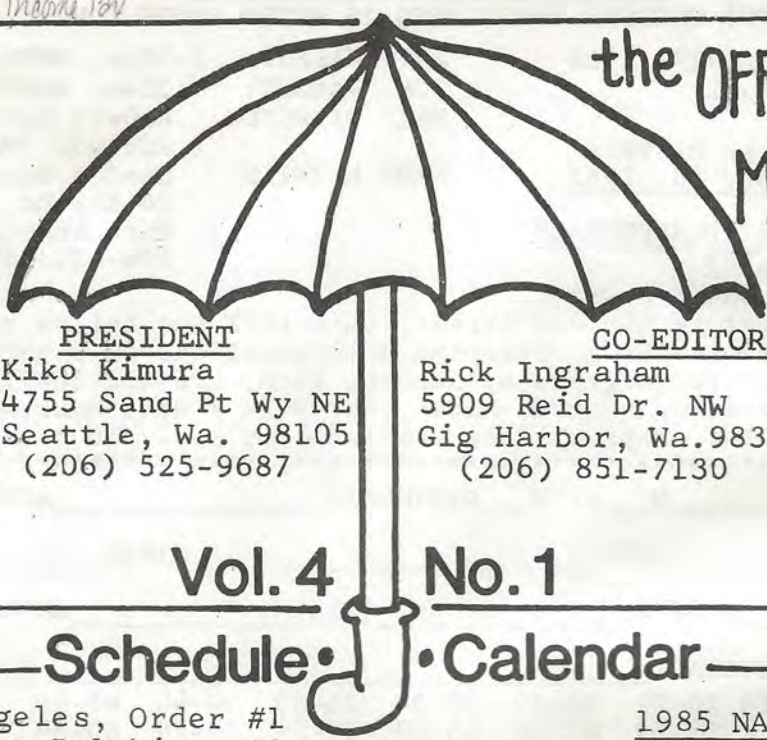


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 Next Bd meeting

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the OFFICIAL PNA
 MASTERS
 NEWSLETTER

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 Seattle, Wa. 98105
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Vol. 4 No. 1

JANUARY 10, 1985

Schedule • Calendar

Potluck
 Next Bd meeting

Jan. 26-27 Port Angeles, Order #1
 Feb. 8-9 Kent Area Dolphins #2
 Feb. 16-17 Snake River Swim & Ski
 Mar. 9-10 Cascade #3
 Mar. 29-31 So Kitsap (PNA CHAMPS)
 Apr. 26-28 REG XII SC CHAMPS
 May 4 Masters Swim Clinic UPS
 May 5 25 Meter Meet

1985 NATIONALS
 May 9-12 SC Brown Deer, Wis.
 Aug. 7-14 Masters Games, Toronto
 Entire games, Aug. 7-25
 Aug. 17-20 LC Providence, R.I.

1986 NATIONALS
 Aug. LC Mt Hood LC Gresham Ore
 SEE PAGE 3 FOR IEA/ORE SCHEDULE

EDITOR'S CORNER

PNA HAS A RECORDED MESSAGE PHONE
 NUMBER UNDER S.W. DEARBORN
 206-328-4424

REMINDER: ON JANUARY 1, 1985 THE NO FALSE
 START RULE WENT INTO EFFECT. 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 133, Puyallup, Wa. 98371 Phone: 206-845-5569

1985 USMS REGISTRATION DUE!! PLEASE RENEW NOW!!

3-1, 1-2,

1.50
 7
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POTLUCK PARTY after swim meet Jan. 13th at Norma Hurlocker's. Maps will be
 provided at the pool. (It's very close to the pool). See you all there!
 Sincerely, your Social Chairman.....COOKIE 😊

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UNITED STATES MASTERS SWIMMING, INC.
REGISTRATION APPLICATION — NOV. 1, 1984 - OCT. 31, 1985

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

THIS IS A RENEWAL My 1984 USMS No. is _____ NEW REGISTRATION.
 PLEASE PRINT OR TYPE INFORMATION

PLEASE NOTE THE CHANGE(S) FROM MY 1984 REGISTRATION
 ADDRESS NAME _____ CLUB/DISTRICT _____ (PREVIOUS)
 OTHER _____

Last Name _____ First Name _____ Initial _____
 Street Address _____
 City _____ State _____ Zip Code _____
 Telephone No. _____ Date of Birth _____ Age _____ Sex _____
 Club/District _____ Date of Application _____



OFFICE USE ONLY

THANK YOU

MAKE CHECK PAYABLE TO
 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	L M S C fee \$ 8.75	TOTAL FEE \$ 12.00
---------------------	------------------------	-----------------------

Seniors (65+) \$9.00

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

x _____
 APPLICANT'S SIGNATURE FORM 3-85

EQUIPMENT CORNER

New PNA towels are being printed and will be available at the BEST Meet and thereafter. They are 39 X 59 inches and will cost \$15.00.

PNA and individuals or teams may order other items through our equipment section. They can be printed with PNA and other logos as desired. Grouping orders will save set-up costs.

Swim bags: double pocket for wet gear, shoulder strap
 19" \$14.50 Cordura
 24" Nylon \$24.00
 24" Cordura \$34.00

Swim caps

Towels: White only

Warm-ups: Nylon, polypropylene, other: ask for quote

Bumper stickers, jackets, t-shirts, Polo shirts, etc.

Prices are very competitive. Delivery.

...Jan Kavadas, Equipment Chair 775-5814

PNA Board Meeting
Minutes Dec.18,1984

The meeting was called to order at 7:35 PM by President Kiko Kimura. Attending were Rick Ingraham, Julie Corman, Jane and Hugh Moore, Mike Stipek, Rondi White, Jan and Paul Kavadas, Maxine Carlson, Carolyn Baldwin, Susan Dearborn, Kathy Crandell, and Walt Reid.

The minutes of the November meeting were read and approved with one correction. The date of the November meet was listed incorrectly; it should be the 7th and 8th.

Treasurer's report: current balance \$6021.51; 174 swimmers at the Evergreen meet for \$217.54.

Membership report: 367 members.

Meets: Snake River meet is in February, not January as in last month's WetSet. The March short course meet will include the 1000 yard free instead of the 1650. There will be a short course meter meet at Fairchild AFB. A request to add a 1000 yard free to Short Course Regionals was considered. This was not felt to be part of the championship format as found in the rule book.

Review of Evergreen meet: Generally felt to be a poorly run meet with poor timing, cold locker rooms, no hot water in showers, bad starter, inconsistent officiating, 195 errors in results on cards, and the change of dates. Kiko will write a letter for the board and send it to Husky Swim Club, listing the complaints and advising that this will be considered when awarding meets next year.

Newsletter: Articles must be received by the 31st of each month to be printed in the next newsletter. Mike Stipek and Joann Brislin will alternate months and write the coach's corner for the rest of the year.

Teamwear: towels and bags are available. Jan Kavadas will list what is available and prices for the newsletter.

Ransom Arthur award deadline is February 1st. Nominations will be presented at the February board meeting.

Ribbons will be obtained and used at the Cascade meet in March.

Next board meeting will probably be at the Tacoma YMCA. Scoring of PNA Champs will be discussed.

Meeting was adjourned at 8:40 PM.

Dear Friends and Fellow PNA Masters:

I am trusting that you all had a Merry Christmas and will have a very Happy New Year! Can you believe that it is 1985 already?!? It's a time of reflection and new beginnings; it's time to pull those log books out of the swimbag, desk or closet and take another look at those goals that you formulated earlier. How are you all coming with those goals? Are you on schedule? Do they need some revision? Some modification? Or have you already made some of them and need to formulate new ones? Well, no matter what situation you're in, it's a new year and time to look ahead...not behind!

Personally, I've had a hard time training this fall. But, this time of struggle has helped me to put my swimming into perspective...It's not the records, or the wins, or placing at nationals - although those are nice - swimming is for the health of it, for the friendships and the fun! It's for that feeling of being "in shape", for your smiles and encouragement. Thanks to you all for the support I've received these past two years. I trust you will support the new officers even more! So, finally I want to encourage you to vote! Please send in your ballots to Debbie Lewis, secretary.

Wishing you all God's best blessings for 1985!

love,

Koko

P.S. MARK YOUR CALENDARS - The 1986 Masters Long Course Nationals is going to be in Portland, Oregon. This is a fantastic chance to experience the fun, fitness and fellowship that I've been talking about. The Oregon Association thinks that they'll win the National Team Title! We (the PNA) will definitely have something to say about that!

P.P.S. Anyone interested in the National ONE HOUR POSTAL SWIM please contact me.

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

DECK PROFILES

Don Ruckman began swimming in Masters five years ago and currently swims for the Renton Area Masters Swimmers (RAMS). He found swimming to be a good form of exercise to return to since he had a strong swimming background.

Don's swim career began in 1949 and ended his sophomore year of college at the University of Washington until he resumed it with Masters. In Don's freshman year of high school, a certain coach was also in his first year of coaching. By senior year, this coach had molded a state championship team at Lincoln High School. That year, 1953, Don was on the Lincoln High's state team. The coach, who would start his string of state titles at that meet was Dick Hannula. The string of state titles would eventually reach 27 and only ended with his retirement.

Don remembers Dick Hannula's unique coaching style. Hannula had the ability to motivate his swimmers and inspire them to want to do their best. At the time Don was swimming with Hannula, pace clocks were not used, but this did not stop the innovative coach. Hannula would simply pace up and down the deck at the rate he wanted his swimmers to do their sets. Don remembers Hannula would walk just a little faster than he thought the swimmers could go. It obviously worked as Don ended his senior year with a state title team and second in the 200 free at State.

The time involved in his engineering career after graduation from college forced Don to retire from swimming until he picked it up again as a Masters swimmers. He was also kept busy by helping train his son and daughter for 12 years to be All-Americans in swimming. His son is currently swimming at Texas Christian University in the distance freestyle events.

Don feels swimming was one of the best activities to participate in as one is growing up. "It keeps kids busy all year round and off the streets", Don confirms. Because it is a year round sport it requires extra discipline, motivation and helps prepare young people for college. "It is one of the most dedicated sports one can participate in", Don concludes. Coming from a former Hannula charge, the world of dedication is very familiar and well lived.

Cathy Brooks

Fitness Swimming
Fitness for All
by Maxine Carlson

Masters swimmers believe in fitness. It is the second word of our slogan - Fun, Fitness, Fellowship - and for every swim meet, we sign on the entry form that we are fit to swim the events we enter. For most Masters, fitness is seen as aerobic capability of lung and circulatory system and muscular strength of heart and body to perform to demands placed on it during competition. This is built up by consistent and meaningful training over many hours in the pool; plus weights or other training exercises according to personal preference.

Since working with many adults in swimming programs, I view fitness with a broader perspective. Masters Swimmers only comprise about 15,000 out of several million swimmers in the United States, and these others fall into many categories. Yet all seek fitness for themselves by their participation in a healthful activity such as swimming.

Many people come to the pools on the advice of doctors following surgery or injury. Exercising in water can work magic in healing and restoring their bodies. I have personally experienced this as well as seeing it in others. To these individuals fitness means returning injured muscles, tendons or bones to useful and normal abilities. They may never attain greatly enhanced aerobic capacity or physical strength, but they gain fitness for their needs.

Programs for senior swimmers, 65 and older, are growing rapidly, for this group, too, desires fitness. Many are crippled by arthritis or slowed by other diseases of aging, but exercising or swimming in water feels good as it takes the strain from joints and bones. Use it or lose it seems especially to apply to this group; those who are using their bodies actively are more comfortable and move with greater ease than when they lived a sedentary life. They feel fit - and enjoy it.

Many pregnant and post-pregnant women use our pool. They swim during their pregnancy to maintain their weight and to keep muscles toned up to aid the birth process. Most return to swimming as soon as possible after the birth to regain firm trimness and feel invigorated and fit to face their busy schedules.

Others come for various reasons - overweight, boredom, seeking sociability or a new skill. Some waste time and receive little benefit, but most do find help with their problems in structured activity, and find a sense of well-being both physically and emotionally. Fitness is of the mind as well as the body - a healthy body is the main element in bringing peace of mind. Exercising in a regular and realistic manner, proper nutrition, adequate rest, and a happy spirit are the elements of fitness in the total picture. This is not a short time program, but one for a life-time commitment; only you can choose the high quality of life that fitness brings.

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.