



the OFFICIAL PNA
MASTERS
NEWSLETTER

APRIL 10, 1986

Vol. 5 No. 4

PRESIDENT

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Fed. Way, WA 98023
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EDITOR

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206-588-4879

Schedule • Calendar

May 2-4 Regional CHAMPS, Tualatin Hills, Oregon
May 27 Board Meeting, Ann Gindroz'
June 14 LC Bellevue Athletic Club
June 24 Board Meeting, Moore's

July 26-27 SunValley Invitational
Aug. 1-3 LC REGIONALS CHAMPS, Spokane
1986 NATIONALS
May 15-18 SC Fort Pierce, Florida
Aug. 21-24 LC Mount Hood, Oregon
July 11-16 WORLD MEET, Tokyo, Japan

BOARD MEETING: Apr. 22, 1986 at Carolyn Baldwin's, 17056 12th Pl. SW Seat. 243-2705

EDITOR'S CORNER...

NEWSLETTER DEADLINE IS THE LAST DAY OF EVERY MONTH!

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

FOR "SUNSHINE" CONTACT JIM PENFIELD,
884-2359 through June 6, 1986.

ROSES! ROSES! To Linda Cazin for arranging the Champs banquet.
Rick Ingraham for being a terrific M.C. at the banquet.
Walt Reid for putting together the Championship Booklet.
Dave Addleman for designing the booklet cover.
Jan Kavadas and Hugh and Jane Moore for all their hard work this year.

Think "LONG COURSE NATIONALS!!"

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PNA Masters Swimming
29920 2nd Pl SW
Federal Way, WA 98023
March 20, 1986

Dawn Musselman
5802 117th Ave. Ct. E.
Puyallup, WA 98372

Dear Dawn,

On behalf of the Pacific Northwest Association of Masters Swimmers, I would like to inform you that you are to receive the Dawn E. Musselman Inspirational Swimmer award. This award is to be presented annually to a PNA swimmer who has inspired fellow swimmers.

Since you have been an inspiration to many of your fellow swimmers, the award has been established in your name. You have encouraged your teammates at the Tacoma Y during workouts. You have been willing to share your training methods and other ideas. The hand-crafted items that you have made and given to others have often cheered the recipient. Your support of novice swimmers in the PNA has helped many decide to continue their efforts. Your sportsmanship at local, national, and international meets serves as an example for all.

Sincerely,

Hugh Moore
President, PNA

MEMORIAL SERVICE

DAWN MUSSELMAN PASSED AWAY SATURDAY, APRIL 5, 1986
A MEMORIAL SERVICE WILL BE HELD AT
FIFE COMMUNITY CENTER
2111 - 54th Ave. E
(next to Fire Station)

ON MONDAY APRIL 14, 1986 at 7:30PM

Directions: From North off I-5 take Fife exit, turn LEFT over freeway. There is a Union 76 station and the Fire Station and the Community Center. From South off I-5 take Fife exit, turn RIGHT.

LIKE A SPECIAL LONG-SLEEVE T-SHIRT FOR REGIONALS?

We're arranging for 100% cotton (Hanes Beefy-T), long-sleeve T-shirts with the design shown below to commemorate the Regional Championships. Price is \$10.00 per shirt. Shirts must be preordered and prepaid by April 15. Pick them up at the Regionals meet. No assurance can be given that extra shirts will be available for purchase at the meet.

NOTE: These shirts are all-cotton, but are cut to allow for shrinkage. So, if you normally buy a medium shirt, that is the size you should order here.



NAME _____

ADDRESS _____

PHONE _____

SIZE(S): XL _____ L _____ M _____ S _____

_____ SHIRTS @ \$10.00 EACH = _____

MAKE CHECKS PAYABLE TO BARRACUDA SWIM CLUB

MAIL ORDER FORM & CHECK TO: Ginger Pierson
14218 NE 14th Street
Vancouver, WA 98664

SCHEDULE FOR 1986 LONG COURSE NATIONALS

<u>Aug. 21</u>	<u>Aug. 22</u>	<u>Aug. 23</u>	<u>Aug. 24</u>
200m Backstroke	200m Breaststroke	200m Freestyle	1500m Freestyle
100m Breaststroke	100m Freestyle	50m Breaststroke	
50m Freestyle	50m Backstroke	100m Backstroke	
200m Butterfly	100m Freestyle	50m Butterfly	
200m MEDLEY RELAY	200m I.M.	400m I.M.	
400m Freestyle	200m FREE RELAY	200m M. FREE RELAY	
	200m M. MED. RELAY		

LC NATIONALS ACCOMMODATIONS

Meet Headquarters

Thunderbird Motor Inn - Jantzen Beach
 1401 North Hayden Island Dr.
 Portland, Oregon 97217
 (503) 283-2111 or (206) 696-2565
 Rates: Single / Double \$50.00 per night
 Triple / Quad \$58.00 per night
 Distance to pool: 30 minutes

Alternate Accommodations

<u>Name</u>	<u>Distance to Pool</u>	<u>1985 Rates</u>
* Shilo Inn 2522 NE 238th Dr. Wood Village, OR 97060 (503) 667-1414	8 minutes	\$38 S / \$46 Db1
* Coachman Inn 1545 E. Burnside Gresham, OR 97030 (503) 666-9545	5 minutes	\$36 S / \$44 Db1
* Wood Village Inn 23705 NE Sandy Blvd. Troutdale, OR 97060 (503) 666-6623	8 minutes	\$28 S / \$36 Db1
Motel 6 1610 NW Frontage Rd. Troutdale, OR 97060 (503) 661-5450	15 minutes	\$22 S / \$28 Db1

* Free shuttle service

The PNA would like to welcome the following new swimmers who have registered in the past month:

Donna Ahearn	Debbie DeBruler	Marcia Pink
Stephanie Bannick	John DeWit	Daniel Robinson
Kristie Bartle	Bertil Dillner	Patrick Roth
Marty Bell	Elisa Driano	Mark Shimada
Susan Benner	Jenifer Durnin	Greg Swanson
Ann Berman	Julie Hayes	Eric Thoman
Patrick Bohnert	Zena Herrmann	Carol Ann Thurston
Kenton Bolte	Laura Inveen	Richard Thurston
Eric Bradfield	Patrick Kelly	Selma Voorhees
Francean Brown	Frederick Leatherman	John Vranesh
Joseph Brychell	Sara Lindgren	Lesley Weinberg
Karen Cunnien	Thomas Lindsey	James Wilkerson
Mike Cunnien	David Mullens	Julie Wilson

BELLEVUE (BAC) MEET INFORMATION

DATE: Saturday June 14, 1986 WARMUP: 8:00am MEET: 9:00am
PLACE: Bellevue Athletic Club MAIL ENTRIES TO:
 11200 SE 6th Tom Dunning
 Bellevue, WA 98004 11200 SE 6th
HOSTED BY: BAC and Dreyers Ice Cream Bellevue, WA 98004
PHONE: (206) 455-1616 8 lanes with starting blocks
ENTRY DEADLINE: June 4, 1986 at both ends.

DIRECTIONS: Take 405 exit #12, "SE 8th & 118th", (not to be confused with NE 8th exit). Go WEST on 8th. Turn RIGHT on 118th (just after "PARK & RIDE"). Turn LEFT on SE 6th. (6th is the first road to the left.)

Meet will be seeded slow heats first except the 400 I.M. and 800 Freestyle. Entrants swimming these events must check in 30 minutes before the meet start time.

EVENTS:

- | | |
|---------------------|----------------------|
| 1. 400 I.M. | 8. 50 Freestyle |
| 2. 200 FREE RELAY | 9. 100 Butterfly |
| 3. 100 Backstroke | 10. 50 Breaststroke |
| 4. 200 Freestyle | 11. 200 MEDLEY RELAY |
| 5. 50 Butterfly | 12. 50 Backstroke |
| 6. 200 Breaststroke | 13. 100 Freestyle |
| 7. 200 Backstroke | 14. 200 Butterfly |
| | 15. 100 Breaststroke |
| | 16. 200 I.M. |

Only 2 RELAYS are listed. Mixed relays may also be swum at that time. The 800 Freestyle will be swum as an additional, special event if there is time. If you enter it, it will not count as part of your five (5) event limit. The 800 may be swum two (2) to a lane for the sake of time.

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
Samena 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**
Bremerton Municipal Pool, 50 Magnuson Way, Bremerton 478-5376
lap swim: M-F: 11:15 - 12:30 PM; Tu/Th: 6:30-9:00 PM; F: 6-7 PM
Olympic Aquatic Center, 7070 Stampede Blvd., Bremerton 692-3192
workouts: TU/TH - 6:30 - 7:30 AM
contact: Geoff Pentz 692-3192
lap swim: M-F: 5:30-8:00 AM; M-TH: 8:00 -9:00 PM
- 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
workouts: M,W,F: 6:00 - 7:00 AM
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
- Poulsbo**
North Kitsap, 1881 Hostmark, Poulsbo 779-3790
lap swim: M-F: 5:45-9:00 AM, 11:30-12:30, 5-6 PM, 7:30-8:30
- 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 188th, 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
YMCA, 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

ZIPPING UP YOUR FLY

By the Orygun Fantum

Isn't it tragic that we have to resort to such a title just to get people to read something? All kidding around of course, but maybe you would like to squeeze just a little bit more zip out of your butterfly - if so, please read on.

Since I only have one stroke for which I can claim any degree of accomplishment, some people think I know all about it. I don't, of course, but I have picked up a few insights which I would like to share with you.

First and foremost is the topic of strength. I do not believe that you need to be a gorilla in order to swim butterfly. Agility and coordination (technique) are far more important. My grown children are amazed that I swim butterfly, since they know that I am number 4 in line when a jar needs to be opened or something heavy needs to be moved. No, it certainly isn't just strength that counts although doing a lot of butterfly will help you build some strength.

Secondly, if strength is not of paramount importance, we must recognize that technique is. I will talk about some "little things that mean a lot", but first we must examine you. An intriguing aspect of our sport comes from the fact that we are all so different. I have long arms and short legs, thereby necessitating certain unique characteristics to my stroke. The point here is simply that you must not try to swim just like someone else, since you and they may be physically incapable of looking or swimming the same. Several of my peers are tall and slender, leading me to believe that they would probably take great exception to some of the ideas that have helped me (and can help others, perhaps you!).

Let's break the stroke down into component parts, for analysis; bearing in mind that we are discussing 50 or 100 sprint fly which is a different breed of cat altogether from a 200 stroke.

1. The Rhythm - If you can count to 2 while doing a complete arm stroke, you've got it. That's how the kick fits in with the arms, one during the pull and the other upon entry (following the recovery). If you start your first kick too late or too early, you doom your recovery. Therefore the syncopation of it is absolutely vital. I have one kick occurring about half way through the pull, thus driving me high enough to get my arms out and around for the recovery. The second kick is made as the arms are entering the water in front of you. I like to think of both kicks as 100%, therefore the "pull" phase kick is about 60% and the "entry" kick is 40% of the total. My RPM is about one stroke per second.
2. The Head and Breathing - Breathing is done simultaneously with two other things: the pull and kick #1. This 3-part timing seems to confuse many people. When your head is down, try to

keep the water level at about the hairline (or where the hairline should be!). The key here is to tilt your head back for a breath rather than lifting your head and thence your shoulders completely out of the water. I try to get my breath and then "get my head back down before the arms come around". This deliberate throwing down and forward of the head helps raise the hips for kick #2 and keeps you from presenting your chest as a battering ram, which slows you down and makes the recovery all the harder. Little things! If I had to swim fly with my head up all the time, I would change strokes. I'm not that strong!

I have calculated that, for me, each breath taken on a 50 sprint costs me 3/10ths of a second. You will need to experiment (perhaps with a bunch of timed 25's) to find what works best for you, both in comfort and need.

3. Body Position - This directly relates to the above section on breathing, obviously. If your breathing causes you to start fighting gravity and/or pushing water backwards to your intent, you'd better study your method. I try to imagine myself as a hydrofoil, riding high on the surface without too much undulation. As a third party reference, consider the fish. When stationary or swimming slowly, fish undulate slowly and in large movements. Throw a rock into a goldfish pond and what do you see? Speed! Created by an increase in undulation RPMs and a decrease in kick size. (We'll get to kicking in a moment.) The point of this is that I believe the shortest distance to the other end of the pool is a straight line (or as nearly as possible) rather than a series of big "S" undulations.
4. Kicking - There are a couple of minor technical points to straighten out here. First, the dolphin kick is nearly a whole body function, not just legs and feet. In the same way that a whip reaches Mach 1 velocity at the end of its lash, so must you too involve a continuous wave-like action starting at the shoulders and culminating with the little snap of the ankles. Knee bend is not really that much more important than waist and hip bend. The key is that it must be a wave that travels through your body.

Using fins can help promote this wave-like action while helping build flexibility in the ankle joints. I never use them, however, as I find that they make me tired in places that I don't get tired when I swim butterfly. Perhaps they exercise the quads just a tiny bit differently. You decide this one. I prefer to do my kicking with a board, same breathing pattern as full-stroke, with the kick done very fast and small. No splash, just a minor maelstrom barely beneath the surface. Hurts so good, they say! One last thing on the kick: Think pidgeon-toed. You can create more turbulence (lift) with your feet a little apart at the heels, (not vertically as in flutter). Don't be like a sick fish with "clamped fins". Let the ankles stray a little.

- 5. Armstroke - Nothing else will create more arguments among flyers than this topic. Again, it's because we are all constructed so differently. There are some things to experiment with: If you have strong shoulders, enter your hands close together and pull an hour-glass shaped pattern. Remember to push your hands past the hips to get 100% efficiency. The recovery is just the end of each pull so don't let your hands pause at the hips or you'll never get them over the water.

If you do not have strong shoulders, try entering a little wider and pull more of a wavy "V" pattern. Push past the hips. Keep your fingers together (spoon) not apart (fork) but do not tighten up muscles in order to do it. I try to keep my palms down on the recovery to avoid tightening up my shoulders. This is afterall, the "recovery" and your only rest time. Reach fully extended and relaxed for the farthest point in front of you.

Summary - I really believe that the greatest good you can do for yourself in swimming is to experiment with different ideas and techniques. If you find just one thing in this essay which causes you to improve just one tenth of a second - Mission accomplished!



M.S.I. NEWS

the official newsletter of M.S.I.

Publicity Officer -

MARGARET G SAMSON
49 NORTH ALTADENA DRIVE
PASADENA CA 91107 USA

SUBSCRIPTION FORM - M.S.I. NEWS

Published 4 times a year - \$4.50 in US Currency - FIRST CLASS MAIL

Name _____

Address _____

Tel: _____

Club _____

Please give the name and address of a friend who would like a complimentary copy.

RESULTS FROM 1986 ONE-HOUR SWIM

WOMEN:

Age	20-24	Lisa O'Brien	#1	5,045	yds
"	30-34	Donna Daly	#24	3,880	"
"	35-39	Kathrine Casey	#6	4,340	"
		Jane Moore	#36	3,330	"
"	50-54	Janet Kavadas	#15	2,935	"
"		Margaret Winnie	#23	2,460	"
"	55-59	Patricia Dotson	#3	3,900	"

MEN:

Age	30-34	Hugh Moore	#11	4,905	yds
		Jeff Gross	#24	4,575	"
"	40-44	Steve Engel	#2	4,900	"
		Gordon Gray	#24	4,160	"
"	45-49	Frank Newquist	#20	4,115	"
		Michael Vesselago	#61	2,835	"
"	55-59	Bennie Dotson	#25	3,075	"
"	60-64	Ray Frederick	#2	4,265	"
"	70-74	John Downey	#13	3,050	"

PNA Committees as of January 29, 1986

COMMITTEE	MEMBERS (* - chair)
Awards	*Carolyn Baldwin, Steve Freeborn
Computer Applications	*Hugh Moore, Walt Reid, Dave Addleman
Constitution & By-laws	*Rick Ingraham, Hugh Moore, Kathy Casey
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 Casey, Hugh Moore, Walt Reid
Officiating	*Carolyn Behse, Rick Ingraham
Publicity	*Frank Newquist
Records	*Walt Reid, Kathy Casey
Relay Captains	*Kathy Casey, Jay Palmer, Julie Corman
Social	*Linda Cazin, Rick Ingraham
Sunshine	*Marietta Hunziker-James(582-6877), Jim Penfield (884-2359)
Teamwear	*Jay Palmer

DAVID SCHMALZ	31	2:00.31
IAN THOMPSON	36	
WALT INGRAM	42	
DAVID VANKLEECK	28	
160 +		
DAVID DEMOREST	43	2:25.59 R
MARK OZANICH	34	
ALLAN SACHS	73	
GORDON CLARKE	34	

WERE DROPPED BECAUSE
 THEY WERE NOT MEMBERS:
 BRUCE ERICSON
 BERNIE KINGSLY
 MARY KINGSLY
 LESLIE SAMMONS
 THE FOLLOWING SWIMMERS
 SWAM MORE THAN 5 EVENTS
 LINDA CAZIN
 JOHN UNDERBRINK
 DAVE BORG-BREEN
 THEIR LAST EVENT
 WAS DROPPED

 RELAYS-MIXED 200 YD. FREE

120 +		
STEVE SCHMIDT	23	1:49.71 R
RONDI WHITE	40	
KATHRINE CASEY	37	
STEVE FREEBORN	30	
GORDON CLARK	35	1:57.46
ANNETTE CLARK	33	
KATHLEEN DYER	35	
JOHN UNDERBRINK	28	

160 +		
JEFF WNUK	31	1:59.40 R
ARLENE PROEBSTING	43	
DONNA PHELAN	48	
BOB PROEBSTING	48	

200 +		
ANN KNOWLES	45	2:30.95 R
ALLAN SACHS	73	
BARBARA BLAIS	44	
DAVID DEMOREST	43	

 RELAYS-MIXED 200 YD. MEDLEY

120 +		
JOHN UNDERBRINK	28	2:30.13
KATHLEEN DYER	35	
ANNETTE CLARK	33	
MARK OZANICH	34	

160 +		
ARLENE PROEBSTING	43	2:27.51 R
DONNA PHELAN	48	
BOB PROEBSTING	48	
ROBERT THOMAS	47	

HELEN SCHUCHART	67	3:03.56
BARBARA BLAIS	44	
DAVID DEMOREST	43	
GORDON CLARK	35	

TRY THIS:

The following will be a set or two every month that you might like to try in your workouts. Some may be new; some you may recognize. Some may work for you; some may not. If you don't understand, catch me at a meet.KC

THIS IS A SPRINT SET FOR A "TAPER" WORKOUT

5 X 100 on 2+

descend each 25

- ie - 1st 25 - slow
- 2nd 25 - medium (but strong)
- 3rd 25 - faster
- 4th 25 - all out sprint

You should turn up with good times in spite of starting out slowly. This set helps you learn to sprint the last 25 of the 100 in spite of feeling "dead" after the 75.

I write all my send off times with a plus (+) after the time because of the varying swimmer abilities on my team. I write the send off time for the fastest one in the pool, and everybody else adds time to it, so they have comparable rest time. (ie - if the above set is done freestyle, my fastest swimmer would do times of 1:10-1:15 allowing 45 to 50 seconds rest. Another swimmer will do times of 1:25-1:30 would go on 2:15).

.....KC

THINK LONG COURSE NATIONALS!!

HERE'S WHAT'S COOKIN' :

OATMEAL FUDGE BARS

Recipe from..Debbie Lewis

- 1 C. Butter
- 2 C. Brown Sugar
- 2 Eggs
- 3 C. Oats
- 2½ C. Flour
- 2 tsp. Vanilla
- 1 tsp. Salt
- 1 tsp. Soda
- 1 C. Chopped nuts

- 1 pkg. Chocolate Chips
- 1 14oz. can Condensed Milk
- 1½ C. Chopped nuts
- 2 TBSP. Butter
- 2 tsp. Vanilla

Grease one large cake pan. Cream 1 C. Butter with Sugar. Add eggs, beat well. Mix in Oats, Flour, Vanilla, Soda and Salt. Stir in 1 C. Nuts. Set aside.

Combine Milk and Chocolate Chips in top of double-boiler. Stir until Chocolate melts. Add rest of ingredients and blend well. Preheat oven to 350°. Spoon 2/3 Oats mixture into pan, press with a fork. Spread Chocolate mixture over the top. Crumble rest of Oat mixture over Chocolate.

Bake until golden, about 25-30 minutes

350° oven

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