

the OFFICIAL PNA MASTERS NEWSLETTER

DECEMBER 10, 1985

Vol. 4 No. 12

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Schedule • Calendar

Dec. 13-14 Husky, Order #3
Jan. 10-11 Issaquah, Pentathlon
Jan. 28 Bd. Meeting, Kathy C's 7PM
Feb. 7-8 Kent, Order #4

Mar. 14-16* Cascade, Order #1
Apr. 4-6 PNA CHAMPS, Totem Lake
May 2-4 Regional Champs, Tualatin Hills, Or.

*exact days not yet established

BOARD MEETING DEC. 17,
1985 AT MOORE'S, 7PM.
ADDRESS AND PHONE ABOVE.

1986 NATIONALS
May 15-18 SC Fort Pierce, Florida
Aug. 21-24 LC Mount Hood, Oregon
July 11-16 WORLD MEET, Tokyo, Japan

EDITOR'S CORNER

NEWSLETTER DEADLINE IS LAST DAY OF EVERY MONTH!

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

THINK AHEAD! Plan to attend the 1986 LC
Nationals at Mt. Hood Community College,
Oregon, August 21-24, 1986!

"GRAB-BAG" Relays: Nobody to swim a relay with? Listen for an announcement at the next meet and those wishing to swim relays, but needing additional team members will meet in a designated area of the pool to organize themselves into relay teams.

CORRECTION: Evergreen Pool Phone Number is 246-1610.

INTRODUCE YOURSELF TO NEW SWIMMERS AT OUR MEETS! 😊

DON'T FORGET! HUSKY POT LUCK CHRISTMAS PARTY AT BILL CASTNER'S DEC. 14th.

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Dear Master Swimmer,

Jane and I would like to wish everyone a Merry Christmas and a Happy New Year. We hope that you had a prosperous year and that you have an even better 1986.

The Christmas and New Year's Holidays usually serve as a reminder that another year has gone by and also provide an opportunity to look ahead at the new year. I feel that 1985 was a successful year for the PNA. The motto of Fun, Fitness, and Friendship was exhibited at all of our meets. Those swimmers who attended the Masters Games in Toronto had a rewarding experience. I know that it was the highlight of my year.

The PNA has been trying to make swimming more fun and friendly. We have started to get acquainted with new swimmers at meets by introducing ourselves to them. We have also started "grab bag" relays for those who want to swim on a relay, but don't have a team.

Looking forward to 1985, I feel that the PNA has provided an adequate schedule of meets to challenge all of our swimmers. The highlight of the year should be Long Course Nationals in Portland. If you have never attended a national meet, I would strongly recommend that you consider this one. National meets are not limited to the fastest swimmers. Everyone, regardless of skill level or speed, can enjoy the competition and camaraderie.

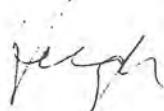
I would like to make sure everyone is aware of some changes that will occur in 1986. Relays will now be organized by total age of the swimmers. Age groups are: under 120, 120 and over, 160 and over, 200 and over, 240 and over, and 280 and over. This change allows smaller teams to set up competitive relays. For instance, if a team has swimmers who are 25, 45, 63, and 68 years old, they previously had to swim as a 25 and up relay. Under the new brackets, since their age total is 201, they would swim as a 200 and over relay.

Also, beginning in 1986, Masters will no longer use the "Long Course start". In Long Course meets, races will start with swimmers assuming their starting position at the front of the blocks just as in Short Course meets.

The PNA is trying to relieve meet organizers of some of the burdens of running a meet. An average PNA meet has approximately 750 event entries. That's a lot of cards to be filled out. In the past, swimmers have been encouraged to send in filled out cards to help reduce some of the work. But fewer than half of the swimmers have been sending cards. Beginning in February, swimmers who send in properly filled out cards will receive a reduction in their meet entries of \$.50. Cards will be sold at the meets and will also be available by mail.

I feel that all members of the PNA can contribute to "Fun, Fitness, and Friendship". Fun and Friendship are strong motivators toward the fitness objective. If you have any suggestions for improving our organization, please contact your team rep or myself.

Remember - Swimming: A Lifelong Sport for a Long Life!



Following is a list of places to swim in the Puget Sound area.
If you have any corrections or additions, please send them to Hugh.

Auburn

Auburn, 516 4th NE, Auburn 839-6168
lap swim: M-F: 6:30 - 8:00 AM & noon - 1:00 PM

Bellevue

Eastside Branch YMCA, 14230 Bel-Red Rd., Bellevue 746-9900
workouts: M-F: 6:45 - 7:45 AM
contact: Kevin O'Shea 746-9900
lap swim: M-F: 7:45-9 AM, 11:30 AM-1 PM, 5:30-6:15 PM/ S&S 12:30-2 PM
Samana Club, 15231 Lake Hills Blvd., Bellevue 746-1160
lap swim: M-F: 5:00 - 9:00 AM / Every Day: 9:00 - 10:00 PM
Newport Hills, 5464 119th Ave. SE, Bellevue 746-9510
workouts: M - F: 6:30 - 7:30 AM
contact: John Underbrink 828-6733
Bellevue Athletic Club, 11200 SE 6th, Bellevue 455-1616
Bellevue, 601 143rd NE, Bellevue 747-4245
lap swim: M-Sat.: noon - 1:30 PM
P.R.O. Racquet & Health Club, 4455 148th Ave. NE 885-5566

Bremerton

Olympic Swimming Pool, 7070 Stampede Blvd., Bremerton 692-3192
workouts: M - F/ 4:00 - 6:00 PM
contact: Geoff Pentz 692-3192

Burien

Evergreen, 606 SW 116th, Burien 246-1610
workouts: T,TH: 7:30 - 8:30 AM / M-F: 4:30 - 6:00 PM
contact: Laird Chambers or Tom Anderson 246-1610
lap swim: M-F: 6-10:30 AM, 11 AM-2 PM, 6-9:30 PM/ Sat.: Noon-2 PM
Burien Swim Club, 626 SW 154th, Burien 433-7900

Des Moines

Mt. Rainier, 22722 19th Ave. S., Des Moines 824-1728
workouts: M-W: 8-9:30 PM / F: 6-7 PM
contact: Chet Palmer 242-1354
lap swim: M-F: 6:00 - 8:30 AM/ M-Th: 8:00 - 9:00 PM

Enumclaw

Enumclaw, 420 Semanski S., Enumclaw 825-1188
lap swim: M-F: 6:00 - 7:30, noon - 1 PM, & 8:00 - 9:00 PM

Federal Way

Federal Way, Temporarily Closed - Workouts at Mt. Rainier pool
workouts: M-F 6:00 - 7:00 AM
contact: Hugh Moore 941-3100

Fife

Fife Community, 5410 20th St. E, Fife 922-POOL
lap swim: M-F: 8:00 - 9:00 AM, 10:30 AM - noon, 1-3 PM, & 4-5 PM

Issaquah

Issaquah, 50 SE Clark, Issaquah 392-1650
lap swim: M-F: 7:00 - 8:00 AM/M-TH: 8:30 - 9:30

Kent

Kent, 25401 104th SE, Kent 854-3260
lap swim: M,W,F: 6:30 - 7:30 AM/ T,TH: 8:00 - 9:00 PM
Tahoma, 18230 SE 240th, Kent 432-1948

Kirkland

Juanita, 10601 NE 132nd, Kirkland 828-3251

Mercer Island

Mercer Island District Pool, 8815 SE 40th 232-7370
workouts: Tu,Th: 11:00 AM - noon
contact: John Underbrink 828-6733
lap swim: M-F: 6:00 - 7:30 AM, noon - 1 PM, & 8:00 - 9:00 PM

North Bend

Si View, 41600 SE 122nd, North Bend 888-1447
lap swim: M,W,F: 6:30 - 8:30 AM/ M,W: 5:30 - 6:30 PM

Olympia

The Evergreen State College, Campus Recreation Center, Olympia 866-6000
lap swim: M-F: 11:30 AM-3 PM, 5-9 PM/ S&S: 1-6:30 PM

Redmond

Redmond, 17535 NE 104th, Redmond 885-3600
lap swim: M-F: 6:00 - 7:30 AM & 8:00 - 9:00 PM

Renton

Renton, 16740 128th SE, Renton 226-9230
lap swim: M-F: 11:30 - 12:30
Hazen, 1101 Hoquiam Ave. NE, Renton 235-2227

Seattle

Sandpoint Naval Station, 7500 Sandpoint Way, NE, Seattle 526-3531
workouts: Tu,Th: 6:30 - 7:30 AM; F: 4:30 - 5:30 PM
contact: Stacy McInelly 526-3531 - note: Military personnel only
lap swim: M-F: 10:30 - 1:30 & 4:30 - 5:30
Ballard, 1471 NW 67th, Seattle 783-7176
Evans, 7201 E. Green Lake Dr. N., Seattle 625-4258
Helene Madison, 13401 Meridian N., Seattle 362-5344
Meadowbrook, 10515 35th NE, Seattle 365-9933
Medgar Evers, 500 23rd, Seattle 324-2560
Queen Anne, 1920 1st W, Seattle 625-2282
Rainier Beach, 8825 Rainier S., Seattle 723-5919
Southwest, 2801 SW Thistle, Seattle 935-6006
Northshore, 9815 NE 180th, Bothell 486-9177
lap swim: M-F: 6:00 - 7:30 AM, noon - 1:30 PM, & 8:30 - 9:30 PM
Shoreline, 19030 1st Ave. NE, Seattle 363-4845
workouts: M-F: 5:30 - 7:00 AM
contact: Robin O'Leary 241-0623
lap swim: M-F: 5:30 - 7:00 AM & 11:30 - 12:30
South Central, 4414 S 144th, Seattle 242-2287
lap swim: M-F: 5:45 - 8:00 AM & 8:05 - 9:05
YMCA, 909 4th, Seattle 382-5010
YWCA, 1118 5th, Seattle 447-4868
Aquatic Development Clinic, 11009 1st S., Seattle 232-3474
Red Shield, 9050 16th SW, Seattle 767-3150
Seattle Athletic Club, 333 NE 97th, Seattle 522-9400
workouts: M,W,F: 6:30 - 7:30 AM / M,W: 7:00 - 8:00 PM
contact: Jody Kleven 326-4600 (day) or 367-2350 (eve.)
View Ridge Club, 5815 NE 77th, Seattle 524-3500
Wedgwood, 7727 28th NE, Seattle 523-8211

Tacoma

Ft. Steilacoom, 9401 Farwest Dr. SW, Tacoma 964-6678
workouts: M - Th.; 5:00 - 7:00 PM; Sat. 8 - 10 AM
contact: Kathy Crandell 588-4879
Tacoma Pierce Co. Family YMCA, 1002 S. Pearl St., Tacoma 564-9622
workouts: M-W-F; 7:30 - 9:00 PM
contact: Mike Stipek 564-9622
Eastside Community Pool, 35th & L, Tacoma 591-2042
lap swim: M-F: 6-7:30 AM, 11:45 AM - 1 PM/ M,W,F: 4-6 PM/ T,Th: 8-9 PM

NEW RELAY AGE GROUPS, JANUARY 1, 1986

As of January 1, 1986, relay age groups will change from ten year increments (25-34, 35-44, etc.) to the total of the ages of the relay team members. New age groups are: 119 and under, 120+, 160+, 200+, 240+ and 280+. You will notice four 30 year olds = 120 years, four 40 year olds = 160 years, four 50 year olds = 200 years, four 60 year olds = 240 years and four 70 year olds = 280 years. If you only have four swimmers, you can put them together in the age group matching their total ages. 70 year-olds no longer "swim down" in younger age groups. Put your 76 year-old with your 45 year-old, your 47 year-old, and your 31 year-old, total their ages (199 years), and enter them in the 160+ age group. (Too bad! Somebody on that relay needs to have a birthday, so they can be in the 200+ age group.) One of the reasons USMS changed to this age group method was to make it easier for smaller teams to field relays.

The relay records and Top Ten in the Nation for the current age group method will be retired effective December 31, 1985, on the Local, Regional and National levels. New relay records and Top Ten in the Nation will commence January 1, 1986, for the new age group method on all levels. Therefore, during this short course season, there will be two sets of relay records; one for the old age group method and one for the new age group method as well as two Top Ten in the Nation relay lists (assuming that the chairman has the time to compile two lists as well as the cooperation of people submitting relays for consideration).

Speaking of cooperation.....We can not verify the age group of the relay unless you write the correct age of each relay team member on the time card. See the following relay time card instructions on the following page.

RELAY AND TIME CARD ORDER

CONTACT: Rick Ingraham
5009 Hunt St.
Gig Harbor, Wa. 98335
(206) 851-7130

NAME _____
ADDRESS _____
PHONE _____

PRICE: \$1.50 for 50 cards at meet
\$2.00 for 50 cards by mail

POT LUCK CHRISTMAS PARTY

SATURDAY, DEC. 14, 1985

DIRECTIONS TO BILL CASTNER'S: From Evergreen Pool go WEST on SW 116th to Ambaum. Then SOUTH (left) on Ambaum. Then West (right) on SW 152nd. SW 152nd becomes Maplewild as it goes down hill. We are 1.5 miles from this point. Bill Castner's address is: 16915 Maplewild SW. The phone number is 246-1726.

SWIM LEGALLY!!

AVOID DISQUALIFICATION!!

KNOW YOUR STROKE RULES!!

RULES FOR SWIMMING THE STROKES:

102.2 Butterfly

- (1) Start - The forward start shall be used.
- (2) Stroke - After the start and turns, a swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring him to the surface. Both arms must be brought forward together over the water and brought backward simultaneously. The body must be kept on the breast, and both shoulders in the horizontal plane from the beginning of the first arm stroke after the start and after each turn.
- (3) Kick - All up and down movements of the legs and feet must be simultaneous. The position of the legs and feet shall not alternate in relation to each other. The use of the scissor or breast-stroke kicking movement is not permitted.
- (4) Turns, short course - When touching at each turn the touch shall be made with both hands simultaneously. It is permissible to drop a shoulder after the final arm pull and prior to the touch. A legal touch may be made at, above or below the surface of the water. Once a legal touch has been made the swimmer may turn in any manner desired. The prescribed form must be attained from the beginning of the first arm stroke. This would apply also to the butterfly leg of the individual medley and the butterfly leg of the medley relay.
- (5) Finish, short course - On the finish the touch of the solid wall or pad shall be made with both hands simultaneously at the same level while the body is on the breast. The shoulders shall be in line with the water surface. A legal touch may be made at, above or below the surface of the water.

From United States Swimming Rules and Regulations.

If you would like your own copy of the United States Swimming Rule Book, send \$6.00 (includes postage) with your name and address to:

United States Swimming
1750 E. Boulder St.
Colorado Springs, CO 80909

Checks payable to United States Swimming; designate 1986 Rule Book in the lower left corner. 1986 Rule books will be mailed after January 1, 1986

DID YOU MAKE NATIONAL TOP TEN?



TOP TEN PATCH - \$3.00 ea.

STROKE SEGMENTS \$1.00 ea.

Send Name, Age Group, event
and year qualified to:

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c/o Harry Fox
710 Oxford Ave., NE
Massillon, Ohio 44646

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Swimming Hints

COMMON DEFECTS

Stroke defects associated with the position of the wrists and elbows are invariably the result of an inability to hold an effective pull pattern with the onset of fatigue. The major defects are those of dropped elbows and/or dropped wrists.

Dropped elbows

In the Backstroke pull a dropped elbow occurs when the elbow precedes the hand during the pulling action. This motion can occur during any phase of the pull from immediately after the catch, up to the final extension of the arm for the follow-through.

Dropped wrists

Failure to hold the wrist firmly during the pull results in a dropped wrist. In this instance the velocity of the arm during the pull may appear to increase substantially. This increase is due to the hand not maintaining sufficient hold on the water and, consequently, generating minimal propulsive force. It is also possible to pull with dropped wrists while maintaining a high elbow position or compound the problem by dropped both elbows and wrists during the pull.



Continued on next page

FOLLOW THROUGH

The final phase of the Backstroke pull occurs as hand accelerates past the hips. At the point of maximum elbow extension a final thrust of the hand is made and the thumb is rotated inwards. The hand is now slightly under the hips, close to the thigh, but is free to move smoothly into the recovery phase because of the natural roll of the lower torso.



COMMON DEFECTS

Incomplete elbow extension

It is possible to begin the arm recovery before the elbow has reached full extension. Unless the hands are pushed past the hips and the final thrust accomplished with some degree of acceleration, the pull will be cut short and maximum propulsion from each stroke will not be realized.



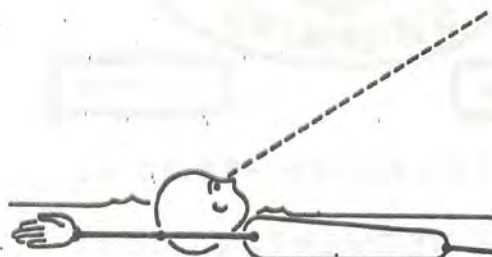
Early elbow extension

It is possible for the arm to be fully extended without completing a full arm stroke. If the arm is brought to full extension before the hand moves past the hips under the thigh, the hand will then drift in towards the thigh before leaving the water.

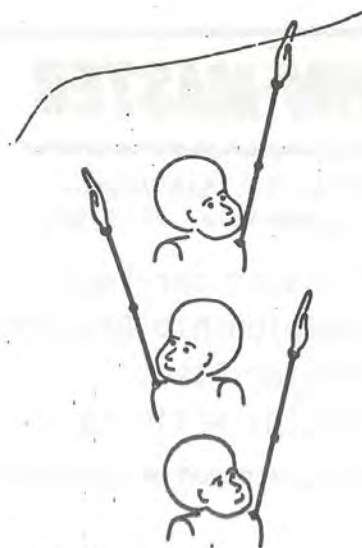


BODY POSITION

A high body position in the Backstroke is essential for the proper execution of the kick and pull. The following aspects of the stroke indicate a good body position.



- The head rests on the surface in the natural anatomic position, ears just below the surface. The head should be held relatively still with the eyes fixed on a stationary target at the end of the pool.
- The shoulders should be held back, i.e., not hunched. They should roll with each alternating arm stroke, allowing the upper arm to clear the surface during the recovery.
- The hips should be held close to the surface.



From The Illustrated Swimmer by Jan Prins, Head Men's Swimming Coach and Assistant Professor of Physical Education at the University of Hawaii.

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.

PNA Committees as of October 28, 1985

COMMITTEE	MEMBERS (* - chair)		
Awards	* Carolyn Baldwin	Steve Freeborn	
Community Service	* Steve Engle		
Computer Applications	* Hugh Moore	Walt Reid	Dave Addleman
Constitution & By-laws	* Rick Ingraham	Hugh Moore	
Finance	* Julie Corman	Hop Bailey	Hugh Moore
Fitness	* Kiko Kimura	Hugh Moore	Jane Moore
	Lib Rust	Amy Rust	Maxine Carlson
	Cathy Brooks	Karen Unruh	Carolyn Baldwin
History	* Tom Foley	Maxine Carlson	
Hospitality	* Dave Addleman	Kiko Kimura	
Medical	* Jane Moore	Kiko Kimura	Martha McClelland
	Carolyn Baldwin		
Meets	* Jan Kavadas	Hugh Moore	Joann Brislin
	Julie Corman	Carolyn Baldwin	Rick Ingraham
Membership	* Jane Moore	Hugh Moore	Rick Ingraham
Newsletter	* Kathy Crandell	Susan Allen	Walt Reid
Officiating	* Carolyn Behse	Rick Ingraham	
Publicity	* Frank Newquist		
Records	* Walt Reid	Kathy Crandell	
Relay Captains	* Kathy Crandell	Jay Palmer	Julie Corman
Social	* Linda Cazin		
Shine	* Marietta Hunziker-James		
Teamwear	* Jay Palmer		

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Make out \$6.00 check to: OREGON MASTERS SWIMMERS

Mail check & form to: Pat Caudill
13365 NW Glenridge
Portland, Or. 97229

FOR INFORMATION ABOUT IEA AND ORE MEETS

WRITE OR CALL:

Harry Lewis (509) 747-3421 E. 944 - 39th Ave. Spokane, Wa. 99203	Sandi Rousseau (503) 642-3679 23995 S.W. Drake Lane Hillsboro, Or. 97123
---	---

IEA Schedule

ORE Schedule

Nov. 23-24	Moscow, Pullman	Nov. 10	Tualatin Hills Rec. Center
Dec. 14-15	Spokane, Shadle Pk.	Dec. 8	Mt. Hood Animal Meet
Jan. 18-19	Spokane, Fairchild AFB (25 meter pool)	Jan. 11	Bend, 25 meter meet
Feb. 15-16	Yakima, Lyons Pool	Feb. 1	Tualatin Pentathlon
Mar. 8-9	E. Wenatchee Eastmont Pool	Mar. 1	Newberg
Apr. 4-6	Spokane, Whitworth CHAMPS	Apr. 4-6	So. Oregon College CHAMPS
		May 2-4	Region XI CHAMPS, Tualatin Oregon

ENTRY FORM - 25 YARD SHORT COURSE PENTATHLON SWIM MEET

USMS AND PNA SANCTIONED #863601

DATE: Friday, January 10, 1986 WARMUP: 5:00 p.m. MEET: 6:00 p.m.
Saturday, January 11, 1986 WARMUP: 8:00 a.m. MEET: 9:00 a.m.

HOSTED BY: Issaquah Swim Team

PLACE: Julius Boehm Forward Thrust Pool 84° MEET DIRECTORS:
50 SE Clark Jerry Johnston 392-1650
Issaquah, Wa. 98027 (206)392-1650 Ken White 641-5425

DIRECTIONS: From I 90 East take Exit 17 Front Street. Follow Front Street south through town through two stop lights. At the second light (Sunset Ave.) continue through light and go two blocks further on Front Street to Clark. Pool is on the left.

DEADLINE: ENTRY MUST BE POSTMARKED BY DECEMBER 30, 1985.

Handicap facilities and lockers available. Warmup pool space available during the meet. I.S.T. will host a concession stand during the meet.

EVENTS

FRIDAY	1A	1650	Free
SATURDAY	1B	100	IM
	2A	200	Free
	2B	50	Free
	3A	50	Free
	3B	50	Fly
	4A	100	Free
	4B	50	Back
	5A	500	Free
	5B	50	Breast
	5A	500	Free