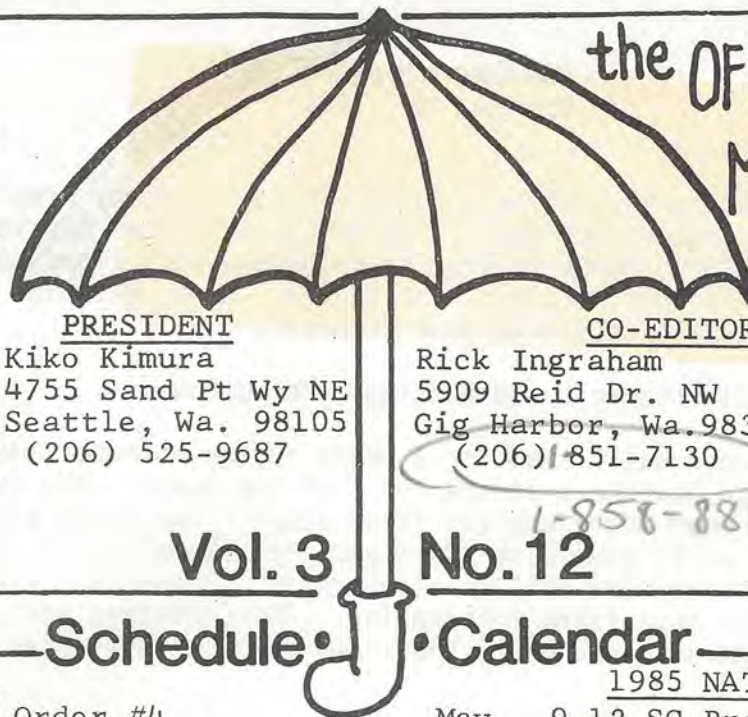




the OFFICIAL PNA
MASTERS
NEWSLETTER



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Vol. 3

No. 12

DECEMBER 10, 1984

Schedule • Calendar

PNA

Jan. 12-13 B.E.S.T. Order #4
Jan. 19-21 Snake River Swim & Ski
Contact Kiko Kimura for information
Jan. 26-27 Port Angeles, Order #1
Feb. 9-10 Kent Area Dolphins #2
Mar. 9-10 Cascade #3
Mar. 29-31 So. Kitsap (PNA CHAMPS)
May 4 Masters Swim Clinic UPS
May 5 25 Meter Meet UPS

1985 NATIONALS

May 9-12 SC Brown Deer, Wis.
Aug. 17-20 LC Providence, R.I.
Apr. 26-28 REG. XII SC CHAMPS
U. of Idaho, Moscow
Aug. 7-25 Masters Games at
Toronto, Ontario, Canada
FOR IEA/ORE SCHEDULE
PLEASE SEE PAGE 3

EDITOR'S CORNER...

PNA WILL HAVE A RECORDED MESSAGE
PHONE NUMBER UNDER S.W. DEERBORN
206-328-4424

STARTING JANUARY 1, 1985 USMS AND PNA
WILL USE A NO FALSE START RULE. PLEASE
BE AWARE OF THIS. IT WILL BE ENFORCED.

If you are going to Toronto in August, 1985 please give your name and phone No.
to Karen Unruh, P.O. Box 1333, Puyallup, Wa. 98371 Phone: 206-845-5569.
Please note the phone number has been corrected from Nov. newsletter.
There will also be a short meeting 15 minutes prior to the B.E.S.T. meet in
January to talk about travel arrangements and developing a team spirit. The
Toronto entry will be published again in the May newsletter.

SEARCH FOR NEW NATIONAL MEDAL DESIGN - if interested contact Kathy Crandell,
11114 - 111th St. S.W., Tacoma, Wa. 98498 Phone: 206-588-4879,

For information about IEA and ORE meets write or call:

Harry Lewis (509) 747-3421 E. 944 - 39th Ave. Spokane, Wa. 99203	Arthur Smith (503) 297-8065 6225 S.W. Canyon Ct. Portland, Or. 97221	Connie Wilson (503) 771-1663 8383 S.E. Battin Rd. #1 Portland, Or. 97226
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1985 U.S.M.S. REGISTRATION DUE! PLEASE RENEW NOW!

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PNA Board Meeting
November 27, 1984

The PNA board meeting was called to order at 7:40 p.m. by President Kiko Kimura. Those in attendance were: Maxine Carlson, Dawn Mussleman, Susan Dearborn, Susan Allen, Donna Phelan, Karen Unruh, Rick Ingraham, Hugh Moore, Amy Rust, Carolyn Baldwin, Kiko Kimura, Joanne Brislin, Debbie Lewis, Jan Lehmann-Shaw, Walt Reid and Kathy Crandell.

The minutes of the October board meeting were approved.

Newsletter: Cascade was listed for 2 meets in the November newsletter, Kent-Tahoma should have been listed for 1 of the meets. The December meet will be the last meet where one can false start. The false start rule will begin in January -- if you false start you are automatically disqualified. The Idaho swim/ski weekend will be February 16, 17 and 18. Kiko will be the contact person for organizing information. The Christmas party will be at the Castners'. Swimmers should bring their own salads, vegetables, desserts and drinks.

Treasurer: The balance as of November 1 was \$4,954. The number for the phone answering machine will be placed in the phone book. Messages will go out over the recording. Susan Dearborn will record the messages and will also submit phone bills to the treasurer for payment of the phone line.

Meets: The Bangor meet was fine. If computers are going to be used at meets swimmers should be notified before they fill out cards because the computer produces stickers that cover the information provided by the swimmers. Official seeding and timing requirements will be included in meet packets. An explanation will be placed in the newsletter of how times are calculated. Evergreen Meet: Remember the food drive and Christmas party. The meet was changed back to the original dates of December 8 & 9. \$20.00 will not cover the costs for free ribbons. First - 3rd and 1st pl. relays will cost \$136.35 for ribbons. The PNA will pay the cost for the December meet on an experimental basis. A motion was made and passed to spend up to \$200.00 on ribbons to be given away at the December meet. Ribbons will be awarded for 1-6 places and 1st place for relays. Ribbons will be distributed at the awards table. An announcement will be made at the meet that ribbons are available. The Sumner/Ft. Steilacoom clubs will host a joint swim clinic/meet in May. A few events will be dropped from the meet so the meet can be held in one day. The meet will be Sunday, May 5, and clinic will be Saturday, May 4. Dick Hannula will conduct the clinic from 9:00 a.m. to 5:30 p.m. It will be broken into 3 segments: Lecture/film, pool time, fitness testing. The clinic will be limited to 60 people to insure that everyone gets water time. It will cost the PNA \$15.00 per person because the clinic will be used as a money maker for the Tacoma Swim Club. There will be a 75/25% split for TSC and the PNA. The clinic will be advertised in "Sports Northwest" magazine and limited to PNA members only.

Membership: There are 320 registered swimmers to date. The new membership year has started so be sure to register soon.

Nominations: The nominating committee composed of Donna Phelan, Tom Foley and Debbie Lewis proposed the following nominations: President: Hugh Moore; Vice President: Rick Ingraham and Cathy Brooks; Treasurer: Julie Corman; Secretary: Ann Gindroz and Susan Allen. Five people were approached to run for office and said no but agreed to serve on committees. They are: Jan Kavadas on Teamwear, Carolyn Baldwin, Ray Fredrick, Joanne Brislin Meets, Donna Phelan, Awards. Ballots will be at the awards table at the January meet and in the December newsletter. Ballots will be counted January 31.

Teamwear: It will cost the PNA \$10.25 for a 2 color towel plus logo. This does not include tax and postage. It will cost \$14.50 and \$34.00 for 19" and 24" cordova bags for hauling gear. The bags would have the PNA logo. The teamwear committee will make PNA color suggestions.

Ransome J. Arthur Award: The committee is accepting nominations for this award. It is given to someone who encourages fitness through competitive swimming. The PNA's nomination must be into the national committee by March 5. A call for nominations will be in the December and January newsletters.

Miscellaneous: South Kitsap is having a strokeathon to raise money for the team and has found it to be very successful. Karen Unruh will coordinate plans for the Toronto meet.

The next PNA board meeting will be December 18 at 7:30 p.m. at Kiko Kimura's.

The meeting was adjourned at 9:30 p.m.

Respectfully Submitted,

Debbie Lewis

IEA/ORE SCHEDULE

Jan. 4-5 Coeur D' Alene YMCA
Jan. 5 ORE - Newberg, Or.
Jan. 26-27 IEA Fairchild AFB (25 meter)
Feb. 2 ORE "Animal Meet" Lk. Oswego
Feb. 15-17 IEA tentative Richland (25m)
Mar. 2-3 ORE Tigard
Mar. 8-10 IEA tentative Wenatchee
Mar. 29-31 SC CHAMPS Shadle Pk. Spokane
Mar. 29-31 SC CHAMPS Portland, THPRD Pl.

Fitness Swimming
Health Benefits of Swimming
by Jane Moore

There currently is great interest among the public and among researchers in physical exercise and its effects on health and aging. Many recent studies indicate a number of beneficial effects of regular physical exercise.

Of great concern to many people are improvement of the cardiovascular system and decreasing the risk of heart attack. Risk factors include: elevated blood pressure, elevated serum cholesterol and triglyceride levels, cigarette smoking, obesity, inactivity, and coronary-prone "type A" behavior. A recent study found that the total risk of sudden cardiac death is 40% less in men who regularly exercise vigorously as compared to those who are inactive.

Exercise has been shown to lower blood pressures in some studies. Other studies show no effect, particularly in those with normal blood pressure. Total cholesterol and triglycerides are usually lowered by regular aerobic exercise.

While exercise itself does nothing to counteract the effects of cigarette smoking, many people who become involved in a regular exercise program will eventually decrease or stop smoking due to increased awareness of and concern for health, desire for continued improvement in performance, or peer pressure from an increased association with nonsmokers.

A regular exercise program can be beneficial in weight control or reduction. Percentage of body fat shows a decrease with a regular exercise program, while lean body weight increases. Exercise itself burns calories, and the metabolic rate remains elevated for several hours following a period of exercise, thus burning even more calories. Strenuous exercise may also diminish the appetite.

From this evidence it appears that regular aerobic exercise is of benefit in modifying coronary risk factors. Another benefit of exercise is the possible retardation or improvement of certain changes in body structure and function that are generally attributed to aging. It is now felt that many of these changes may be due to inactivity or disuse rather than age itself. Thus, usual declines in work capacity, endurance and strength can be slowed by regular, vigorous exercise. Previously inactive people who begin to exercise regularly may show improvements.

A final benefit of a regular exercise program is psychological. Exercise may provide an improved feeling of well-being, improved ability to sleep, improved tolerance of stress, and a reduction of tension, anxiety, anger, hostility, and fatigue.

To achieve these desired beneficial effects, an exercise program must be regular, of sufficient duration and of sufficient intensity. A minimum of 20-30 minutes, 4-5 times per week at 65-85% maximum aerobic capacity is recommended to maintain fitness. Improvement may be seen in extremely unfit persons at lesser levels of activity.

Swimming is an excellent aerobic exercise for obtaining the desired health benefits. It is also the most popular participation sport in the United States. There are several benefits specific to swimming as opposed to other forms of aerobic exercise. Swimming involves all of the major muscle groups thus improving strength, coordination, flexibility and mobility. There is less stress on the musculoskeletal system and therefore less potential for injury than in activities such as running because the body weight is supported by the water. This is also advantageous for those who are overweight or who suffer from arthritis. Because of the humid environment, swimming is an excellent activity for those with asthma or other pulmonary problems. Swimming can be adapted to many physical disabilities, and it develops a potentially lifesaving skill.

So, for fun, fitness and friendship, swim for the health of it.

DECK PROFILES

While at Long Course Nationals in Raleigh, North Carolina last August, I was able to interview the Meet Director and retiring Head coach of the Raleigh Masters, Hill Carrow. The Raleigh Masters were formed in 1978 by a couple of parents from the age group swim team, who desired to incorporate Masters with the age group program. The team started with two workout groups: one in the morning and the other in the evening. The age group coach posted workouts for the Masters for the morning workout group and deck coached the evening swimmers.

In 1980 Hill Carrow came on the scene and was hired as the Head Coach. Hill promptly hired an assistant and offered workouts three times a week plus two on Sundays. In 1981 the team moved to the beautiful new 50 meter pool at Optimist Park, where the Long Course Nationals were held. At Optimist, the Raleigh Masters were able to schedule daily workouts.

Hill works as an attorney for the Carolina Power and Light Utility Company in Raleigh and therefore was not available to be on the deck for the morning workouts. He posts the morning workouts for the Raleigh Masters while deck coaching in the evenings. In preparation for this year's Nationals, the workouts were extended to seven days a week with morning and evening sessions. Team members had the option to attend as many workouts as they desired for a set monthly fee.

One of the biggest difference Hill saw in Masters coaching as opposed to age group coaching was the ability for him to get to know each swimmer's problems or special abilities better, since there weren't 150 swimmers in the water at the sametime. Hill also quickly became aware of the scheduling and physical problems of his adult swimmers and the need to adjust workouts to meet their needs.

The training plan used by Hill is similar to those of other Masters teams. The stress is on endurance at the beginning of the season, adding more sprints and quality work in the spring. The intense training is then maintained either until the North Carolina State Championships or Short Course Nationals, depending on the location of Nationals. Since Long Course was in Raleigh this year, the whole season was spent training for Long Course Nationals with not much tapering for the last meet of the short course season. Emphasis was on endurance and quality work during the entire year in preparation for Nationals. One great advantage Hill felt his Carolina swimmers had was to train at the 50 meter distance every weekend during the entire year a luxury most swimmers in other parts of the country do not have.

The Carolina Masters average 35-40 people per workout, and occupied 8 lanes during the short course season, but

DECK PROFILES: (CONT'D).

didn't always have the entire pool for practice for the long course season. To help his swimmers get to know each other better during workouts, Carrow would divide workouts by strokes or distances. Thus one lane was for backstroke or breaststroke only or for short distances or long distance. By doing this, Hill was able to put people together in lanes they didn't normally swim and thus contribute to the social aspect of swimming by giving swimmers a chance to meet and talk with new people during workout.

At times Hill uses heart rate checks to monitor how hard his swimmers were working to help prevent overtraining. He believed teaching proper stroke techniques can reduce unnecessary muscle soreness. The team philosophy focuses on the physical aspect of Masters rather than the competition. The key to Hill's successful workouts was he offered a variety of workouts: harder for those who wanted to work harder, specialized for those swimming speciality strokes and challenging for those desiring to work primarily on the fitness and technique aspect of swimming.

Hill enjoyed his time as Head Coach and soon discovered his swimmers' tricks and appropriate responses. "All these guys like to be yelled at just like little kids." Even though doctors, state legislators and professional people are on the team, they all get equal attention which they seemed to appreciate.

When asked what the biggest mistake Masters make in their training, Hill responded, "Some of them take it too seriously. I have had several people whom I have known all my life... but they get real serious and drop out of the program for no real reason at all. These are some of the better swimmers who have been swimming for a long time and should be used to goal setting. But", Hill continued, "If they can't win or beat someone in workout, they don't want to swim in Masters." To which Hill concluded, "This is the wrong attitude to have in Masters -- or anywhere."

Cathy Brooks

CHANGE OF ADDRESS FORM

NAME..... USMS #.....

OLD ADDRESS..... NEW ADDRESS.....

.....

.....ZIP..... ZIP.....

NEW PHONE NO.....

SEND TO: Jane & Hugh Moore
29920 - 2nd Pl. S.W.
Federal Way, Wa. 98023

NATIONAL USMS RANSOM J. ARTHUR AWARD

The Ransom Arthur Award, established in 1973 in honor of the first recipient, Capt. Ransom Arthur, M.D., is presented each year to the person who, during the last year, has done the most to further the objectives of Masters Swimming, i.e. to encourage physical fitness through competitive swimming of adults.

The criteria, then, is not solely participation in Masters Swimming, but contributions made in promoting the program, administration duties, special projects undertaken, and other actions that benefit the Masters Swimming Program.

If there is a worthy contender in the PNA or on your team please forward your nomination to Jane Moore, 29920 - 2nd Pl. S.W., Federal Way, Wa. 98023, 206-941-3100 or Donna Phelan, 18027 Valley Pl. E., Sumner, Wa. 98390, 206-862-8777.

The nomination should include a short write-up of the reasons why the nominee is deserving of this prestigious National Award.

1985 PNA OFFICERS ELECTION BALLOT

PLEASE ONLY VOTE ONCE, YOU MUST BE A PNA MEMBER AND VOTE FOR ONLY ONE CANDIDATE PER OFFICE.

PRESIDENT HUGH MOORE

VICE PRESIDENT KATHY BROOKS

RICK INGRAHAM

SECRETARY ANN GINDROZ

SUSAN ALLEN

TREASURER JULIE CORMAN

PLEASE SEND COMPLETED BALLOTS TO DEBBIE LEWIS, 4665 - 41st N.E. SEATTLE, WA. 98105 PHONE: 206-522-9097.

INSTRUCTIONS FOR FILLING OUT TIME CARDS FOR ALL MEETS:

All swimmers are asked to pick up time cards from their team representative or a board member, fill them out completely and accurately as illustrated below, and send them in with the entry form. Use one card for each event you enter.

KC83

EVENT NUMBER 4 Best Time :35.2 ← 1. ENTER EVENT NUMBER & BEST TIME

EVENT 50 Breast ← 2. EVENT NAME

MEET KENT DATE 2/11 ← 3. ENTER MEET NAME & DATE

FULL NAME(S)	AGE(S)
1. <u>KATHRINE CRANDELL</u>	<u>35</u>
2.	
3.	
4.	

← 4. PRINT YOUR NAME & YOUR AGE. USE THE SAME NAME WITH WHICH YOU REGISTERED. PRINT LEGIBLY!!

CLUB/ASSOC: Ft. Steil. ← 5. PRINT CLUB NAME

AGE GROUP: 20-24 25-29 30-34 ← 6. CIRCLE YOUR AGE GROUP. IF OVER 79 WRITE IN YOUR AGE GROUP.

35-39 40-44 45-49 50-54 55-59
60-64 65-69 70-74 75-79

RELAYS ONLY
20 & Up 25 & Up 35 & Up
45 & Up 55 & Up
MEN WOMEN COED

HEAT	Timers Initials	Time		Seconds	Tenths/Hundredth
		Minutes			
LANE					
OFFICIAL TIME				FINAL PLACE	

DO NOT FILL OUT ANYTHING BELOW THIS LINE

***FOR NON-MEMBERS ONLY!**

SUBSCRIPTION FORM FOR WET SET NEWSLETTER

DATE.....

MAKE \$6.00 CHECK PAYABLE TO:
PNA MASTERS SWIMMERS AND SEND TO:

ADDRESS.....

Jane & Hugh Moore
29920 - 2nd Pl. S.W.
Federal Way, Wa. 98023
(206) 941-3100

ZIP CODE.....

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

EVENT NUMBER 3 Best Time . KC 83

RELAYS - HOW TO FILL OUT RELAY CARDS

EVENT 200 FREE RELAY
MEET ANACORTES DATE 3/18

FULL NAME(S)	AGE(S)
1. <u>Mike Jackson</u>	<u>34</u>
2. <u>Walt Reid</u>	<u>43</u>
3. <u>Dick Campbell</u>	<u>58</u>
4. <u>Karl Frederick</u>	<u>70</u>

CLUB/ASSOC: Ft. Steil.

AGE GROUP: 20-24 25-29 30-34
35-39 40-44 45-49 50-54 55-59
60-64 65-69 70-74 75-79

RELAYS ONLY	20 & Up	<u>25 & Up</u>	35 & Up
		45 & Up	55 & Up

HEAT	Timers Initials	Time	Seconds	Tenths/Hundredth
		Minutes		

LANE			

OFFICIAL TIME	FINAL PLACE

Please fill out the full name (first and last name, no nicknames that obscure the swimmer's real name - ie, "Frog"). The PNA membership is large enough that two swimmers in the same age group may have the same last name. Using a nickname prevents us from figuring out which swimmer it really is. Some swimmers of the same age have the same first and last name but a slightly different spelling. All mysteries are eliminated by printing the correct full name and age of each relay member on the card in the first place.

Use Pink cards for women's relays. Use Blue cards for men's relays. Use yellow cards for mixed relays only. Please write the name of the relay event on the card as well as the event number. Writing either the meet location or the date on the card helps immensely when compiling records and top ten.

NOTICE!! CONTRARY TO LAST MONTH'S NEWSLETTER, PLEASE RENEW YOUR USMS REGISTRATION AS SOON AS POSSIBLE.

UNITED STATES MASTERS SWIMMING, INC. REGISTRATION APPLICATION - 1985 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
Member Chairpersons
Hugh & Jane Moore
29920 - 2nd Pl. S.W.
Federal Way, Wa. 98023
(206) 941-3100

USMS fee	\$ 3.25
LMSC fee	\$ <u>8.75</u>
TOTAL FEE	\$ <u>12.00</u>

X _____
APPLICANT'S SIGNATURE

MAKE CHECK PAYABLE TO PNA MASTERS SWIMMERS

Seniors 65+ \$ 9.00
FORM 3-84

Please encl. stamped self-addressed envelope!

EXPLANATION OF ORDERS OF EVENTS

The four orders of events alternate back to back strokes. For example: Freestyle and Breaststroke are back to back in Order #1, but not in #2. They are back to back again in Order #3, but not in #4. The 400 I.M. and 1650 Freestyle are listed at the top of each order as optional because it is up to the Meet Directors whether they have those events and when they have them. Break? means the Break could be before or after the Relay at the Meet Director's discretion. The 500 Freestyle is last in #1 and first in #2, last in #3 and first in #4. The 100 I.M. and the 200 I.M. also alternate positions from one order to the next. By publishing all 4 orders of events now and listing them in the meet calendar on the front page of the newsletter, you can see what order of events will be used at each meet. You can plan your events for the year if you want. The PNA Championships will be a separate championship order of events which gives every combination of strokes at least one back to back.

	<u>ORDER #1</u>	<u>ORDER #2</u>	<u>ORDER #3</u>	<u>ORDER #4</u>
Optional →	400 I.M. 1650 Free	400 I.M. 1650 Free	400 I.M. 1650 Free	400 I.M. 1650 Free
	Free Relay	500 Free Free Relay	Free Relay	500 Free Free Relay
	50 Free 100 Breast 200 Back 50 Fly	100 Back 200 Free 50 Fly 200 Breast	200 Fly 200 Back 50 Breast 100 Free	50 Breast 100 Fly 200 Free 50 Back
	200 I.M. BREAK? Mxd. Free Relay	100 I.M. BREAK? Mxd. Free Relay	BREAK Mxd. Free Relay 200 I.M.	100 I.M. BREAK Mxd. Fr. Relay
	100 Free 200 Breast 50 Back 100 Fly	200 Back 50 Free 100 Fly 50 Breast	50 Fly 100 Back 200 Breast 50 Free	100 Breast 50 Fly 100 Free 200 Back
	Medley Relay BREAK	BREAK? Medley Relay	BREAK Medley Relay	Medley Relay
	200 Free 50 Breast 100 Back 200 Fly	50 Back 100 Free 200 Fly 100 Breast	100 Fly 50 Back 100 Breast 200 Free	200 Breast 200 Fly 50 Free 100 Back
	100 I.M. Mxd. Medley Relay	200 I.M. Mxd. Medley Relay	BREAK? 100 I.M. Mxd. Med. Relay	200 I.M. BREAK? Mxd. Med. Relay
	500 Free		500 Free	

HELP NEEDED FOR JUNIOR JAMBOREE

When you have a good thing in your life, it is natural to want to share it with others. March 16, 1985 will be an opportunity for you to share the benefits and joys of swimming with a group of eager youngsters.

The Northwest Wheelchair Sports Association and the Seattle Recreation Department will be co-sponsoring a Junior Sports Jamboree, an event that introduces physically disabled youth to various sports, including swimming. We are looking for at least 15 volunteers to help in the dressing room and the pool in the afternoon of the 16th. The event will be held at Rainier Beach Pool. Although we may teach some swimming technique, the main objective is FUN!

If you are interested in helping with this event, you can call me in Port Angeles, 452-4501, ext 235, Wed.-Sun. daytime; or 452-4253 evenings. Or, if you want to save on the long-distance, call the Northwest Wheelchair Sports Association office at 367-1771, and give Pat Karman your name, address and phone number.

THANKS! ! ! !

Syd Jacobs

Port Angeles, Wa.

MOTELS CLOSE TO WILLIAM SHORE POOL, PORT ANGELES

Red Lion Bayshore.....452-9215 Hill Haus Motel.....452-9285
Uptown Motel.....457-9434 Flagstone Motel.....457-9494

For sleeping bag accomodations in a home call Sandee Pendergrass by January 15th, 452-5647

Maps will be available at Pool for cross-country skiing.

December 1984

Dear PNA Masters and Friends,

I am sitting here with my family on Thanksgiving in Portland and reflecting on all the many blessings that God has given to me over the past year. I have certainly appreciated the loving support of my family and friends in my many projects and endeavors. I have also appreciated having the opportunity to be president of PNA Masters. For all my jokes regarding how much longer I have in the position, I truly have enjoyed working with you all and for you all in making PNA Masters the fantastic organization it is! A big thank you to all who have contributed to the organization in the donation of your time and effort. It is much appreciated!

So, where do we go from here? There are some long range plans in the wings, but if you have any ideas or concerns about where the PNA is headed, please submit them in writing to me and we will see what we can do about it. Remember our motto is FUN, FITNESS and FELLOWSHIP!

As 1984 draws to a close, I trust that you will all take a minute to stop and reflect upon the many blessings you have received this past year and how Masters Swimming influenced your life. Then, share your reflections with a swimming friend or tell someone close to you that you love them or appreciate them; or share your talents or gift with those less fortunate. Remember that God loves you.....I do too!
(John 3:16)

Best blessings for the holiday season!

Love,

Kuko