



the OFFICIAL PNA
MASTERS
NEWSLETTER



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AUGUST 10, 1986

Vol. 5 No. 8

Schedule • Calendar

- | | |
|---|---|
| Aug. 21-24 LC NATIONALS, Mt. Hood, OR. | Jan. 17-19*SC Issaquah-Spec.Event Order |
| Sep. 20 SC Eastside Catholic at Northshore #4 | Feb. 13-15*SC Cascade (2 dys)#3(1000incl) |
| Sep. 30 Board Meeting, Moore's 7pm | Mar. 12-15*SC Husky (2 dys.) #4 |
| Oct. 25 Swim Clinic, 9am-2pm, Tacoma | Apr. 3-5 SC PNA CHAMPS, Kent, WA. |
| Nov. 14-16*SC No. Kitsap (2 dys) #1 | SC REG'L CHAMPS, Orca, Hazen |
| Dec. 12-14 SC Fidalgo, Anacortes (1 dy.) #2 | May 15-18 SC NATIONALS, Stanford, CA. |

BOARD MEETING AFTER WORKOUT AT U.OF W. AUGUST 16. WORKOUT IS AT 10:00 AM.

EDITOR'S CORNER...

NEWSLETTER DEADLINE IS THE LAST DAY OF THE MONTH

THERE WILL BE A PNA WORKOUT SATURDAY, AUGUST 16 AT THE UNIVERSITY OF WASHINGTON HEC EDMONSON POOL AT 10:00 AM.

ROSES!!! To Walt Reid, Kathy Casey, Julie Corman and Dave Addleman for all the time and hard work spent in connection with the relays for Nationals.Hugh

Think "LONG COURSE NATIONALS!!"

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Dear Master Swimmer,

I'd like to wish everyone attending Long Course Nationals the best of luck. In addition to swimming well, I hope that everyone finds an opportunity to meet new swimmers and renew old acquaintances. The PNA will have over 100 swimmers attending the meet. If you have trouble finding someone that you know, look for the PNA banner. Most of the PNA swimmers will probably be near it. There are a total of 925 swimmers entered in the meet. Remember that there are another 800 swimmers at the meet in addition to PNA swimmers. All of them are interesting people and fun to meet.

On Friday, August 22nd, following the 200 meter freestyle relay, the PNA will make a special presentation in honor of Dawn Musselman. The award will be given to the winner of the Women's 60-64 100 meter freestyle. Plan on being at poolside for the presentation.

With 100 swimmers attending the meet, planning relays was a monumental task. Special thanks to Walt Reid, Julie Corman, and Kathy Casey for all the work that they did in compiling the relays. If you want to know what relays you will be on, there is a tentative list in this newsletter. There may be some changes due to cancellations by swimmers.

Please be prompt in reporting for relays. A late swimmer can cause concern for the other members of the relay. A swimmer who misses a relay will result in the cancellation of the relay and is unfair to the other three members of the team.

The PNA board is trying to set up a stroke improvement clinic for October 25th. Details will be in next month's newsletter.

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



P.S. Dick Hannula will present a SWIM CLINIC in Tacoma, October 25, 9:00am-2:00pm. The Clinic will include lecture and in-the-water stroke work. Watch for details in the September newsletter. SAVE THE DATE!

all wet.....by Julie Corman

THIS IS IT! LONG COURSE NATIONALS

It's time to be thinking positively, tapering and bringing out your sharpest razor blades. Nationals are just around the corner. I want to wish you all a good time and some good times. We have over 110 swimmers from PNA entered in the meet, so we ought to make a pretty good showing.

AGING UP We have a lot of swimmers this month aging up just in time for Long Course Nationals. Poor Karen Kelly turns 30 the day after Nationals. But most of the rest of you are headed south to make your mark in Portland.

25 years old: Jennifer Durnin, Dave Johnson

30 years old: Jeannie Forbes, Karen Kelly, and Gloria Masters

35 years old: Richard Peterson

40 years old: Margaret Harris, Terri Highland, and Sandy Plann

50 years old: Sue Ann Neher

60 years old: John Koruga

Happy Birthday!

RELAY PRACTICE - AUG. 16, 10:00am!

Just a reminder that the Husky Master Swim Team is extending an invitation to all PNA swimmers who are going to Long Course Nationals to a relay exchange workout at the Husky Hec Ed pool, Sat., Aug 16, 10:00am. That's the Saturday before Nationals. We will work on perfecting our relay exchanges. The workout will be taped on video so we can get immediate feedback on our relay starts.

SOUTH KITSAP MEET A round of applause for Gordon Gray! He practically ran this show single handedly. He was keying results into his computer, running off result sheets, answering questions etc, all at the same time. If he could have, he probably would have been timing with his big toe at the same time. On top of that, he was still able to swim his 5 events! He printed out all of the unofficial results up to the 400 free for me before the 400 free was finished. Nice work, Gordon. And Thanks!

It's always fun to go "overseas" to Kitsap for a swim meet. The ferry rides were great and gave us a chance to get to know

other swimmers that we haven't had a chance to talk to.

And the South Kitsap pool is a fast pool to swim in -- as attested by all of the record-breaking that was done over the weekend.

If you'll notice, Meg Lloyd, Kiko Kimura, Gordon Clark, Walt Reid and Tom Taylor all just aged up and are trying to do as much damage to their new age-group records as they can while they're still young. Mary Lou Haugland and Tom Taylor have returned from somewhere out of our deep dark past to haunt us with some pretty impressive new records. Mike McKinley migrated north from California and took a clean sweep at annihilating the PNA and regional records in all three backstroke events. Welcome aboard Mike! Helen Schuchart just made her debut as a record holder in the 100 breaststroke. Helen started her adult swimming career with sidestroke and swam on her side for over a year before flipping over to do some serious masters competition. Good work Helen!

It's hard to ignore those Oregonians who came up here to give us some hefty competition. Earl Walter 65 broke 4 regional records in the five events that he swam, and David Marlin 32 walked away with the new regional 50m backstroke record!

UNOFFICIAL NEW RECORDS

<u>SWIMMER</u>	<u>EVENT</u>	<u>NEW</u>	<u>OLD</u>
Steve Schmidt 24	100FR	:58.36	1:01.42
Meg Lloyd 25	200FR	2:31.00	2:32.83
	100BK	1:18.35	1:20.40
	200BK	2:46.87R	2:51.18
Kiko Kimura 30	100FY	1:18.28R	1:19.20
	200FY	2:54.77R	3:09.80
Gordon Clark 35	50FR	:26.57	:26.97
	100FR	1:00.06	1:00.89
Mike McKinley 43	50BK	:32.87R	:34.74
	100BK	1:12.91R	1:21.85
	200BK	2:42.37R	3:11.99
Mary Lou Haugland	100BR	1:38.83R	1:38.85
47	200BR	3:35.45R	3:38.19
Walt Reid 45	400IM	6:40.49	6:52.74
Tom Taylor 55	1500FR	23:49.40R	24:25.95
	100BR	1:39.45	1:39.54

Helen Schuchart 67 100BR 3:06.27

On top of these records there were numerous PR's and good times. Kathleen Dyer picked up the pace for several PR's. Jane Moore is getting back into shape after giving birth to little Sarah. Lea Huang and Dennis Dacey entered their first meet and swam good races.

RELAY POLICY

National and international relays only: All participants will sign up for and pay for relays in advance. A reasonable deadline will be established by the relay committee as to when fees and entries are due. Once fees and entry have been sent to the committee, a commitment has been made. If the entrant notifies the committee prior to the deadline date that he/she cannot swim on a relay that he/she has already signed up for, the entry fees will be returned. If an entrant notifies the committee that he/she cannot swim in a relay after the deadline and:

- 1: The relay does not swim and it is not considered an emergency, by the relay committee, then the entrant is responsible for reimbursing PNA for the entire relay.
- 2: The relay does swim with a substitute, then the relay fee will be returned.
- 3: The relay doesn't swim and the committee considers it an emergency, the relay fee will not be returned.
- 4: Relay fees will be returned to all other members of relay if relay doesn't swim.

PNA does not make any money on these relays. In fact many hours of volunteer labor go into making up these relays. You can help us and yourself if you let us know immediately if you are unable to swim a relay that you have signed up for.

MORE RELAY INFO

Please be aware that anytime you compete outside the PNA you are competing for the PNA, not 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".

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. CONTRIBUTIONS WELCOME!

PRACTICING "HANGIN ON" FOR SPRINT 100'S

5 X 100 on 2:00 (or 2:15, or 2:30, or 3:00 etc.) descend each 25.

Choose a send-off that allows 40-50 seconds rest. Swim the first 25 yd. slowly, the second 25 yd. faster, the third 25 yd. even faster, and the last 25 yd. an all-out sprint. Ideally you would swim each 25 yd. about 2 seconds faster. You should swim very good times for each 100 even though "believing" you are starting out slowly. This is good practice for having something left for that last 25.

Adjust this set for a 50 meter pool by descending 25 meters (estimate the middle of the pool) and adjusting your send-off.

.....KC

Read Carefully !!

LONG COURSE NATIONAL RELAYS

These are the relays for Long Course Nationals - Mt. Hood, Ore, Aug. 21 - 24. Walt Reid spent many hours writing a program that would put together the fastest relays in each age group. The first pass by the computer gave us the fastest 4 people in each age group for a particular relay. However, some of the same names turned up in two or three of those fastest relays. Your relay committee (Kathy Casey, Walt Reid, Julie Corman, and Dave Addleman) selected those relays that it appears will do the best based on the world records, the Toronto results, and the relay competition at short course nationals. Information on relay times in the new age groups is scanty.

The computer then made a second pass, coming up with the fastest 4 people in each age group from the remaining names. With each pass, we pulled out the most competitive relays and reran the program with the people remaining on the list. We made a concerted effort to put everybody on at least one relay.

We have already entered the relays at Nationals (our deadline was also July 21.) We entered only the age group, team A, B, or C, and the times for each relay. We didn't enter individual names. We will write the names on relay cards after we get to nationals.

Past experience has proven that the relays we enter may not be the relays that go off the blocks at the meet. Therefore, all of you who are not on relays that you signed up for, are substitutes and are very important! Everyone (subs included) needs to check in with us by 10:00 AM every day so we know you're there. If you're arriving later in the day, have a friend check in for you so we know we can count on you for that day's relay(s). The relays will be posted at all times. Any changes will also be posted.

If you have any changes in your plans that will affect relays, let us know immediately! (Kathy 588-4879 Tacoma, Julie 784-3804 Seattle) With the new age groups, it is extremely difficult to make changes in relays on deck at the meet. (Currently there are 106 of you entered in relays.) If changes need to be made, we want to do it before we get to Nationals. (Remember, if you back out of a relay at the meet for non-emergency reasons, you owe the PNA \$8 for that relay if it has to be scratched. See the "Relay Policy" article.)

If you did not sign up for relays, but entered Long Course Nationals and are willing to swim in relays, let us know and we'll use you as a substitute. If you did not sign up for certain relays, but are willing to substitute on those relays, let us know! We will need you!

A captain will be assigned for each relay. Check the posted relay sheets at Nationals to see who the captain for each relay is. The captain will pick up the card for that day's relays from the relay committee (Kathy, Julie, Walt, or Dave.) We will let you know then whether I have to pick up your relay medals for you or your captain can do it. Check with me before picking up medals.

Check your individual results as soon after they are posted as possible. If there are any problems, notify me (Kathy Casey) right away. I am the PNA team representative and will take care of any problems with the officials.

Remember, if there are any changes in you plans (and we hope there aren't) notify Kathy (588-4879 Tacoma) or Julie (784-3804 Seattle) immediately!

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

Jolene Bolme	Marylou Haugland	Elizabeth Neufeld
Paul Bolme	Lea Huang	Mary Beth Phelan
Shirley Caceres	Kirk Hull	James Prince
Dennis Dacey	Jack Kelleher	Lynda Regan
Douglas Gran	Kim Klose	Michael Stipek
Dick Green	John Leet	Ricki Vadset
Daniel Hannula	Michael McKinley	Bridget Walsh
		Cindy Walston

FROM WETSET READERS

Wet Set readers are encouraged to send articles to the Wet Set 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 Wet Set editors do not guarantee the accuracy of the articles printed. Furthermore, the articles do not necessarily reflect the view of the PNA or the Wet Set editors.

!!! 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 -

FOR THOSE INTERESTED IN SUBMITTING PAID ADVERTISEMENTS:

Approved ads will cost: $\frac{1}{4}$ page = \$20) for the \$15) for each
 $\frac{1}{2}$ page = \$40) first \$30) month
Full page = \$80) month \$60) thereafter

SUBMIT CAMERA READY COPY TO KATHY CASEY

I am conducting a study of the effect of aging on swim performance. If you have a record of your times for events in Masters meets for five or more years, I would like to include them. If you know times for events swum prior to Masters competition (age-group, senior or collegiate swimming, etc.), please include those times also, along with the year in which they were swum. Please return form to:

Jane Moore, M.D.
 29920 2nd Pl SW
 Federal Way, WA 98023

Thanks for your help.

NAME _____ Birthdate _____ Age _____ Sex _____

Swimming History (i.e. age group competition, collegiate swimmer, started at age 40, etc.)

Please list any health problems or other influences that may have affected your performance for one or more years.

Events	_____	_____	_____	_____	_____	_____	_____
1971	_____	_____	_____	_____	_____	_____	_____
1972	_____	_____	_____	_____	_____	_____	_____
1973	_____	_____	_____	_____	_____	_____	_____
1974	_____	_____	_____	_____	_____	_____	_____
1975	_____	_____	_____	_____	_____	_____	_____
1976	_____	_____	_____	_____	_____	_____	_____
1977	_____	_____	_____	_____	_____	_____	_____
1978	_____	_____	_____	_____	_____	_____	_____
1979	_____	_____	_____	_____	_____	_____	_____
1980	_____	_____	_____	_____	_____	_____	_____
1981	_____	_____	_____	_____	_____	_____	_____
1982	_____	_____	_____	_____	_____	_____	_____
1983	_____	_____	_____	_____	_____	_____	_____
1984	_____	_____	_____	_____	_____	_____	_____
1985	_____	_____	_____	_____	_____	_____	_____

Events	_____	_____	_____	_____	_____	_____	_____
1971	_____	_____	_____	_____	_____	_____	_____
1972	_____	_____	_____	_____	_____	_____	_____
1973	_____	_____	_____	_____	_____	_____	_____
1974	_____	_____	_____	_____	_____	_____	_____
1975	_____	_____	_____	_____	_____	_____	_____
1976	_____	_____	_____	_____	_____	_____	_____
1977	_____	_____	_____	_____	_____	_____	_____
1978	_____	_____	_____	_____	_____	_____	_____
1979	_____	_____	_____	_____	_____	_____	_____
1980	_____	_____	_____	_____	_____	_____	_____
1981	_____	_____	_____	_____	_____	_____	_____
1982	_____	_____	_____	_____	_____	_____	_____
1983	_____	_____	_____	_____	_____	_____	_____
1984	_____	_____	_____	_____	_____	_____	_____
1985	_____	_____	_____	_____	_____	_____	_____

PNA Committees as of July 2, 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, Jim Penfield
Hospitality	*Dave Addleman, Kiko Kimura
Medical	*Jane Moore, Kiko Kimura, Martha McClelland, Carolyn Baldwin
Social	*Linda Cazin, Rick Ingraham
Team Wear	*Tom Taylor, Jay Palmer, Jane 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

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Portland, Or. 97229
