his mid-section. "The James Gang Rides Again," it read.

To top things off, Bonnie and Mary Jane were treated to an elegant "purification breakfast" when they showed up for the Summer Triton team meeting yesterday morning.

A maitre d' greeted them and offered them the works: candlelight, linens, pewter, music and cuisine.

"It's all appropriate to the Husky cause," said Triton Coach Gordon Urruh.

Now after all that, you might think Bonnie and M would give at least one cheer for the Huskies. Not these two Michigan fans.

"We figured it's our duty to purify them (Triton swimmers)," said Bonnie, proudly wearing a Michigan T-shirt. "They're the misguided ones. We have to retaliate."

Among other things, the two fought back by putting signs in the yards of Urruh and Annette "A.J." Jones that read "Wolverines eat dawgs." Bonnie and M also had hot dogs delivered with the message "They may be hot but they're just dogs." (Jones is a Triton and a teacher at Summer High School).

A banner that read "Come to the Saturday night hot dog roast. Bo brings the heat. Wolverines bring the relish and the Dawgs courtesy of the UW" mysteriously appeared in Jones' classroom. Another sign read "Dawg catcher here Saturday."

As a finale, Bonnie and M have hired a man to greet Gordon and A.J. this morning in a gorilla suit and then sing "Hail to Victor," the Michigan fight song.

The gorilla will also deliver champagne and bananas.

Despite all the pranks, Bonnie looks forward to a good game.

"It's going to be great," she said. "Both coaches are just excellent."