

# the WET SET



# the OFFICIAL PNA MASTERS NEWSLETTER

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## SCHEDULE • CALENDAR

1984			<u>IEA &amp; OREGON SCHEDULES</u>
January	27-29	Snake River Assc. Swim & Ski Weekend	January 22 Portland, Lewis & Clark College
February	10-11	Kent Area Dolphins	February 26 Pullman "L" Pool (IEA)
March	18	Anacortes	March 3-4 Newberg, Oregon
April	6-7-8	PNA CHAMPS-Husky Pool Hec-Ed. Pavilion	March 17-18 Richl'd/Yakima (tent.)
May	5-6-7	Region 12 SC, Hazen Pool in Renton	Mar. 30-Apr. 1 Or. Champs
			April 6-8 IEA Champs

## EDITOR'S CORNER...

THIS THE LAST NEWSLETTER YOU WILL RECEIVE IF YOU HAVE NOT RENEWED YOUR REGISTRATION!!!!

New Zealand entry deadline is February 29, 1984. Entry form inside!

"DECK PROFILES" was left out of the November, 1983 newsletter (our apologies) and we did not have room in the December issue. Because the "Deck Profiles" are always so interesting, we have included it in this "Wet Set". Sorry Cathy!

### INDEX

<u>Team Registration</u>	<u>2</u>	<u>Deck Profiles</u>	<u>9-10</u>
<u>President's Message</u>	<u>3</u>	<u>Card Instructions</u>	<u>12</u>
<u>Anacortes Entry</u>	<u>4</u>	<u>Board Meet. Minutes</u>	<u>13-14</u>
<u>International Entry</u>	<u>5-6</u>	<u>Evergreen Results</u>	<u>17-24</u>
<u>U.S.M.S. Regis.</u>	<u>7-8</u>	<u>Tahoma Entry</u>	<u>25</u>

December 27, 1983

Dear PNA Friends and Fellow Swimmers,

Well, the New Year is upon us....and I am so excited! I hope that you all had truly HAPPY HOLIDAYS....and are now ready to work off all the 'good food' consumed over the past two weeks. I sure am!

How's the goal work coming? Are you making any of them?? Keep up the great effort, OK? I am behind you 100%. Let's be supportive of each other - whaddya say?

The rest of the 1983-84 Shortcourse season promises to be great with remaining PNA meets in Port Angeles, Kent and Anacortes. PNA Champs will be at the University of Washington in April, Regionals at Hazen High School in Renton the first part of May and Nationals at Industry Hills (Southern) California Memorial Day weekend! So, everyone - get psyched up and ready to have a terrific time at all of these events! Also, don't forget the Masters' Championships in New Zealand in April!

I want to extend a special thanks to Bill and Colleen Castner for hosting the PNA Christmas party! It was fantastic!

See you all in Port Angeles!

Wish for you God's best in 1984!

*Wko*

CORRECTION - CORRECTION

Dana Williams (29) was dropped from the Rainier Valley Meet, November 20, 1983 because we could not find her membership. This was an error, she was a member at the time of that meet, so her swims will be counted in our PNA Top 10 and submitted to National Top 10 for consideration. She was a member of a record-breaking women's 200 Free Relay Team, age 20+, time 1:53.80 along with N. Barron, Ann Bache and Elaine Duke. Congratulations!

Walt Reid  
Kathy Crandell

TEAM SCORING AT  
PNA CHAMPIONSHIPS

The PNA Board approved a change in the team scoring for the PNA Championships. All registered teams will earn points, as usual, from the individual swims (7, 5, 4, 3, 2, 1) and the relays (14, 10, 8, 6, 4, 2). However, at the end of the meet the teams will be divided into 3 classes based on the number of swimmers on the team. Awards will be made to the first, second and third places in each of the 3 classes. The size of the team will be determined from the number of swimmers entering the meet by the official cut-off date.

- Class C = 1-8 swimmers
- B = 9-20 "
- A = 21+ "

The PNA is growing and there are a lot of new small teams. The objective of the 3 classes is to provide the small to medium-size teams an opportunity to win a trophy. Remember we are here for FUN, FITNESS AND FELLOWSHIP!

## "DECK PROFILES"

Last month I accompanied my husband, Forest, to Washington, D.C. Forest was there on business. He manages water resource studies for the U.S. Army Corps of Engineers and prepares reports summarizing study results. His report on the Centralia area was being presented to the Board of Engineers for Rivers and Harbors (BERH) at Ft. Belvoir, Virginia, about 10 miles from Washington, D.C. We both were extremely happy when the report was approved by BERH, since he had spent several years developing it.

While in the D.C. area, I was able to workout with my first Masters team, the Sea Robins of Fairfax county, Virginia. I had joined the team in January, 1980 while Forest was attending a year long Planning Associate course at BERH. At the time I joined, the Sea Robins were only a month old but already had 25 members. We worked out Monday, Wednesday and Friday for an hour at the beautiful Wakefield Recreation Center just off the Beltway in Fairfax county. The Wakefield pool is 50 meters by 25 yards and we used six lanes across the pool for our workouts. Jim Summers coached the Sea Robins and was not only an excellent Masters coach but also a highly successful high school coach, having won State Championships. The first workout was a lot harder than I had thought Masters would be. Jim told me to do 500 yards. I did the 500 yards and figured that was a good distance and the workout was over. But then Jim said, "Now that we are done with the warmup we'll do..." Over 2,500 yards later as I drug myself out of the pool I was wondering how I would ever survive. I quickly adjusted, however, since the workouts varied in intensity and were never grueling, at least nothing like the first one!

The Wakefield Recreation Center where we trained was unlike any I had ever seen. The facilities certainly reflected their being in one of the weathliest counties of the United States. In addition to the pool, the two story Center also housed a gymnasium for basketball and volleyball, racketball and handball courts, weight rooms and various activity rooms. The upper level overlooked the pool, gym, and courts and had a T.V. lounge snack bar, table tennis and billards areas. On the grounds of the Center were tennis courts, football, baseball and soccer fields, a miniature train ride, a carrousel and picnic area. In 1981 a second similar center, the Robert E. Lee Recreational Center, was built near Alexandria. The County also has two smaller centers, with 25 meter by 25 yard pools, near Mount Vernon and Providence and plans for two more to be built within the next two years. It's certainly a swimmers paradise.

In three years the Sea Robins have grown from 25 swimmers to between 50 and 60. They still workout three times a week at

Wakefield but had added Tuesday and Thursday workouts at the Lee pool. Jim is the pool manager at Lee and, because of this responsibility, had to stop coaching the Masters team. The Sea Robins now have three coaches -- two at Wakefield and one at Lee -- and still use six lanes for their workouts. They compete in Masters meets in the D.C., Virginia and Maryland areas and participate in a dual meet league.

In 1980 I swam in their first dual meet at Reston. It was my first introduction to the 100 meter and 200 meter fly and the beer relay. The 200 meter fly felt like it would never end and I kept asking myself why did I volunteer for this event? This year the Sea Robins will have four dual meets as well as regular Masters meets. They only keep score at dual meets if the other team is about their size. Otherwise they swim for fun only.

The Sea Robins have gotten bigger, have more coaches and more workouts, but the most important aspect about them has remained the same. Working out with them again reminded me of their unique family relationship. This special quality of the Sea Robins became apparent at our first meet of the 1980 season held in March at Montgomery College in Rockville, Maryland. Masters competition was a new experience for the Sea Robins and we were taken back a bit when the D.C. Masters Team walked out onto the pool deck. Their entire team wore matching black and gold warmups, suits and caps. At the sight of such obvious organization and apparent talent, we were somewhat intimidated, wondering what we had gotten ourselves into, but soon gained the emotional edge. We began cheering and encouraging each other before the meet began. The same encouragement we had given each other at workouts was now being transmitted at our first meet. We were a family. With the warm support of teammates, there was no room for disappointment or feeling of failure at the end of a race. For at the end of each race, as the first breath of air was taken to relief exhaustion, each of us heard a thunderous applause from our teammates. It wasn't the kind of applause generated by coming in first or setting records. It came from friendship and genuinely caring about each other's efforts regardless of place or time. That day as in all our meets, the Sea Robins excelled. But then, how could it be any other way when you had your family cheering for you?

Cathy Brooks

PNA Board Meeting  
December 13, 1983

The meeting was called to order at 7:40 p.m. by President Kiko Kimura. Those in attendance were: Loren Erickson, Kristie Burrill, Jan Twight, Susan Allen, Eric Bradford, Hugh and Jane Moore, Joanne Brislin, Chaya Amiad, Leif Johnson, Bobby Gallegos, Kathy Crandell, Walt Reid, Carolyn Behse, Donna Phelan, Russ Hall, Dan Patterson, Kiko Kimura, and Debbie Lewis.

The minutes of the November meeting were approved.

Committee Reports:

**Treasurer:** The PNA currently has \$1214.16. This includes all PNA expenses since the last meet. The account is drawn down because of the convention and the newsletter costs. The PNA will send \$100.00 to Dory Schwab the Zone Rep for convention costs. This was approved at a prior meeting.

**Meets:** There were 206 paid swimmers at the Evergreen meet. An Ad Hoc committee will be set up to design an evaluation form to be used after each meet. Walt Reid, Kathy Crandell, and Jan Twight will report at the next meeting. The host club may be asked to evaluate the PNA after each meet also. PNA Championship meet will be the first weekend of April. The Regional meet will be the first weekend of May. South Kitsap, Husky Masters and Cascade all submitted written bids for PNA Champs. Olympia submitted an oral bid. All bids were for 3 day meets. Cascade would hold its meet at Helene Madison Pool. Husky would attempt to secure the IMA pool for warm ups on Saturday morning and all day Sunday. It was felt that Olympia did not have the necessary experience to host a meet of this size. The vote on meet location was Husky 12, Cascade 2 and South Kitsap 3. Orca Aquatics at Hazen High School submitted a bid to host Regionals. It was moved and approved to accept Orca's bid for a May 4,5, 6th meet. Susan Allen will inform the other associations of the meet's location. South Kitsap will be asked to host a June long course meet. Seattle might host a July long course meet at Colman Pool. 1984-85 meet suggestions from Leif include relay meets, a pentathlon meet or a September fun meet of some kind. There will be a zone meet in Walnut Creek, California the 2nd weekend of September for short course zone championships. The PNA suggests that the meet be held in June, closer to the Short Course season. Kathy Crandell will send a letter with this suggestion. Joanne Brislin will be the PNA liaison to meet directors prior to each meet.

**Newsletter:** There will be a January newsletter. It will include the February meet form.

**Membership:** The new membership year has started.

**Records:** The December results will be in the January newsletter.

**Awards:** The awards are now presented on a display board. The PNA is making approximately \$100.00 each meet.

**Publicity:** Hugh Moore is working on a new PNA pamphlet.

Banquet: A committee will be formed to assist on banquets. The committee chair should be from the home pool. Will need 2 banquets this year: 1 for Champs and 1 for Regionals. Susan Allen and Russ Hall and 1 person from Hazen will work on the Regionals banquet. Joanne Brislin will assist with the banquet. The people will report at the next meeting.

Old Business: A motion was made and passed to vote on the 3 alternatives for scoring the PNA Championship meet. Alternative #2 was accepted. There will be 3 competitive classes: 1-8 swimmers, 9-20 swimmers and 21 and more swimmers. A motion was made and passed to award trophies to the first 3 places in each category.

President's Report: Kiko is open to any suggestions for the office and the PNA.

Next Meeting: January 17 at Dave Addleman's home.

The meeting was adjourned at 10:00 p.m.

Respectfully Submitted,

*Dale L. Lewis*