



the OFFICIAL PNA MASTERS NEWSLETTER

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Vol. 3 No. 2

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Schedule • Calendar

Mar. 18 Anacortes
Apr. 6,7,8 PNA CHAMPS-NOTE CHANGE
Shoreline High School
May 5,6,7 Region 12 SC, Hazen
Pool in Renton
June 23-24 LC South Kitsap
July 21or22 LC Colman?
Aug. 23-26 LC Nationals at Raleigh
North Carolina

IEA & OREGON SCHEDULES

Feb. 26 Pullman "L" Pool (IEA)
Mar. 3-4 Newberg, Oregon
Mar. 17-18 Richland/Yakima (tent.)
Mar.30-Apr.1 Oregon Champs
April 6-8 IEA Champs

EDITOR'S CORNER...

If you move, be sure to fill out the change-of-address form in the newsletter and mail to Norma Ingraham whose address is on the outside of the Wet Set. The post office does not forward Bulk Mail.Rick

Beginning next issue, I will have Committee Reports. Please send any information or inquiries to me.Susan

The next Board Meeting is at DOWNTOWN TACOMA YMCA, 1144 S. Market, Tacoma phone 572-9622.

INDEX

<u>Meet Bids '84-'85</u>	<u>2</u>
<u>President's Message</u>	<u>3-4</u>
<u>International Entry</u>	<u>5-6</u>
<u>U.S.M.S. Registration</u>	<u>7-8</u>
<u>Reg'l. & Nat'l. Relays</u>	<u>9</u>
<u>Deck Profiles</u>	<u>10</u>

<u>Port Angeles Results</u>	<u>11-15</u>
<u>P.N.A. CHAMPS INFO.</u>	<u>15-17</u>
<u>Time Card Instruction</u>	<u>18</u>
<u>National Top 10</u>	<u>19-20</u>
<u>Team Registration</u>	<u>20</u>
<u>Anacortes Entry</u>	<u>23</u>

Dear PNA Friends & Fellow Swimmers:

February 1984

As we continue to move along into the 1984 Short Course season, I trust that you all are working for and achieving the goals that you have set for yourself. It is exciting for me to look ahead to the rest of the season and evaluate the progress that we've made so far this year.

Do you realize that as of November, 1983 the PNA had 474 registered members? That is approximately 50 more than November, 1982 and makes us the largest association in the region 12 by almost one hundred persons! We are the eighth largest association in the country out of 56 registered associations. Our 1984 membership boasts 340 as of 2-7-84! As we continue to grow, I want to remind you that each one of you is important to our organization! You are our best source of advertisement for Masters Swimming. People are what make PNA Masters Swimming the great organization that it is. I feel so privileged to be the president of such a super group! Keep up the terrific swimming and bring a new swimmer to the Kent meet, OK?!? Remember: Fun, Fitness and Fellowship!

I want to express my thanks to the Port Angeles Masters for putting on a good meet and for making the PNA feel so welcome! The signs about town were inspiring, especially - "No pain - No gain!" The warm hospitality and enthusiasm displayed by your team was an excellent example of what Masters Swimming is all about.

Looking ahead...

- Tune ups for the championship season are the meets in Kent and Anacortes.
- PNA Champs are set for April 6,7,8 at the Shoreline High School. Remember the deadlines for:
 1. PNA/USMS individual membership registration
 2. PNA team registration
 3. PNA Banquet registration
 4. PNA meet entry deadline

WE WILL BE HOLDING A FOOD DRIVE AT THE CHAMPS. PLEASE BRING A CANNED GOOD FOR A NEEDY FAMILY.

- New Zealand - International Meet - Best of luck to all those planning to go! I know you all will represent the PNA well!
- Regionals at Hazen High School - Renton - Hosted by Orca Aquatics. Short Course Regionals only come to the PNA every 3rd year, so plan to come! It would be great to have PNA maximum participation!
- Short Course Nationals - Industry Hills, Ca. (Southern) a Memorial day weekend "fun in the sun" time! I'm planning to attend and hope that the turnout from the PNA will be fantastic! SC Nationals only come to the West Coast every 3-4 years, so seriously think about coming. It's a great opportunity to meet people from all over the country, swim in a super pool, vacation in a warm spot and have a tremendous all around experience! We are looking into group packages for the association. More info. to come.

*****If you are planning on going to Nationals, please fill out the information form found in this newsletter. Thanks!*****

Well, enough chit-chat for this month. Remember that I am available to serve you. If you have any questions, concerns or comments regarding PNA Masters Swimming, please contact me.

See you in Kent and Anacortes!

*Love,
Kiko*

FYI

There is some interest in purchasing warmup parkas from the FINALS Company. These are coat length fleece lined parkas.

- COLOR: Royal Blue with Red lining and Red Lettering
- LETTERING: Block Letters across the back- PNA MASTERS
Stiched in red left breast pocket level-
your choice name/teamname etc.
- COST: Approximately \$60.00-70.00

We need 12 orders to purchase from FINALS. If you are interested please contact KIKO at 525-9687(eves) or write 4755 Sand Point Way NE Seattle, Wa. 98105.

REMINDER!!!!!! Team registrations are due to Kiko Kimura by March 15th. In order to be eligible for team points and team awards at the PNA Champs team must be registered!

NEEDED!!!!!!!!!! If you are interested in helping with the layout of the new PNA pamphlet, Please contact Kiko ASAP!!!

*FOR NON-MEMBERS ONLY!

SUBSCRIPTION FORM FOR WET SET NEWSLETTER

DATE.....	MAKE \$6.00 CHECK PAYABLE TO:
ADDRESS.....	<u>PNA MASTERS SWIMMERS AND SEND</u>
.....	TO:
.....	Norma Ingraham
.....	5909 Reid Dr. N.W.
.....	Gig Harbor, Wa. 98335
ZIP CODE.....	

*Registered members receive the newsletter for one year upon receipt of their registration and do not have to subscribe.

UNITED STATES MASTERS SWIMMING, INC. REGISTRATION APPLICATION - 1984

THANK YOU

"FILL IN WITH NAME YOU WILL USE ON ALL MEET APPLICATIONS"

PLEASE PRINT OR TYPE INFORMATION

Last Name _____ First Name _____ Initial _____
 Street Address _____
 City _____ State _____ Zip Code _____
 Name of Club You Represent _____ Date of Application _____



OFFICE USE ONLY

Area _____ Telephone No. _____
 Date of Birth _____ Age _____ Sex _____

I hereby agree to abide by and be governed by the rules and regulations of USMS and the Local Masters Swim Committee

MAIL TO ►

PNA Masters Swimmers
 Membership Chairman
 Marietta James
 10008 - 114th St. S.W.
 Tacoma, Wa. 98498
 (206) 582-6877

U S M S fee	\$ 3.25
L M S C fee	\$ 8.75
TOTAL FEE	\$ 12.00

Seniors 65+ \$ 9.00
 FORM 3-84

X _____
 APPLICANT'S SIGNATURE

MAKE CHECK PAYABLE TO -

PNA MASTERS SWIMMERS

Encl. stamped self-addressed envelope

CONSTITUTION AND BY-LAWS AMENDMENT BALLOT

YOU MUST VOTE YES or NO

These amendments to our Constitution and By-Laws are recommended by the Board of Managers of PNA Masters Swimmers. Several changes are designed to clear up confusing material. The change in the Constitution is designed to meet the requirements of The Internal Revenue Service Regulations regarding educational, tax exempt organizations. This will enable us to fall under the tax exempt umbrella of the national organization, United States Masters Swimming, Inc. They will provide the materials necessary for IRS to grant tax exempt status and will include PNA Masters Swimmers.

- Yes, I approve the proposed amendments to the Constitution and By-Laws of PNA Masters Swimmers.
- No, I do not approve the proposed amendments to the Constitution and By-Laws of PNA Masters Swimmers.

PLEASE READ RECOMMENDED AMENDMENTS ON FOLLOWING PAGE

Constitutional Amendment (dashed material is to be deleted, underlined to be added)

ARTICLE FOUR: NON-PROFIT PURPOSE

Paragraph 4.3 Dissolution: Upon dissolution of PNA Masters Swimmers, any remaining assets and obligations of PNA Masters Swimmers shall be transferred to a Section 501(c)(3) Internal Revenue Code exempt successor organization, if any, established to assume the function of PNA Masters Swimmers, and if there be no successor, any remaining assets after payment of the obligations of PNA Masters Swimmers, shall not inure to the benefit of any private individual or corporation, but shall be distributed to another masters swimming organization or if none exists, then to another organization operated exclusively for charitable or educational purposes. United States Masters Swimming, Inc. to be used exclusively for educational or charitable purposes, or, if United States Masters Swimming, Inc. is not then in existence, or is not then a corporation which is exempt under Section 501(c)(3) of the Internal Revenue Code and to which contributions, bequests and gifts are deductible under Sections 170(c)(2), 2055(a)(2) and 2522(a)(2) thereof, such assets shall be distributed to such a corporation, to be used exclusively for educational or charitable purposes.

By-Laws Amendments (dashed material is to be deleted, underlined to be added)

Section 2.2 Team Membership

Any group of two or more paid members of PNA Masters Swimmers ~~who are~~ which is duly registered with the membership chairperson for the purposes of swimming as a ~~team shall be recognized as a team.~~ recognized team in meets sponsored by PNA Master Swimmers, shall be recognized as such. Any team with ~~more than eight (8) individuals on its roster~~ eight (8) or more paid members of PNA Masters Swimmers on its roster shall be eligible to have its own representative sit on the Board of Managers with full Board privileges and duties provided that the annual team membership fee of \$5.00 is paid, duties; provided that the team has paid the designated annual team membership fee in an amount as formally established by the Board.

Section 4.1 Terms and Election Method

The officers of PNA Masters Swimmers, President, Vice-president, Secretary, and Treasurer, shall be elected by the PNA Masters Swimmers membership to two year terms. They shall be voted on by secret ballot with winners determined by a simple majority vote of the members casting ballots. Elections shall normally be held every two years. Interim vacancies in any office shall be filled by a majority vote of the Board of Managers. The PNA Masters Swimmers Secretary shall mail election ballots containing the names of all qualified nominees ~~to the membership prior to April 10. Ballots to be counted, must be returned to the Secretary by May 10.~~ each paid member of PNA Masters Swimmers by a date at least thirty (30) days prior to the first day of the annual PNA Masters Swimmers Short Course Championships for any year in which elections are to be conducted. Ballots, to be counted, must be placed in the mail, or hand-delivered, to the Secretary by not later than one (1) week prior to the first day of the aforementioned PNA Championship meet.

"DECK PROFILES"

This month's Master Swimmer began swimming for his health in 1977. Upon noticing his workout, members of the Tiger Masters Swim Team encouraged him to join their club. George Eldridge has been swimming Masters ever since. "It makes me feel better," George attests.

George's workouts have become so second nature to him that he either adds kicks in the middle of a set or swims IMs to make counting his laps easier. Personally, I know how hard the IM is to swim in a meet, much less swim repeatedly in a workout, so I can assure you George has gained a high level of physical fitness from Masters. His method of counting laps is more than I can handle. I think I'll stay with my less energetic way, just moving the kickboard down the pool tiles.

The 500 and 1650 freestyle events are George's favorites because he has been able to swim better in them than anything else. I was wondering how he kept track of his laps in the 1650, since it would be hard to add kicks in the middle. Of course, it was brought to my attention from a reliable source that swimmers in the 1650 have lap counters. I immediately thought, gee, that's a novel idea, since I've never used one when I have swum it. For those of us who are in good enough condition, George has provided some creative ways for keeping track of laps. As for me, I'll just keep moving my kickboard down the tile -- and think I'll look into that idea of having a lap counter next time I try the 1650.

Deborah Pierson is a member of the Bangor Masters Team. She is a recent graduate of Washington State University where she earned an electronics engineering degree. She joined the Bangor Team in September 1983 and attended her first meet at Rainier Beach in October 1983. That meet was especially enjoyable for her because it was low key without high pressure.

Deborah's workouts with the Bangor Team have lots of variety and most importantly help create a team spirit which the former Cougar especially enjoys. Deborah's childhood dream was to swim competitively. Speaking as a typically busy person Deborah says, "Now, I get to live it out -- when I have the time."

-the one that isn't "Burnsie"

In future issues of the Wet Set we will list the swimmers who achieve a lifetime best time or a personal best time in Masters. Those who wish to be so recognized in the Wet Set, should see me with the information at any meet. Setting a best time is a major accomplishment and I will be happy to help acknowledge your achievement.

Cathy Brooks