

the OFFICIAL PNA
MASTERS
NEWSLETTER

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Vol. 3 No. 3

MARCH 10, 1984

Schedule • Calendar

1984		<u>IEA & OREGON SCHEDULES</u>	
Mar. 18	Anacortes	Mar. 17-18	Rickland/Yakima
Apr. 6,7,8	PNA CHAMPS-NOTE CHANGE Shoreline High School	Mar.30-Apr.1	Oregon Champs
May 5,6,7	Region XII SC, Hazen	Apr. 6-8	IEA Champs
May 26-29	SC Nationals, Industry Hills, California	June -	LC Mountain Park, Portland, Or.
June 23-24	LC South Kitsap	Aug.10,11,12	Reg. LC Champs, Mt. Hood Comm. College, Gresham, Or.
July 21or22	LC Colman?	Aug.23-26	Nat LC Champs, Raleigh, NC
Aug. 23-26	LC Nationals, Raleigh NC		

EDITOR'S CORNER

PLEASE NOTE KIKO'S CORRECT PHONE NUMBER AT TOP OF PAGE. THE NUMBER IN LAST MONTH'S NEWSLETTER WAS INCORRECT. SORRY KIKO..Norma

Medical and Fitness Committee Reports will start off the "COMMITTEE REPORT BULLETIN BOARD".
....Susan

May we remind you to please get your entry forms and other information for the newsletter to Norma Ingraham (address outside cover of newsletter) by the 1st of the month, or if sending them to Kathy or Susan, before the end of the month prior to the newsletter mailing. This gives them time to get the info to Norma by the 1st. We make every effort to mail the Wet Set to you by the 10th (this month by the 9th, the 10th being Saturday). It takes time to type, layup, edit, headline, print, collate, staple, fold and staple, label, zip sort, bind and mail. So keep them coming early!...Susan and Rick

INDEX

<u>P.N.A. Suit Form</u>	<u>2</u>	<u>President's Message</u>	<u>9-10</u>
<u>U.S.M.S. Registration</u>	<u>2</u>	<u>Bulletin Board</u>	<u>10</u>
<u>Meet Bid</u>	<u>3</u>	<u>Team Registration</u>	<u>12</u>
<u>Region 12 Entry</u>	<u>4-5</u>	<u>Meeting Minutes</u>	<u>13-14</u>
<u>Time Card Instruction</u>	<u>6-7</u>	<u>Kent Dolphin Results</u>	<u>15-21</u>
<u>Reg'l. & Nat'l. Relays</u>	<u>7-8</u>	<u>P.N.A. Champs Entry</u>	<u>24-25</u>

March 1984

Dear Friends and PNA Masters Swimmers:

Wow! I can't believe how the months are just flying by! How are you all doing with your goals? Well, from a personal standpoint, I am feeling at my best! I'm at the lowest weight I've been in two years and am feeling in great shape and good about myself....and that's what Masters Swimming is all about, isn't it?

Fred Wiggin, Donna Phelan and I had a fantastic time in Boise at the first-ever Sawtooth Masters Swim Meet. They had about 40 swimmers there and put on a good meet. Dick Cooke, president of the Boise area association, swam with a wrist splint on! Now that's determination! And where else but in Masters Swimming could four brothers, ages 28 to 40 all swim together on the same relay, yet swim for different associations? It was a kick! The weather was beautiful, the hosts excellent. We saw a lot of the city and surrounding area while the Oregon contingent skied their hearts out at Bogus Basin. Next year, this is a definite "must go" trip for ski/swim fanatics in the PNA!

February was a busy month for PNA Masters. On Friday, February 3rd, I worked out with Tacoma Y. Masters. Last time I visited they only had 3 lanes of pool space, now they have the whole pool to themselves and are really making waves. Coach Mike Stipek gave a good, solid set (5X200 Free - broken at the 150 w/10 sec. rest, descend the 150's 1-5 with the 50 on the end at 95%). We had a yummy time after workout at the Plush Pippin to conclude a super evening of fun, fitness and fellowship!

The successful Kent meet filled the middle part of the month. Thanks to Denise Stencil and her crew for a good job. I met some new swimmers (no doubt there were many new faces since our membership is now 430), greeted long missed swimmers (welcome back Chaya and Mary Beth) and had a good swim myself. Pretty exciting for one weekend. Special thanks to Dave Addleman for the use of his place for the Valentine's party! We missed those of you who couldn't make it.

And ending the month, Tom Foley and I made our way up to Bellingham YMCA with our "PNA TRAVELLING SLIDE SHOW AND EXTRAVAGANZA". (Otherwise known as "Everything you wanted to know about PNA Masters Swimming, but were afraid to ask.") Actually, we just showed some slides, discussed the philosophy of Masters Swimming (FUN, FITNESS, FELLOWSHIP), ran through expectations of a swim meet, answered questions and spent some water time going over rules, diving off the blocks etc. Ian Thompson, organizer of the event expected about 6-7 people. Boy was he surprised when 17 people showed up! Hopefully, we'll see some of them at the Anacortes meet. Thanks Ian and Don Buthorn for your enthusiasm and initiation of such a successful event.

Be sure and introduce yourself to someone you don't know at the meet! If you are interested in starting a Masters Club in your area or want to have a recruiting meeting, I'd love to do the slide show for you. Just let me know!

- * Don't forget the PNA food drive at Champs April 6-7-8.
- * Don't forget important deadline dates in this issue.
- * If you're interested in a travel package to Nationals, contact Kiko.

* Anyone interested in a meet in Denver, Co. April 13-15 contact Kiko for more info.

Thanks for all your participation, support and encouragement. You are all special to me!

*Love,
Kiko*

P.S. My phone number has been incorrect on the cover page of the last few Wet Sets. It is 525-9687.

See you at Anacortes and Shoreline.

COMMITTEE REPORT BULLETIN BOARD

MEDICAL COMMITTEE

This committee is working to develop a brochure for distribution to the medical community to describe the benefits of Masters Swimming, what it is, who to contact and where people can swim.

A fitness testing program is also being developed for use by PNA Masters Swimmers for periodic evaluation of fitness levels.

Swimmers interested in working with this committee should contact Jane Moore: 29920 - 2nd Pl. SW, Federal Way, Wa. 98023 - (206) 941-3100.

FITNESS COMMITTEE

This committee is working to develop a plan to encourage and promote fitness swimming. Swimmers interested in working with this committee should contact Hugh Moore: 29920 - 2nd Pl. SW, Federal Way, Wa. 98023 - (206) 941-3100.

TEAMS, POOLS & WORK-OUTS

Cascade Swim Club
Shoreline Pool
191st & 1st N.E.
Seattle, Wa.
5:30-7:00 am Mon.-Fri.
\$15.00 per month
Coach: Dan Kortman 363-4845

Cascade Swim Club
Helene Madison Pool
134th & Meridian N.E.
Seattle, Wa.
8:30-9:30 pm Mon.-Thurs.
\$31.00 per month
Team Rep: Jan Kavadas 775-5814

continued next page

TEAMS, POOLS & WORK-OUTS cont.

Evergreen Swim Club
Evergreen State College
Olympia, Wa. 98502
6:00-7:30 (pm?) M,T,W,Th.
\$35.00 per 8 weeks
Tina Bauer 866-6000 ext. 6530

Federal Way Masters
Federal Way Pool
30421 - 16th Ave. S.
Federal Way, Wa. 98003
6:00-7:00 am M,T,W,Th,F
\$17.50 per month
Coach: Laird Chambers 839-1000

Fidalgo Islanders
Fidalgo Pool
22nd & J.
Anacortes, Wa. 98221
no organized work-out
Steve Olsen 293-3692

Fort Steilacoom
Ft. Steilcm. Comm. College Pool
9401 Farwest Dr. S.W.
Tacoma, Wa. 98498
11:00 am to 1:00 pm M,W,F
5:00 pm to 7:00 pm T,W,Th.
11:30 am to 1:30 pm Sat.
6:30 pm to 8:30 pm Mon.
\$20.00 per mo./ .75 daily fee
Coach: Kathy Crandell pool:964-6678
home:588-4879

Port Angeles
William Shore Memorial Pool
225 E. 5th
Port Angeles, Wa. 98362
4:00 pm-6:00 pm Sun. (& lap swims)
\$6.00 per mo. team fees
.77 lap swim daily fee
Coach: Don Fairbanks
Info: Pete Northrop work: 452-7831
home: 457-3198

Rainier Valley Masters
Rainier Beach Pool
8825 Rainier Ave. S. (& Henderson)
Seattle, Wa.
5:30 pm-6:30 pm Tue. & Thurs.
\$1.25 per swim, 75¢ senior
Coach: Don Helling 723-5919

Salvation Army Center Pool
9050 - 16th Ave. S.W.
Seattle, Wa. (White Center)
8:00-9:00 pm Wed.
6:00-7:00 pm Fri.
25¢ members, \$1.00 non-members
Coach: Steve Atteridge
Info: Cathy Parker 767-3150

Southwest Pool
2801 S.W. Thistle
Seattle, Wa. 98126
6:00-7:30 am Mon.-Fri.
Call for other times
Nancy Eisner 935-6006

Sumner Tritons
Sumner High School Pool
Sumner, Wa. 98390
5:30-7:00 am Mon.-Fri.
8:00-9:30 am Sat.
\$15.00 per month team fee
Coach: Rob Van Slyke 863-8100
Pres: Bonnie Wagner 848-2728
Sec: Donna Phelan 862-8777

Tacoma "Y"
Tacoma Family YMCA
1002 South Pearl
Tacoma, Wa. 98465
7:30-9:00 pm M,W,F
\$228.00 per year "Y" membership
Coach: Mike Stipek 564-9622

Tigers
Evergreen Pool
606 S.W. 116th St.
Seattle, Wa.
4:30-6:00 pm Mon-Fri.
5 days week \$25.00 month
3 days week \$20.00 month
2 days week \$15.00 month
Bill Castner 246-1726

Tigers - Ladies Swim Team
9:15-10:30 am M,W,F
Coach Cathy Brooks
Men & Women lap swim
11:30-1:00 pm Mon.-Fri.

TEAMS, POOLS & WORK-OUTS Cont.

Totem Lake
Juanita High School Pool
Juanita, Wa.
5:30-6:30 am M,W,F
7:30-8:30 pm T,Th.
7:00-8:00 am Sat.
\$35.00 per month
Coach: Steve Armstrong
Info: Donna Daly 821-5729

University of British
Columbia Aquatic Centre
Vancouver, B.C. Canada
7:00-8:00 pm Tues. Thurs.
\$2.00 per swim
Team Rep. Debra Glassman
(604) 738-8371

TEAM REGISTRATION FORM

DEADLINE MARCH 15, 1984

TEAM NAME.....TEAM REPRESENTATIVE.....
PHONE (day).....REP. ADDRESS.....
PHONE (eve).....

FEE: \$5.00, Make Check to PNA MASTERS SWIMMERS

SEND TO: Kiko Kimura
4755 Sand Point Way N.E.
Seattle, Wa. 98105

REGIONAL BANQUET REGISTRATION

The banquet will be held on May 5, 1984 at AQUA BARN, \$9.00 per person. Make out check to PNA MASTERS SWIMMERS, send with form to:

NAME..... Robbie Chandler
ADDRESS..... 432 Monroe Ave. N.E. #208
NUMBER OF TICKETS @ \$9.00 ea..... Renton, Wa. 98056
(206) 228-8808

PNA BOARD MEETING

February 14, 1984

The meeting was called to order at 7:30 p.m. by President Kiko Kimura. Those in attendance were Ann Gindroz, Jim Gross, Bonnie Wegner, M.J. Garlick, Mike Stipek, Kathy Crandell, Walt Reid, Marietta James, Leif Johnson, Donna Phelan, Hugh and Jane Moore, Rick Ingraham, Kiko Kimura and Debbie Lewis.

The minutes of the January 17, 1984 meeting were read and approved.

Committee Reports:

Treasurer: \$4,504 in the bank. This does not include money from the Feb. meet.

Meets: 243 entries at the Kent meet. A discussion was held on the meet evaluation forms. They will be filled out after each meet at the Board meetings and kept for reference for future meet bids. A suggestion was made to consider ways of funding the PNA purchase of an electronic timing system. The South Kitsap Long Course meet is scheduled for June 23 and 24. A motion was made and passed for a \$7.00 meet entry fee for the PNA Championship meet. \$1.00 of this will go to pay for the rental of electronic timing equipment.

Newsletter: The reduction in size of results worked out fine. Time now to examine the costs of a professionally produced newsletter as opposed to what the PNA used to produce with volunteers.

Membership: 406 members currently. Marietta James would like someone to take over as membership chairman. Beginning August, 1984 all new members will receive membership good for 1985. Kiko has 11 registered teams for PNA Championships.

Records: 34 PNA, 19 Regional and 2 National records were set at the Kent meet. Bonnie has been working on a new awards form. A motion was made and passed to spend \$100 for printing the award forms. A motion was made and passed to spend \$100 for printing the PNA awards banquet booklet. A motion was made and passed to accept the new cover the PNA records booklet that Bonnie designed. New medals were ordered for the PNA championship meet and for Regionals. This will cost approximately \$750. A motion was made and passed to include the presentation of the President's Award at the PNA championship meet. The President will decide on the criteria for selection.

Constitution: Changes were finally passed with 255 votes received. The constitution is now passed as ratified.

Publicity: Kiko still is working on a new PNA pamphlet.

Community Service: There will be a Food Drive at the PNA championship meet.

Banquet: Rick is working a Talent Show for the Regional banquet.

New Business: Jane Moore is chairman of the National Medical Committee. This means another vote for the PNA at national conventions. Kathy Crandell is on the national championship meet committee, and on 2 ad hoc committees: Nomination of officers and the adaptive handbook. Russ Hall is on the national records committee.

PNA coach for Nationals is Kathy Crandell.

Swim to L.A. --- Each team may try to "swim" to L.A. approximatel 1,127 miles. There is a \$10.00 team entry fee. Each team that makes it gets an award. A portion of the money will be a donation to the Olympic fund. Swimming miles are effective as of March 1, 1984. More will follow in the newsletter.

Meeting was adjourned at 9:35p.m. The next meeting is at Debbie Lewis', March 20, 1984.

REGION XII TALENT SHOW

IF YOU ARE A MEMBER OF USMS, ARE GIFTED AND ARE GOING TO THE REGION XII SHORT COURSE CHAMPIONSHIPS BANQUET, WE ARE LOOKING FOR YOU!! ANYONE WHO SINGS, DANCES, JUGGLES, PLAYS AN INSTRUMENT, TELLS JOKES OR DOES ANY OTHER FORM OF ENTERTAINMENT PLEASE SEND A CASSETTE

TAPE OR LETTER OF EXPLANATION TO: Rick Ingraham
5909 Reid Dr. N.W.
Gig Harbor, Wa. 98335
(206) 851-7130

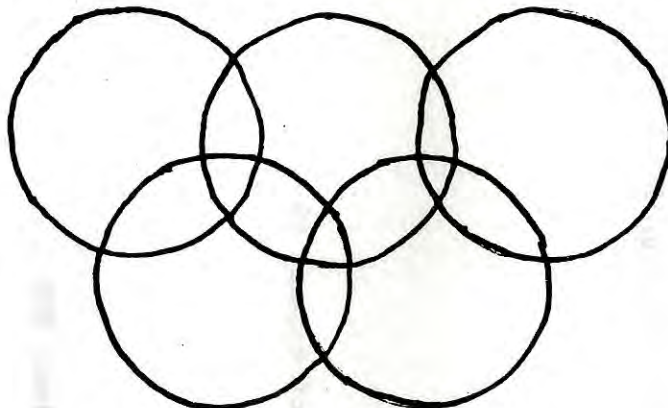
T H I S I S I T !!!

THE (un) OFFICIAL NOTICE OF THE 3rd ANNUAL SOUTH KITSAP MASTERS LONG COURSE (of course) SWIM MEET, JUNE 23-24, 1984. THIS WILL BE THE MEET OF THE YEAR!!! MORE FUN, MORE PRIZES, MORE SUNSHINE (I hope) THAN EVER BEFORE. WE WILL BE GIVING AWAY FIVE DOOR PRIZES OF GREAT VALUE, WELL MAYBE OF A LITTLE VALUE, WOULD YOU BELIEVE----- . DON'T YOU DARE MISS THIS ONE!

P.S. PLEASE SIGN UP NOW FOR YOUR "FREE" ENTRY FORM.

Swim to L.A.

19



84

SUPPORT THE 1984 US OLYMPIC TEAM BY "SWIMMING" TO LOS ANGELES
BETWEEN MARCH 15, 1984 AND JULY 28, 1984

HOW: It is 1142 miles from Seattle to Los Angeles.
EXAMPLE: If you have 10 people on your team, each person would have to swim approximately 115 miles between March 15th and July 28th (opening ceremonies of the Games). That is 134 days to swim 115 miles (or 9/10 of a mile per day). Or you can be creative and flexible about dividing up the miles. If you live in an area outside of Seattle, just add or subtract mileage from 1142.

This is NOT a PNA sanctioned event, so any group or individual who wishes to participate, may.

WE ARE ASKING FOR A \$10.00 DONATION most of which will go directly to the US Olympic Committee. A small portion will go towards a memento for your team to be received upon completion of the mileage. Pre-registration is encouraged, but participants may register at any point during the event.

This is an honor system event. You are responsible for keeping your own mileage. A packet of materials will be distributed upon registration. If you have questions call Kiko 525-9687.

If you are interested in SWIMMING TO LA, please fill out the form below and send it to: Kiko Kimura, 4755 Sand Point Way NE, Seattle, Wa. 98105.

MAKE CHECKS PAYABLE TO PNA MASTERS SWIMMERS

SWIM TO LOS ANGELES - 1984

DESIGNATED CONTACT PERSON.....

ADDRESS.....

PHONE DAYS..... EVES.....

SEND TO:

Kiko Kimura
4755 Sand Point Way N.E.
Seattle, Wa. 98105
(206) 525-9687

FOOD DRIVE

For **SECOND HARVEST** in
April at **PNA CHAMPS Meet.**
Please Bring **Non-Perishable**
Food Items To The Meet.