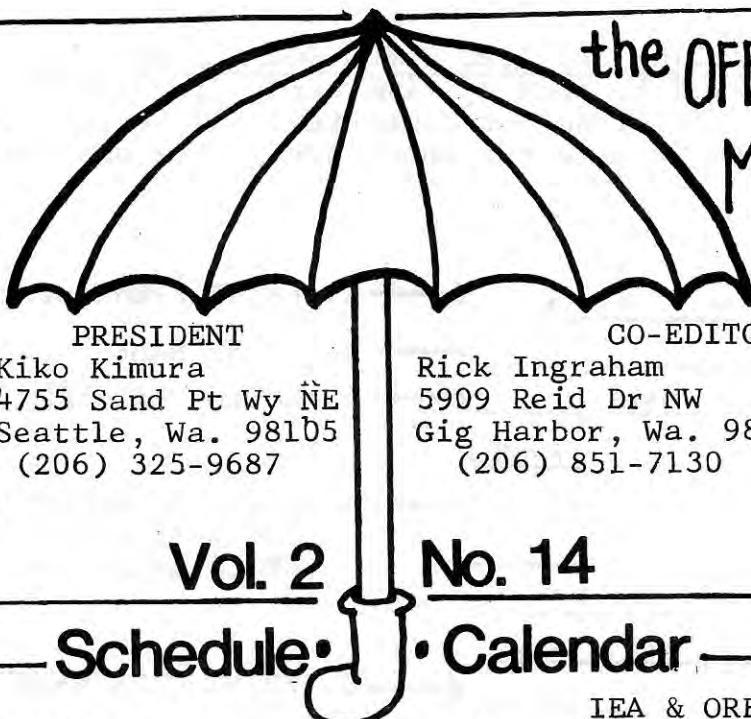


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the OFFICIAL PNA
MASTERS
NEWSLETTER

PRESIDENT
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after 7:30 pm

Vol. 2 No. 14

DECEMBER 10, 1983

Schedule • Calendar

January 15	Port Angeles (former Bangor)	January 8	Lake Oswego, Or. 1650 Meet
January 27-29	Snake River Assc. Swim & Ski Weekend	January 13-14	Coeur d'Alene, YMCA
February 11-12	Kent Area Dolphins	January 22	Portland, Lewis & Clark College
March 18	Anacortes	February 26	Pullman "L" Pool (IEA)
May 26-29	1984 SC Nationals Industry Hills, Ca.	March 3-4	Newberg, Or.
		March 17-18	Richl'd/Yakima (still tentative)
		March 30-Apr 1	Or. Champs/Apr 6-8 IEA Champs

IEA & OREGON SCHEDULES

EDITOR'S CORNER

Merry Christmas to all from Bob and Norma Ingraham!

WELCOME BACK KIKO, WE ALL MISSED YOU!!

Anyone going to the New Zealand Champs must contact Bobby Gallegos, 1315 Garrison Ave. Port Orchard, Wa. 98366, Phone: 876-0960. He is making up relays. When you send in your entry form you must fill in "Pacific Northwest Association", not your local team or USA. DO NOT FILL OUT RELAYS, Bobby G. will do this. Air fares for New Zealand are guaranteed until Dec. 16.

For Travel Arrangements, contact: Mary Johnson
General Travel Service Inc.
P.O. Box 520
Bellevue, Wa. 98009
Phone: 454-5022

MEMBERSHIP

Membership numbers and cards cannot be mailed out until the necessary supplies from Enid Uhrick, National Registrar, have been received.

NOTICE: There will not be a Newsletter in January, 1984

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LETTER FROM THE EDITOR:

We always like to see new faces and I wish to congratulate all of the new Masters who attended the Bellevue and Rainier Valley Swim Meets.

I wish to caution new members to swim in at least one regular meet prior to PNA Champs in April. This will be a very large meet and if you have never swam before or have had a long lay-off, it would be very tiring. Regular season meets last one day and generally end by mid-afternoon. They are a good opportunity to test yourself, measure your improvement and swim your "other" events. Also, this is a wonderful time to meet new people and make new friends.

The PNA membership does want everyone to enjoy themselves, but please don't, for your health and well-being, make championships your only meet this year.

These are the long awaited Teams, Pools and Work-outs. All of the pools have lap swimming and I only listed work-outs or coached swims. Many pools did not send information. If you feel left out, I will publish your team in a later issue.

Good health and Good Swims!

Susan

- | | |
|---|---|
| (1) Cascade Swim Club
Shoreline Pool
191st & 1st N.E.
Seattle, Wa.
5:30-7:00am Mon.-Fri.
\$15.00 per month
Coach: Dan Kortman 363-4845 | (4) Federal Way Masters
Federal Way Pool
30421 - 16th Ave. S.
Federal Way, Wa.
6:00-7:00am Mon.-Fri.
\$17.50 per month
Coach: Laird Chambers 839-1000 |
| (2) Cascade Swim Club
Helene Madison Pool
134th & Meridian N.E.
Seattle, Wa.
8:30-9:30pm Mon.-Thurs.
\$31.00 per month
Team Rep: Jan Kavadas 775-5814 | (5) Fidalgo Islanders
Fidalgo Pool
22nd & J.
Anacortes, Wa. 98221
no organized work-out
Steve Olsen 293-3692 |
| (3) Evergreen Swim Club
Evergreen State College
Olympia, Wa. 98502
6:00-7:30 (pm?) Mon.-Thurs.
\$35.00 per 8 weeks
Tina Bauer 866-6000 ext. 6530 | (6) Fort Steilacoom
Fort Steilacoom Community
College Pool
9401 Farwest Dr. S.W.
Tacoma, Wa. 98498
11:00am to 1:00pm M,W,F
5:00pm to 7:00pm T,W,Th.
10:00am to 12:00pm Sat.
6:30pm to 8:30pm Mon.
\$20.00 per month / .75 daily
Coach: Kathy Crandell fee
pool 964-6678
home 588-4879 |

- (7) Port Angeles
William Shore Memorial Pool
225 E. 5th
Port Angeles, Wa. 98362
4:00pm-6:00pm Sun. (& lap swims)
\$6.00 per mo. team fee
.77 lap swim daily fee
Coach: Don Fairbanks
Info: Pete Northrop work: 452-7831
home: 457-3198
- (8) Rainier Valley Masters
Rainier Beach Pool
8825 Rainier Ave. S. (& Henderson)
Seattle, Wa.
5:30pm-6:30pm Tue. & Thurs.
\$1.25 per swim, 75¢ senior
Coach: Don Helling 723-5919
- (9) Salvation Army Pool
9050 - 16th Ave. S.W.
Seattle, Wa.
8:00-9:00pm Wed.
6:00-7:00pm Fri.
25¢ members, \$1.00 non-members
Coach: Steve Atteridge
Info: Cathy Parker 767-3150
- (10) Southwest Pool
2801 S.W. Thistle
Seattle, Wa. 98126
6:00-7:30am Mon-Fri
Call for other times
Nancy Eisner 935-6006
- (11) Sumner Tritons
Sumner High School Pool
Sumner, Wa. 98390
5:30 to 7:00am Mon-Fri
8:00 to 9:30am Sat.
\$15.00 per month team fee
Coach: Rob Van Slyke 863-8100
Pres: Bonnie Wagner 848-2728
Sec: Donna Phelan 862-8777
- (12) Tacoma "Y"
Tacoma Family YMCA
1002 South Pearl
Tacoma, Wa. 98465
7:30-9:00pm M,W,F
\$228.00 per year "Y" membership
Coach: Mike Stipak 564-9622
- (13) Tigers
Evergreen Pool
606 S.W. 116th St.
Seattle, Wa.
4:30-6:00pm Mon-Fri
5 days week \$25.00 month
3 days week \$20.00 month
2 days week \$15.00 month
Bill Castner 246-1726
- (14) Totem Lake
Juanita High School Pool
Juanita, Wa.
5:30-6:30am M,W,F
7:30-8:30pm T, Th
7:00-8:00am Sat.
\$25.00 per month
Coach: Steve Armstrong
Info: Donna Daly 821-5729
- (15) University of British
Columbia Aquatic Centre
Vancouver, B.C. Canada
7:00-8:00pm Tues., Thurs.
\$2.00 per swim
Team Rep. Debra Glassman
(604) 738-8371

Dear Fellow PNA Masters and Friends:

Greetings from Sunny Southern California (and I do mean sunny!). I'm having a great time on my vacation and have had the opportunity to meet some fantastic people involved with masters swimming down here and to workout with some good teams. I'm sorry that I missed you all at the last meet. I do hope that everyone had a great time and super swims!

As 1983 draws to a close, I want to encourage you to take a minute to reflect upon the impact that being a "Masters Swimmer" has made on your life this past year....the fitness, the fun, the fellowship....and to examine the goals and priorities that you have made for 1984. If you haven't set any goals for 1984, I want to encourage you to do so. Take a good look at what you want to accomplish in the areas of fitness, fun and fellowship for the coming year and establish some realistic priorities. For example:

Fitness: How much weight do you want to lose? How much do you want to lower your blood pressure or pulse rate? How much yardage do you want to go in a week? How consistent in your workouts do you want to be?

Fun: What new places will you see this year? How many personal bests can you achieve? What new events/distance can you try? Which friends can you get to join Masters?

Fellowship: How many new people will you meet this year? How can you be of encouragement to your fellow swimmers? An example? The possibilities are endless. Let your imagination go and be creative.

As for me, 1983 Masters Swimming has brought new experiences, challenges and joys. Serving you as president has been a lot of fun and the past eight months have just flown by! As our program here in the Pacific Northwest continues to grow, the PNA board members and team representatives are establishing long range goals for the whole Association. I appreciate the enthusiasm and participation at the organizational level that has been shown by this Association. I want to personally thank all those who have been and are involved to that degree with PNA Masters Swimmers. You know who you are....and we all appreciate you and your effort! If you are not involved and wish to be, the next board meeting will be Tuesday, December 13th at 7:30pm at my house. Please come!

As I've said before, you all are what makes Masters Swimming special for me. I appreciate your examples, your enthusiasm, your encouragement and your participation and it is a real privilege to be president of such a quality organization!

God has provided me with many blessings this past year and perhaps His best blessing has been the opportunity to serve you all.

Wishing you all God's best blessings this holiday season and for 1984! (John 10:10)

Love,

Viko

See P.S. on next page! !

P.S: (1) See you all at the Evergreen Meet December 9 and 10!

(2) Don't forget your canned food for the Christmas food drive.

(3) If anyone is interested in attending the Snake River Swim/Ski weekend, please contact me at 525-9687 (eve.) or 526-2183 (days). I am planning to go and would like to get a bunch of people to attend. That association only has about 20 registered swimmers. If we could get 10 people to go, we would increase their participation by 50%! Think about it!

K.

BODY FAT TEST

All persons interested in a body fat test (water immersion, caliper test and residual lung volume) contact Kathy Crandell, 11114 - 111th St. S.W., Tacoma, Wa. 98498, (206) 588-4879. It will be at the University of Washington Kinesiology Lab, Saturday, January 21, 1984. The cost will be \$20.00 if there are nine or more people.

MASTER COACH NEEDED - NEW TEAM

Workouts begin in January, Monday and Wednesday, 8:00pm to 9:00pm.

Salary \$6.00 per hour. Call Nancy Eisner 935-6006
Southwest Pool
Seattle Parks Dept.
2801 S.W. Thistle
Seattle, Wa. 98126

SUBSCRIPTION FORM FOR WET SET NEWSLETTER

NAME.....
ADDRESS.....
.....
ZIP CODE.....

SEND \$6.00 TO:
MARIETTA JAMES
10008 - 114th ST SW
TACOMA, WA. 98498

Nov. 17, 1983

TO: Region 12 Masters Swim Clubs

FROM: Richard E. Cooke, Chairman
Sawtooth Masters Swimming
1915 W. State Street
Boise, Idaho 83702

Dear Swimmer,

Your are cordially invited to attend our first Masters Swim Meet in Boise, Idaho. The swim meet is designed to start on Friday evening and run through mid-day on Saturday. This will allow people to coordinate a Saturday evening and Sunday skiing weekend with the swim meet if they so desire. Brochures are being obtained from Bogus Basin Ski Association for distribution to all interested parties. If you want to know more about the ski information, please contact me at the above address or the meet director. We'll be happy to forward information to you.

If you have not been to the Boise YMCA pool, it is a 25 yard, 6 lane pool with good starting blocks, timers, etc. The spectator area, locker room, and other support facilities are of very good quality.

There are motel and hotel accommodations within walking distance of the YMCA. If anyone needs reservations or additional lodging information, feel free to contact us. We will forward information to you. Lodging should be no particular problem that weekend.

We are also sending an invitation to the Salt Lake Area swimmers. We may get some competition from swimmers in the other region. We'll be looking forward to having a good representation from region 12 to our first swim meet. Please let us know as soon as possible the approximate number of people coming so we can make the necessary logistic arrangements.

TEN GOOD PRACTICE HABITS

Masters swimmers generally don't have time to log in the tremendous yardage that young swimmers can put in. Because of this, we need to make the most out of every yard we put in. Be aware of what you are doing during workout. Concentration is as important a tool as strength, flexibility, training and stroke mechanics to a race. Here are ten reminders of good training habits that will enhance your racing.

1. STRETCH FOR 5 MINUTES before you get in the water to workout. This will help get you loosened up, increase your flexibility, and get you into the habit of stretching which is an important part of your pre-race warm-up.
2. HEAD DOWN (DON'T BREATHE!) from the flags in on the finish of any freestyle or butterfly repeats. When you finish a race, you should not break your stroke with a breath the last five yards. Practice finishing a race hard.
3. HEAD DOWN OFF THE WALLS on free and fly--especially on pull sets. Take advantage of the momentum and streamline that a push off the wall gives you. Don't drop your body position by taking a breath right off the wall. Not breathing off the wall is important in the 50, 100, and 200 free and fly races.
4. ALWAYS DO LEGAL TURNS. Some swimmers choose the easy way out and touch with just one hand on breast and fly or roll to the stomach on backstroke turns. Develop good habits during practice.
5. STREAMLINE OFF THE WALLS on every push-off and turn. Concentrate on stretching and streamlining to reduce drag and resistance. Make a streamlined position second nature to you so it will be there when you race.
6. ALWAYS SWIM TO THE WALL on each repeat. You won't stop a race 3 yards short--don't stop a repeat short.
7. WORK ON NEGATIVE SPLITTING some of your repeats and some of your sets. This will help you on the back half of a race. In other words, it will help you avoid dying the last half of the race!
8. SWIM THROUGH YOUR TURNS. Don't "float" your way into the wall. Build momentum into the turn so that you are into and off the wall quickly. Along the same lines, make sure you can do backstroke with both hands.
9. EXPERIMENT WITH RACE STRATEGIES during workout. See how hard you can go out and how hard you can get home--and how much you can hurt! You have nothing to lose by experimenting during workout.
10. PRACTICE 5 STARTS at least once a week, especially backstroke starts.