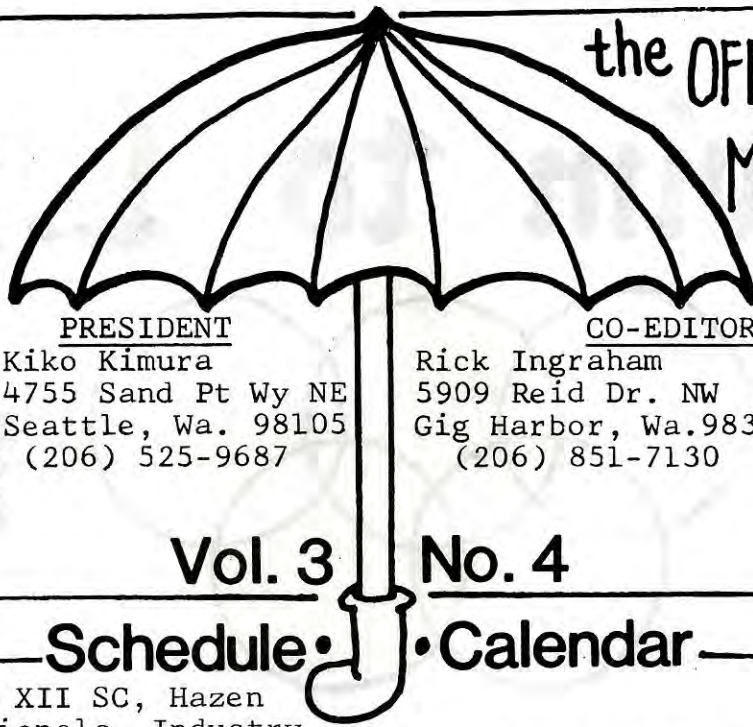


the WET SET



the OFFICIAL PNA MASTERS NEWSLETTER

PRESIDENT

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Seattle, Wa. 98105
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Vol. 3

No. 4

April 10, 1984

Schedule • Calendar

May 5,6,7	Region XII SC, Hazen	June -	LC Mountain Park, Portland, Or.
May 26-29	SC Nationals, Industry Hills, California	Aug. 10-12	Reg. LC Champs, Mt. Hood Comm. College, Gresham, Or.
June 23-24	LC South Kitsap	Aug. 23-26	Nat. LC Champs, Raleigh, NC
July 21or22	LC Colman?		
Aug. 23-26	LC Nationals, Raleigh NC		

THE NEXT BOARD MEETING WILL BE APRIL 10, 1984 at 7:30 pm at Donna Phelan's home.

EDITOR'S CORNER...

We are still looking for willing participants in the TALENT SHOW at the Region XII Short Course Championships banquet! This is just for fun!!! See information inside this newsletter.RICK

Please remember to send us your change of address if you move. The post office will not forward bulk mail. If your newsletter is arriving a little late check with your post office in the area. Newsletters get priority over other bulk mail and although they take longer than first class mail, they should not be weeks late. That is the fault of the post office.Susan

Swim To L.A. 2

Reg'l. & Nat'l. Info. 7-11

President's Message 3

Deck Profiles 12

Capri Relay Entry 4

National Entry 13-14

Meeting Minutes 5

Anacortes Results 15-19

Meet Bid 6

Top Ten 20-21

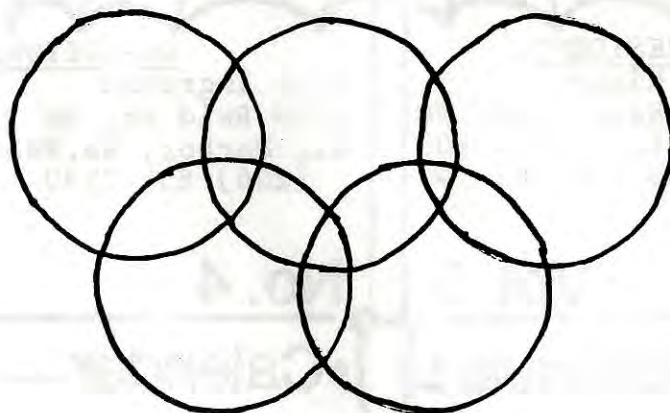
Card Instructions 7-8

Regional Entry 22-23

INDEX

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

April, 1984

Dear Fellow Masters Swimmers & Friends,

What a privilege it has been to serve you this past year as president! It's hard to believe that it has been a whole year since I jumped into this job. You all have made it a quality year for me and I am realizing more and more what a wonderful organization PNA Masters Swimming is. Each and every one of you is what makes Masters Swimming special for me. The people I've met, the places I've been, the various individual triumphs I've witnessed, the goals I've seen set and met....these just scratch the surface of the benefits I've received from Masters Swimming this past year. And how about you???

Well...the travels of the president...I spent a Saturday in March with Fort Steilacoom Masters. Coach Kathy Crandell posts a tough workout, but the real surprise was that half of the people in the pool were recreation swimmers! This team is unique in regards to the diversity of talent and personalities and I admire and respect Kathy's ability to accommodate everyone. Thanks Kathy for a great experience!

I spoke earlier about the past year...So now, how about the future? Our membership is now 510, which is 30 plus more than our entire membership for 1983! And it's you, the current members, who are the best advertisement and resource for Masters Swimming. I hope everyone is getting psyched for PNA Champs and Regionals. I want to encourage you all to try to swim at regionals in May since it is our own backyard - Renton. It will be a great chance to (1) meet some great people from Oregon, Eastern Washington and Idaho, (2) swim in a good pool, (3) experience some fun swimming! Then it is on to Nationals...Industry Hills, or Bust!

REMEMBER IMPORTANT DATES AND DEADLINES!

Best blessings to all who are going to New Zealand! Represent the PNA well!

See you all at Champs and Regionals.

Stuck with me another year!

P.S. An update on Bellingham YMCA - 12 people made it to Anacortes! Way to go Bell-Y!! It was great meeting you!

PNA Board Meeting

March 20, 1984

The meeting was called to order at 7:40 p.m. by President Kiko Kimura. Those in attendance were: Russ Hall, Sue Dearborn, Amy Rust, Kathy Crandell, Susan Allen, Donna Phelan, Walt Reid, Hugh Moore, Leif Johnson, Rick Ingraham, Joanne Brislin, Chaya Amiad, Judy Weston, Dave Addleman, and Debbie Lewis.

The minutes of the February meeting were approved with one correction: The PNA championship fee of \$7.00 was approved for the 1984 meet only.

Committee Reports:

Treasurer: \$4,457.65 in the Treasury. Newsletter costs for 9 months were \$2,883.16. The printing costs will go up because we are now over 500 members. \$1,079.39 was made on meets in 9 months.

Meets: A statement that any award will be taken from any team discouraging any swimmer from participating in the PNA championship meet will be printed in the newsletter. A motion was made and passed by the Board adopting this policy. There are 32 registered teams for the PNA championship meet.

The question of raising money to send a swimmer to a national meet was discussed. It will be discussed further at a Board retreat. A motion was made and passed that the PNA would supply an endorsement letter to any PNA swimmer in good standing who requests one for the purpose of gathering sponsors.

Membership: The new chairmen are Jane and Hugh Moore. They will put some of the membership information on their computer. There are 502 members.

Possible dates for a board retreat are May 12 & 13, or 18 & 19 or June 9 & 10. Sue Dearborn is investigating a possible meeting site.

Records: A motion was made and passed to accept two protests whereby peoples' records did not count because they were not registered swimmers. The swimmers had paid, there was a slip-up in the process.

Awards: 9 trophies are needed for the PNA championship meet. A motion was made and passed to spend money for trophies based on the formula of Money Used = # of teams X team fees. The awards committee will buy the trophies.

The next meeting will be April 10 at 7:30 p.m. at Donna Phelan's home.

The meeting was adjourned at 9:20 p.m.

Respectfully Submitted,

Debbie Lewis

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.

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

DECK PROFILES

In 1981 Bruce Packard decided to join the Sumner Tritons. He remembers his first year with the Tritons well because it was also Sumner's first PNA Championship season.

Bruce soon found swimming to be the perfect exercise, as his workouts gave him relief from his back problems. Due to the health benefits and solitude of working out by himself Bruce quickly adjusted to training again. The relaxed pace he uses doing workouts makes swimming enjoyable to Bruce. His training changes however when a meet approaches. Then Bruce swims daily to prepare for his events. When Bruce is not swimming he is working on his sailboat. As Bruce says, "I work on my sailboat 24 hours a day, except the hour I'm swimming."

Amy Rust is the Washington Athletic Club Masters's coach and is also a member of the Cascade Masters Swim Team. She has been swimming since the age of six.

Upon enrolling in college, Amy decided to try a new sport and joined the ski team. Laps in the pool were traded for runs down the mountain slope. After graduating from college with a major in Physical Education and a minor in Health and Coaching, Amy was employed by Shoreline pool. Watching people workout during lap swim made Amy want to start swimming again. She joined Cascade Masters and swam in her first Masters meet at Anacortes in February 1983.

Amy particularly enjoys her coaching position with the Washington Athletic Club. Her swimmers are enthused and eager to learn from her expertise. The most exciting aspect of coaching, to Amy, is when she is able to pass onto her swimmers the exhilarating feeling of doing a stroke correctly.

Cathy Brooks