



the OFFICIAL PNA
MASTERS
NEWSLETTER

JUNE 10, 1986

Vol. 5 No. 6

PRESIDENT
Hugh Moore
29920 2nd Pl. SW
Fed. Way, WA 98023
206-941-3100

EDITOR
Kathy Casey
11114 111th SW
Tacoma, WA 98498
206-588-4879

Schedule • Calendar

June 14 LC Bellevue Athletic Club
July 19-20 LC South Kitsap
July 19 Board Meeting So. Kitsap
July 26-27 Sun Valley Invitational
Aug. 1-3 LC REGIONALS CHAMPS, Spokane
Aug. 9 Emerald City Open Water Swim

1986 NATIONALS

Aug. 21-24 LC Mount Hood, Oregon
July 11-16 WORLD MEET, Tokyo, Japan

BOARD MEETING, June 24 at Moore's, 29920 2nd Pl. SW, Fed. Way, 941-3100, 7:00pm

EDITOR'S CORNER...

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

NEWSLETTER DEADLINE IS THE LAST
DAY OF EVERY MONTH!

Think "LONG COURSE NATIONALS!!"

ROSES!!! To Carolyn Baldwin and Linda Cazin (and Frank too!) for hosting and organizing a lovely baby shower for Sarah Moore.

To Walt Reid and Julie Corman for all the wonderful work on relays at Regionals.

To Donna Phelan and Mrs. Thomas for helping with the relays at Regionals.

To all of you who were so cooperative with the relays, who checked in with us for relays, who helped recruit subs and redo relays, and thanks for telling us if you were leaving and couldn't swim a relay. All that communication makes our job much easier.

ROSES!!! To Oregon for a SUPERB meet! Thanks, Oregon!!

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Dear Master Swimmer,

Special thanks to Gordon Gray and Marilyn Grindrod for agreeing to run the July meet. Note that it has been moved from Tacoma to South Kitsap. The dates are the same (July 19th and 20th). We will hold an informal Board meeting following the 1500 on Saturday (time and place will be announced at the meet). Grab a lunch and take part. The meeting is open to all PNA members. We're hoping that some of the teams more distant from Seattle may find an opportunity to participate. If you have any suggestions that you feel would help the PNA run more efficiently, involve more people, make meets more fun, or anything relating to the performance of the PNA, be prepared to present your ideas at the meeting. I would especially like to hear comments from small teams and those teams that are removed from the Seattle-Tacoma area: What can the PNA do to help your program?

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



PNA Committees as of April 26, 1986

COMMITTEE	MEMBERS (* - chair)
Relay Captains	*Kathy Casey, Jay Palmer, Julie Corman
Constitution & By-laws	*Rick Ingraham, Hugh Moore, Kathy Casey
Officiating	*Carolyn Behse, Rick Ingraham
Sunshine	*Marietta Hunziker-James(582-6877); Jim Penfield (884-2359)
Hospitality	*Dave Addleman, Kiko Kimura
Medical	*Jane Moore, Kiko Kimura, Martha McClelland, Carolyn Baldwin
Social	*Linda Cazin, Rick Ingraham
Teamwear	*Jay Palmer, Jane Moore, Hugh Moore
History	*Tom Foley, Maxine Carlson
Computer Applications	*Hugh Moore, Walt Reid, Dave Addleman, Gordon Gray
Fitness	*Kiko Kimura, Hugh Moore, Jane Moore, Lib Rust, Amy Rust, Maxine Carlson, Cathy Brooks, Karen Unruh, Carolyn Baldwin
Awards	*Carolyn Baldwin, Steve Freeborn
Newsletter	*Kathy Casey, Hugh Moore, Walt Reid
Publicity	*Frank Newquist, Judy Harrison
Records	*Walt Reid, Kathy Casey
Meets	*Jan Kavadas, Hugh Moore, Joann Brislin, Julie Corman, Carolyn Baldwin, Rick Ingraham
Membership	*Jane Moore, Hugh Moore, Rick Ingraham
Finance	*Julie Corman, Hop Bailey, Hugh Moore

1986 LC NATIONALS AND
LC REGIONALS, SPOKANE, AUG. 1-3

1986 Long Course Nationals will be held at the Mt. Hood Pool in Portland, Oregon from Aug. 21, through Aug. 24, 1986. Four years ago, 95 PNA swimmers attended Nationals at the Mt. Hood pool and took second place overall. This year, we are hoping for another strong showing.

Relays are a high point of a big meet like this. Nothing builds team spirit like pulling together on a relay. It's a chance to swim with swimmers you've been swimming against all year - a chance to get to know other swimmers from PNA.

The deadline for Long Course National entries July 21, 1986. We need a relay commitment from you by July 7, 1986, (for LC Regionals also). Please fill out the following form and return, as early as possible, with \$2.00 per relay to: (Checks payable to PNA Master Swimmers) (Pay for National Relays only, no charge for Regional relays.)

Julie Corman
7004 Linden Ave. N.
Seattle, WA 98103
(784-3804)

Kathy Casey
11114 111th St. SW
Tacoma, WA 98498
(588-4879)

NAME _____ AGE _____ M F USMS # _____
ADDRESS _____ CITY _____ ST _____ ZIP _____
PHONE _____ BIRTHDATE _____

I will be attending Long Course Nationals in Portland, Oregon. I would like to swim on the following relays:

- | | |
|---|---|
| <input type="checkbox"/> Free relay, Aug. 22 | <input type="checkbox"/> Mixed free relay Aug. 23 |
| <input type="checkbox"/> Mixed medley relay Aug. 22 | <input type="checkbox"/> Medley relay Aug. 21 |

I will be attending Long Course Regionals in Spokane, Washington. I would like to swim on the following relays:

- | | |
|---|---|
| <input type="checkbox"/> Free relay | <input type="checkbox"/> Mixed free relay |
| <input type="checkbox"/> Mixed medley relay | <input type="checkbox"/> Medley relay |

My best 50m/50yd time for 1985-86 are: (please be accurate!)

50 free _____ yd _____ mtr 50 fly _____ yd _____ mtr
50 back _____ yd _____ mtr 50 brst _____ yd _____ mtr

Enclosed is my check for _____ relays X \$2.00 = _____. I understand that if I cannot attend the National meet, I must notify Julie Corman or Kathy Casey prior to July 7, or I may not get my relay fee back. If I am not selected to swim on all of the relays that I have paid for, I will be reimbursed for the relays I do not swim.

SIGNED _____

PLEASE NOTIFY JULIE OR KATHY IMMEDIATELY IF YOU CANNOT SWIM ON THE RELAYS!
LC Regionals entry will be in the next "Wet Set".

AVOIDING BURNOUT by Hugh Moore

Do you ever wonder if you will be swimming next year? How about five years or thirty-five years from now? I've been swimming competitively for nearly 25 years (since I was seven), and I have a personal goal of swimming regularly until I'm in my 90's. I foresee two major areas of difficulty in reaching that goal: physiological and psychological. In this article I'm going to concentrate on psychological factors.

First, let's define the word burnout. It is a slang word used regularly in sports. Burnout is a psychological state that occurs when you begin to dread participating in an activity. It occurs when you feel that the positive reinforcements you receive from an activity are less than what you are putting into it. In severe or prolonged cases it may lead to the participant quitting that activity.

Annually, fifty percent of registered masters swimmers, both locally and nationally, do not re-register. A number of these swimmers move to other areas or were only mildly interested in the first place. Based on the PNA's ex-membership survey, however, nearly ten percent had been very active swimmers. Obviously something has had a significant effect to cause a change in their lifestyle. I'm sure that a number of these swimmers have suffered from severe cases of burnout.

I also wonder what has happened to all of the former age-group competitors who are now adults. United States Swimming registers nearly one quarter of a million swimmers each year. When you add the number of swimmers involved in summer recreation programs and High School teams, I think that we can quite safely say that there are over one million adults in the U.S. who swam competitively at some time during their life. Yet we only have about 20,000 registered masters swimmers. Probably a lot of them have not heard about Masters Swimming, but I also wonder if a high number of former age-group swimmers are burned out.

I feel that a major cause of burnout is stress. The adult who spent five hours a day in the water when he was nineteen years old may remember it as a time of high pressure. I feel that to enjoy swimming we must make goals along the way, but there is a point where training for those goals becomes too obsessive and stress takes the enjoyment out of it. The amount of stress an individual can absorb before reaching burnout varies for everyone. You need to know when you have crossed that line or are about to cross that line, and then re-evaluate your goals and priorities.

continued on next page

Another prime contributor to burnout is lack of motivation. The most common motivator is goal setting. A review of the physical and psychological benefits of swimming may help you decide to continue swimming. The social life you enjoy with other swimmers may also contribute, but most swimmers find that striving for goals keeps them in the water. However, setting the wrong goals can be harmful.

I personally feel that the goal of "winning" is the largest contributor to stress. People who will not allow themselves to be defeated are building up stress. When setting your goals, remember that there are a lot of other goals besides winning and setting printed records. Personal best times are the most common. Since the aging process reduces your speed, you may have to adjust your goals to "best time in this age group". Don't limit yourself to your best races. I try to swim all of the established races each year. There are eighteen short course events and seventeen long course. Also consider the hour swim for distance, 3300 Super-Swim, 10000 M postal contest and open water swims. That allows you a lot of flexibility in setting goals. When it becomes difficult to improve your times in one particular event, maybe it's time to concentrate on another.

Over one third of all Masters swimmers swim with small teams or unattached. This allows a chance for valuable feedback to your coach (especially if you're your own coach). If you feel that your workouts are becoming too demanding, maybe it's time to have a chat with your coach. Have some fun in your workouts. Enjoy a social life with your teammates. If you start dreading your workouts, you're not likely to want to continue swimming.

Budget your time. Decide how much time you want to spend pursuing athletic interests (include running, biking, tennis, lifting weights, etc.). Do you still have enough time to pursue other interests such as your family, job and social life? If you don't you are likely to start feeling stress.

If you feel that you are reaching the burnout stage, take a few days off, then re-evaluate your goals. It may be that you simply need to re-budget your swimming time. Dropping down from five hours a week to three hours a week is better than stopping completely.

No two people are alike. Only you know when you are approaching the burn-out stage or are losing motivation. If you feel that you are losing interest in swimming, it is up to you to do something about it.

BOARD MEETING

The April 22, 1986 PNA Board Meeting was held at Carolyn Baldwin's. Called to Order by Hugh Moore at 7:30pm. In attendance, Frank Newquist, Dave Addelman, Hugh Moore, Linda Cazin, Kathy Casey, Jan Kavadas, Carolyn Baldwin, Julie Corman, Walt Reid and Kiko Kimura.

Champs - Proposed changing 1650 placement in meet order. May run 1650s Sunday mornings in the future. Also discussed pro and con of two per lane swims and how to jazz up team awards.

SC Regionals - Relay planners are handicapped by people not turning in their best times so that relays can be planned.

SC Nationals - Seven people going to nationals from PNA. Two relays will be attempted. Also two delegates are needed for meetings.

Japan - Possibly four women and three men going.

BAC - Went well.

Tacoma LC Meet - July meet changed due to Seniors needing pool. Curtis H.S. may host LC meet or some other South end pool? Jan Kavadas and Hugh will pursue the matter empowered by the Board for July also.

Pool Rental for Nationals - LC practice time will be contracted for a lane at a South End pool. PNA will put up \$275.00, expecting to recoupe that amount in full paid by swimmers. \$30.00 for two months or \$2.00 drop in (that includes workouts).

Treasures report was given.

Membership - There are presently 433 members - last year 531.

Teamwear - Sold nearly \$200.00 worth last meet.

Awards - Sold \$136.50 medals at PNA Champs, need to order more in November.

Sunshine - Bob Simonds recently celebrated his 93rd birthday party. PNA contributed \$25.00 to cancer fund in memory of Dawn Musselman. PNA sent flowers to Jane and baby Moore.

Social - There will be a party and shower at Carolyn Baldwin's for the new little Sarah Moore on May 31, potluck. Thanks again to Linda Cazin for arranging great PNA dinner and all those who put on the program, especially the jelly bean counter.

respectfully,

Carolyn Baldwin

all wetby Julie Corman

SHORT COURSE REGIONALS In early May, 65 PNA swimmers travelled to Portland, Oregon for the Short Course regional meet at the fast Tualitan Hills pool. The pool turned out to be faster for some than for others. The meet afforded us all the opportunity to swim with the people we've been swimming against all year.

A special hats off to:

•Debbie, Bernie, and Mary Kingsley, Kiko and Takako Kimura, and Bob and Arlene Proebsting for making this meet a family affair.

•Bob Remington who anchored the 240+ record-breaking relay and said the team owed it's success to his teammates: the two lovely ladies Maryan Burke and Lee Holm and the young Jim Penfield 77.

•The hotshot regional record-breaking medley relay of Gordon Clark, Greg Harrison, Bernie Kingsley, and Steve Freeborn.

•Bob Musselman for cheering us all on.

•Kathy Casey and Walt Reid for all the work they put in on the relays.

•Greg Harrison whose record breaking 200 yd breaststroke almost cracked his lifetime best. Next meet Greg!

FAVORITE SWIMMING TIP? If you have a favorite training or competition tip that you would like to pass on to your fellow PNAers, send it to me and watch for it in a future issue of the Wet Set.

FLORIDA NATIONALS A small band of sun-worshipping PNAers travelled to Florida for the short course Nationals. While Juanita Correa was setting a new national record in the 100 backstroke (1:17.66), Julia Morrish and Marion Chadwick were turning in personal bests on a freestyle relay by visualizing that they were being pursued by a boat. Lee Chesnau, Kiko Kimura,

and Linda Cazin all put in some good times and brought back a little of that Florida sunshine.

GOING TO LONG COURSE NATIONALS? We want you for our relays! Due to the overwhelming task of putting together such a large number of relays, we need to have your relay forms in as soon as possible. If you don't have your relay form in to Kathy Casey or me by July 7, we won't be able to use you on the relays. That would be both your loss and ours. Please get them in as soon as you know you are going.

A suggestion: organize an informal duel meet with another masters team as a time trial for 50 yard times. This will give us a realistic and current time to use when making up relays for Nationals.

Another suggestion: practice relay exchanges at workouts so you can get off the blocks fast without jumping the gun.

PNA BOARD MEETINGS Only a handful of swimmers are showing up at the monthly meetings, representing even a smaller number of teams. Each team not only has the right, but the responsibility to participate in the decisionmaking and, yes, some of the legwork in making those decisions a reality. Even if your team doesn't have one person that can make it to all of the meetings, you can rotate the responsibility among your members so that one representative shows up at each meeting. Remember, this is your organization. Help to shape it!

NEW SWIMMERS At each meet, Rick Ingraham cajoles all of the first-time swimmers into identifying themselves. Please take the time to meet them and welcome them to PNA.

I'd like to receive your comments, criticism, information, and offers to help. 7004 Linden Ave N., Seattle, Wash. 98103. (206) 7843804.

1986-87 MEET BIDS

If you are interested in bidding for a meet during the 1986-87 season and do not receive bid information, please contact Jan Kavadas at 217 Alder St. #305, Edmonds, WA 98020, (206)775-5814. (Call before 9:00pm). Meet bids will be due by June 10th.

1) The meet bids will be handled as a contract. Groups bidding for meets will be asked to identify items that they will provide at the meet. If they are granted the meet, then the PNA will sign the bid, completing the contract.

2) Teams awarded bids will receive 60 to 80% of the meet revenues (unlike the previous set rate of 75%), depending on whether or not they meet the criteria listed on the contract.

Meet bids will be discussed at the PNA Masters Board meeting, Tuesday, June 24, 1986, 7:00pm at the home of:

Hugh and Jane Moore
29920 2nd Place SW
Federal Way, WA 98001
(206) 941-3100

Representatives of bidding organizations are welcome to attend.

IF YOU WISH TO RECEIVE MEET BID INFORMATION SEND IN THE FOLLOWING FORM:

PLEASE SEND MEET BID INFORMATION TO:

MAIL THIS FORM TO:

NAME _____

Jan Kavadas
217 Alder St. #305
Edmonds, WA 98020

ADDRESS _____

PHONE _____

FROM WETSET READERS

Wetset readers are encouraged to send articles to the Wetset editors. Articles will be reviewed by the editors and published if they are felt to be appropriate, and if space permits. Articles will not be edited. Therefore, the PNA and the Wetset editors do not guarantee the accuracy of the articles printed. Furthermore, the articles do not necessarily reflect the view of the PNA or the Wetset editors.

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

Gretchen Anderson
Burton Bender
Gerald Egan
Rene Oldrich

Cynthia Reil
Ronald Stevens
Kristine West

COACHES CLINIC

The Pacific Northwest Swimming Association's Annual Fall Winning Spirit Clinic (an ASCA Coaches' Certification Credit Clinic) will be held at the University of Puget Sound September 27, 1986. The cost is \$20.00 (tax deductible) including a buffet lunch. The featured speaker will be Dick Shoulberg, coach of Germantown Academy-Prep School, a former Pan American team coach and a Pan Pacific team coach for U.S. Swimming. More information will be available in August.

OTHER EVENTS AVAILABLE

- Seymour Rapids Masters Swim Club Invitational Swim Meet, June 15, North Vancouver, B.C.
- Silver Lake Triathlon, July 13, Everett.
- Northwest Open Senior Masters Sports Festival, July 18-27, Eugene, OR.
- Manhattan Island Marathon Swim, July 20, New York City.
- "The Candlewood Challenge", 10 $\frac{1}{2}$ mile swim of Lake Candlewood, August 1, Danbury, CT.

FOR INFORMATION CONTACT KATHY CASEY

RELAYS

Please be aware that anytime you compete outside the PNA you are competing for the PNA, not for the local team you work out with. This includes events such as the one hour postal swim. Your local team is not registered nationally as a club. At Regionals and Nationals the club you swim relays for is the "PNA".

!!! NSF CHECKS !!!

Just a reminder - Your checks travel through a bureaucratic maze before reaching the bank. Sometimes they are cashed as much as two months after they are written. Please take this into consideration before emptying your account.

- Your Treasurer

LOOKING FOR A ROOMMATE AT NATIONALS?

Contact Debbie Kingsley, 301 West "T" #C-15, Tumwater, WA 98501, (206) 754-3987. Debbie will keep a list of people looking for roommates at LC Nationals. She is not reserving rooms. She has just agreed to keep a central list of names to help people find roommates.

FOOD FANTASY DAY
AND MEET THE MASTERS

WHERE: Mt. Hood Comm. Aquatic Ctr.
WHEN: Wednesday, August 20, 1986 - 4-8PM
WHO: All food fanciers and feasters
WHAT: No host food booths featuring metro restaurants serving their favorites and fantasies
WHY: Fund-raiser for college HPERA & plant service

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		

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...

FINISH UP YOUR WORKOUT WITH THE FOLLOWING SPRINT SET.....

16 X 25 (4 of each) on :50 (or 1:00, or 1:10 etc.) PLUS turns:

4 of each means 4 X 25 fly, 4 X 25 back, 4 X 25 breast, and 4 X 25 free. Pick a send-off that allows you an average of 15 or 20 seconds rest, because you have to walk or swim back to the wall after each 25 yd. sprint plus a turn. (Sprint each 25 yd., do a turn, and stop.) This is an excellant way to practice sprint turns for your races.

TRIATHLON INFORMATION

For information on the Northwest Triathlete's Association or to put your name on a relay list for Triathlons, contact:

Patrick Garlepp
Northwest Triathlete's Association
P.O. Box 1484
Woodinville, WA 98072
(206) 485-5695

ATTEMPTING A NATIONAL RECORD?

If you might break a national record, always ask that three timers time your race.

.....KC..

Think "LONG COURSE NATIONALS!!"

RELAY AND TIME CARD ORDER

NAME..... CONTACT...Rick Ingraham
 ADDRESS..... 5009 Hunt St.
 Gig Harbor, WA 98335
 206-851-7130

PHONE..... CHECK PAYABLE TO:
 PNA Masters Swimmers

HOW MANY.....BLUE.....AND/OR PINK..... \$1.50 for 50 cards at meet
 \$2.00 for 50 cards by mail

FOR INFORMATION ABOUT IEA AND ORE MEETS

WRITE OR CALL:

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

July 12-13 Tri-Cities Richland, Wa. Aug. 21-24 LC Nationals, Mt. Hood
 Aug. 1-3 LC Reg. CHAMPS, Spokane

P O O L M A R A T H O N

The Lake Washington Masters Swim Team Will host a 26.2 mile pool Marathon intended to benefit local King County Food Banks. This is a competitive event and entries will be extremely limited. The pool marathon is scheduled for September 7, 1986 at the Redmond Forward Thrust Pool. This is an extremely demanding event and only serious, well trained swimmers should consider application. Applications may be obtained by sending a self-addressed, stamped envelope to:

POOL MARATHON
 P.O. Box 102
 Carnation, WA 98014

Applications must be received by July 14, 1986. Acceptance notification will be made before August 1, 1986.

PNA BOARD MEETING, MAY 27, 1986

The meeting was called to order at 7.20 by "father" Hugh echoed by a howl from little baby Sarah who attended her first meeting.

Minutes and treasurers' reports were not available.

Regionals and Short Course Nationals were reviewed briefly. A suggestion was made to hold a stroke and turn clinic before a big meet giving instruction on legalities and judging.

A plea was sent out and has been accepted to host a long course meet on July 19 and 20 by South Kitsap pool in Port Orchard. Marilyn Grindrod supported by Gordon Gray will run the meet with North Kitsap High School.

Hugh proposed changing the July board meeting to the weekend of the meet in order to involve some new blood. A motion carried to hold the board meeting on Saturday afternoon following the 1500 swim. Social details such as lunch or picnic will be arranged by Linda via Kathy.

Relays for the Japan meet have been entered; back-ups for these teams are needed. Only those with times entered will be used on relays for long course Nationals. Others can fill in as subs.

A motion was made by Carolyn Baldwin, seconded by Rick Ingraham and passed unanimously to reconsider the two watch rule proposal to now be:

Masters exception to USS Technical Rules

Timing (1) electronic timing or 3 watches are recommended.

(2) In the event of manual timing two watches are required (use standard USS rules for averaging the watches).

(3) If in the manual system there is a timing failure and only one manual time is available, that time shall be the official time (this is currently the rule when using electronic equipment).

All official times as stated above shall be accepted for compilations for local and national Top Ten times. All LMSC and Regional Records shall require a minimum of two watches or electronic timing. National records require electronic or three watches. We will seek regional and national recognition of this proposal.

Hugh shared a letter from Harry Lewis regarding paying for relays and national medals. He will write back encouraging pursuit of these arrangements to be worked out in more detail

Membership stands at roughly 464 members. There were no further committee reports.

Meeting was adjourned at 8:45.

Respectfully,



Board Meeting Attendance next page

MAY 27 BOARD MEETING ATTENDANCE

The following members attended the May 27 board meeting:

Hugh Moore	Gordon Gray	Walt Reid
Jane Moore	Marilyn Grindrod	Cynthia Rosik
Rick Ingraham	Carolyn Baldwin	Linda Cazin
Ann Gindroz	Kathy Casey	Frank Newquist

The following article was contributed by Joan Brookhyser, a PNA Masters Swimmer, a graduate of the University of Washington in Clinical Dietetics, and a Registered Dietitian for the past six years:

NUTRITION

AND

SWIMMING

BY: Joan Brookhyser, R.D.

Just like a car that does not run by good suspension and and engine alone, a good swimmer cannot perform on muscle and skill alone. Both, whether a car or your body, require fuel. You could have done all the right training, be in top notch shape, but if you've ignored your fuel supply, your start may be a sputter and you may have a stall problem halfway into your event.

What's good nutrition for the swimmer? Unfortunately there are no magic foods to help you soar through the water and beat all of the records. But here are a few key tips to keep you with maximum high quality fuel and help maximize the skills you've developed as a swimmer.

-First of all forget the fads and get back to the basics; eat a balanced diet. Variety is the spice of life and the key to a good nutrition.

If you are trying to lose weight, lose it slowly. A weight loss of 1 to 2 pounds per week is considered slow and safe. Avoid the so-called crash diets, or high protein, low carbohydrate, quick weight loss diets. These will not only leave you energy depleted, but leave you dehydrated and more susceptible to catching the latest flu bug.

- Two or three days before your meet replace some of the high protein and high fat foods in your diet with more complex carbohydrate foods. For example:

Continued next page

INSTEAD OF:

SELECT:

Meat and gravy
Potatoes and butter

A smaller size of meat (skip the gravy)
A larger serving of potatoes (cut down on the butter)

Salad and dressing
Carrots and butter

A larger salad (cut down on the dressing)
A larger serving of carrots (cut down on the butter)

Add a piece of fruit (or if you can afford it, try a decadent dessert)

If you are still trying to lose weight, stop now until the meet is over. This does not mean you need to overeat, just don't scrimp on keeping up a good diet of complex carbohydrates.

- The day before the meet make sure you get in enough fluids. (This does not include beer, save this until after the meet.)
- The day of the meet, eat a moderate sized high carbohydrate meal, about two hours before your first event. This might include toast with a little butter and jam, cereal with milk, french toast or waffles; or for dinner you might try spaghetti, fettuccini or a large baked potato with a little cheese on top. If you really have the jitters you may want to try a liquid meal. The nutritional supplements Ensure or Sustacal work well. These are available at most grocery or drug stores.
- Moderate your caffeine (i.e. coffee, coke or tea) the day of the meet. Caffeine is a stimulant and just might add to your jitters or may upset your stomach.
- Once at the meet continue to keep your fluids up. Nibble on small items or drinks between heats such as cookies, bagels, maybe even a sandwich.
- After the meet CELEBRATE. Treat yourself to a good balanced meal. You deserve it. Drink plenty of nonalcoholic liquids; and yes, a little alcoholic liquid would be okay now too.

The Emerald City

OPEN WATER SWIM

A ONE MILE OPEN WATER SWIM ON A TRIANGULAR COURSE

LEAVING FROM SEWARD BEACH, SEATTLE

ON SATURDAY, AUGUST 9, 1986 - 9:30AM

\$10.00 PRE-REGISTRATION WITH T SHIRT
\$15.00 DAY OF RACE

For further info call Seattle Parks and Recreation
625-4671 or 935-6006

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
- Belleveue
Eastside Branch YMCA, 14230 Bel-Red Rd., Belleveue 746-9900
contact: M-F: 6:45 - 7:45 AM
workouts: 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
Samera Club, 15231 Lake Hills Blvd., Belleveue 746-1160
lap swim: M-F: 5:00 - 9:00 AM / Every Day: 9:00 - 10:00 PM
Newport Hills, 5464 119th Ave. SE, Belleveue 746-9510
workouts: M - F: 6:30 - 7:30 AM
contact: John Underbrink 828-6733
- Belleveue Athletic Club, 11200 SE 6th, Belleveue 455-1616
Belleveue, 601 143rd NE, Belleveue 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-P00L
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: 1-5:30 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 Thristle, 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
Aquatic Development Clinic, 11009 1st S., Seattle 232-3474
YMCA, 1118 5th, Seattle 447-4868
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 Klyven 326-4600 (day) or 367-2330 (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