

the
WET
SET

PACIFIC NORTHWEST ASSOCIATION
OF
MASTERS SWIMMERS



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THE PNA NEWSLETTER

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October 1, 1987

Dear PNA Members;

You might not have noticed, since the weather has been so nice, but Fall is here. With it come the October meets and a chance for some of us to swim short course meters for the first time. We have two meets this month on the schedule, the Mercer Island meet and the Ellensburg Regionals.

The Board will have a planning Retreat on the 3rd of this month. We will be discussing some changes in the way we run meets, the organization of the Board and the certification of meet officials. I will have a report for you next month. We are not planning to change the direction of PNA, but we do hope to redefine our goals and make the PNA even better than it is now. We realize that good meets are the backbone of the organization, and we are working towards making them more efficient and more enjoyable for everybody.

I am looking forward to the Ellensburg short course meters meet, and I hope we will have a good turn-out. A lot of planning has gone into this meet. PNA has a fantastic representation in the short course meters top ten. Here's your chance to join that elite group!

Keep working towards your goal, "Failure is not falling down, but remaining there after you've fallen!"

Love,

Rondi

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OCTOBER BOARD MEETING - OCTOBER 27, 1987

The OCTOBER Board Meeting will be held the fourth Tuesday of the Month at the University of Washington Hec Edmonson Pool. NOTE THE TIMES:

- P N A AQUATICS BOARD MEETING 7:00 P.M.
- P N A ASSOCIATION BOARD MEETING 7:30 P.M.

If this confuses you make it a point to attend the PNA BOARD MEETING!!!!

PNA BOARD MEETING
September 22, 1987

The meeting was called to order at 7:10 p.m.. Those in attendance were: Lowell Johnson, Rondi White, Forest Brooks, Gloria Masters, Darryl Swenson, Dorothy and Warren Kleist, Tom Taylor, Gordon Gray, Lib Rust, Bob Miller, Bobby G., and Cynthia Rosik.

The minutes from the August meeting were ammended as follows: Under Treasurer's Report, the sentence reading "It is time to separate PNA Aquatic expenses from PNA Association expenses on the budget submittals", to read " There was a discussion regarding the separation of PNA Aquatic expenses from PNA Association expenses on the budget submittals". The ammended minutes were approved.

The treasurer's report was approved, the budget approval was tabled until next meeting.

The revised Standing Policies list proposed by Lowell Johnson was discussed and approved. He will distribute a cleaned up copy at the October meeting.

The Meets Committee re-organization report was postponed to next meeting so Kathy Casey can provide her input.

The Board Retreat will be held at Debbie Lewis' cabin on October 3rd.

COMMITTEE REPORTS:

TEAMWEAR report was tabled until after the Retreat.

MEETS report: December and January meets were approved.

SOCIAL report: Christmas Party may be moved to the weekend er the meet if we can get the Waterfron activity room.

NEWSLETTER: It was asked that items be submitted on time. Robin O'leary will be asked to write a Coach's column.

COMPUTER APPLICATIONS: No report. Items submitted for the retreat.

50 METER POOL COMPLEX report: There is a possibility the Quadrant Corp. will donate land in West Campus for the complex if certain conditions are met. Masters Swimming may be able to help the effort. Tom Taylor will let us know after his meeting with a member of the committee on Thursday, Sept. 24.

The meeting was adjourned at 8:40 P.M.

The next Board Meeting will be on October 27th at Hec Ed pool at 7:00 P.M.

Submitted by Darryl Swensen for Debbie Lewis.

DECK PROFILE- BOB PROBESTING

Bob Probesting developed a love of swimming while spending summers at his parent's vacation home on a Wisconsin lake. His competitive career however, did not begin until he saw a tryout announcement for his High School Swim Team. Bob managed to "letter" in swimming in his Sophomore, Junior and Senior year. Just two years after his competitive career began, he was named High School All American and repeated this feat in his Senior year as well.

Bob turned down offers of swimming scholarships in order to concentrate on his studies. Instead, he chose to attend small Knox College in Illinois and joined their swim team. While attaining a double major in Physics and Math he still found time to swim his way to College All American three years in a row and placed 6th in the NCAA finals in butterfly events. This accomplishment is especially noteworthy since NCAA did not have a Division II for smaller schools at that time.

After college graduation in 1959 Bob hung up his swimsuit. He gave his career the same gunning approach he had given swimming. As a scientist Bob is nationally renowned in his field of integrated circuit design. He holds over 40 patents in the competitive world of High Tech, and has set new dollar volume records for any integrated circuit design. His designs have now been copied by many competing companies.

Twenty three years after his swimsuit had dried and while living in Plano, Texas, he met his current wife Arlene. Arlene, herself an avid Masters Swimmer prompted Bob to begin swimming again. Bob swam Masters off and on a few months at a time. His busy schedule did not permit him to devote any consistent length of time to Masters.

As a Senior Staff Scientist with Fairchild Semiconductor his career brought him from Texas to Puyallup, Washington. He and Arlene arrived in June of 1985. They began swimming Masters with the Sumner Tritons the following spring. After an additional six month layoff last winter Bob and Arlene joined the Tacoma "V" Team.

In light of this time permitting approach, or perhaps in spite of it, Bob's recent successes have been phenomenal. On August 5th he changed age groups by turning 50 years old. With several swimmers in attendance to help him celebrate, Bob was presented a T-shirt which read, "Happy 50 Butterfly". Bob did not disappoint his wellwishers. Four days later at regionals in Mt. Hood, Oregon, he broke the World Record for the men's 50m Butterfly. He swam a .29.80. Three weeks later at the Long Course Nationals in Woodlawn, Texas, with wife Arlene providing the vocal encouragement, he broke the World Record again with a .28.90. He managed not only to break this record but beat the competitor ranked 1st and 2nd in the World in 4 other events. In addition to the 50 m fly Bob won the 50m free, 100m fly and 200m fly. One competitor at Nationals remarked, "I'm sure glad I beat you at NCAA Nationals many years ago, because I sure can't beat you now!"

Unfortunately, Bob's wonderful successes are about to become PNA's loss. The demands of his career require that he move to Palo Alto, California. As of this writing he and Arlene are enroute to their new home. We wish them continued success in California but hope they will both remember to stay in touch with their PNA "Family".

FIFTEEN TIPS TO BETTER RACING

Joann Brislin, Husky Masters

1. Establish good breathing patterns for every freestyle race. Each distance race has an appropriate breathing pattern that will give your race control and rhythm. For example, a good breathing pattern for the 100 is every four strokes; every 10 or 12 for the 50.
2. In short freestyle and fly races, don't breathe your first stroke off the wall. This will help you maintain your streamlined position and allow you to take advantage of the momentum off the wall.
3. Stretch and streamline off each wall. Your hands should be stacked, your head snug between your outstretched upper arms, and your legs pulled in tight behind your hips.
4. Make your breakout stroke(the first stroke off the start and turn(s)) powerful and clean. Don't drag any water.
5. Transfer the momentum from your dive and turns to your first stroke. Be careful of taking your first stroke too early and breaking your momentum and streamline or too late and losing momentum.
6. Stay down under the wake off your turns in free, fly and back. Learn by trial and error how deep this is and how long to stay under. Breaststrokers master the timing of your underwater pullout. This is all related to streamline and momentum from tips 2,3,4, and 5.
7. Combine the power from your arms and legs on your start. The power generated as you throw your arms forward and push with your legs should thrust forward at the same time(rather than two separate motions.).
8. Freestlers, backstrokers and especially flyers, use your legs off the wall. Don't just let them drag behind you!! Using your legs keeps your body horizontal off the wall, decreasing drag.
9. Backstrokers, learn to use those flags!!! The less you turn your head, breaking your stroke rhythm, the better.
10. Improve your turns. Accelerate through your turns. Get your legs around quickly. Turns can be a critical part of a race, especially in the short course season. The walls are to boost and not to roost(credit for this saying goes to one of the Husky Masters, Dennis Dacey.).
11. In every freestyle race from the 50 to the 1650/1500, you should NEVER breathe from the flags in on the finish. Close races can be won and lost depending on whether you go for the wall or break up your stroke one more time with an unnecessary breath.
12. In free and fly, NEVER breathe the first stroke off the dive. Take advantage of the momentum and maintain your streamline.
13. Have a race plan and execute it! Have goal splits and a mapped out strategy.
14. Elevate your heartrate slightly before you race. Get in the warm-up tank. Swing your arms. Do some stretching.
15. Approach each race with a positive attitude. Learn from every racing experience.

THE MONTHLY FITNESS COLUMN

Right now I'm climbing Bow Hill on my way from Bellingham to Mt. Vernon in the PNA Fitness Committee's "Swim Across the PNA" course. As I struggle up this hill it helped to read some fitness info in the Seattle PI.

Dr. Herbert De Vries at a lecture in Portland said that even by age 40 we haven't lost much of our potential ability. Physical ability includes strength, aerobic capacity, bone strength, and flexibility. After age 40 he said that a normal person loses about 1% of their ability per year. He then said that that loss can be reduced by half with regular exercise. Clearly some over 40 master's swimmers can exceed their age related physical ability as they continue to train on a regular basis. There are lots of over 40 yr olds in the PNA who keep getting faster and faster.

Dr. Devries said that it takes longer to get in shape the older one gets and the longer one is inactive. But if a person is careful he can return to the maximum of his physical ability. But he also warns about over-training. He was quoted to say, "Use it or lose it, but don't abuse it." So how does one know if they are getting in shape or overtraining.

An article in Swimming Technique makes a good recommendation. Once a month swim a set of 10 100s with 1 min rest between each 100. Descend the first 4 and hold the final 6 steady. Immediately after the 10th 100 take your pulse for 15 sec and multiply times 4. One minute later take your pulse again for 15 sec and multiply times 4. Record the 3 numbers 1) the ave time for the last 6 100s, 2) the pulse immediately after the last 100, and 3) the pulse 1 min later. In one month time repeat the same instructions and record them. Put them on the "Swim Across the PNA" form. What they mean will be discussed in the next column. Remember if the first month seems the hardest, Bow Hill is the highest pass on I-5 between Bellingham and Olympia in your swim across the PNA.

RELAY INFORMATION

The relays at the Eastside Catholic meet will be swum by the age groups 19+, 25+, 35+, 45+, 55+, 65+, and 75+.

The relays at the short course meters Regionals in Ellensburg will be swum by aggregate age groups 76+, 100+, 120+, 160+, 200+, 240+, and 280+.

Those persons wishing to swim on Pacific Northwest Aquatics relays in Ellensburg send their names, addresses, ages, phone numbers, and times to:

Kathy Casey
11114 - 111th St. S. W.
Tacoma, Wa. 98498
588-4879

Indicate whether the times are short course meters, long course meters, or short course yards.

P N A MEET INFORMATION (JOANN BRISLIN and KATHY CASEY)

OCTOBER 17 EASTSIDE CATHOLIC MEET will be held Saturday, October 17, at the Mercer Island District Pool. Warmup for the 500 FR will be at 8:00 AM with the 500 FR starting at 8:30 AM. There will be an additional warmup of at least 30 minutes following the 500 FR and the rest of the meet will start no earlier than 10:00 AM. Entries closed October 6.

OCTOBER 23-25 REGION XII SHORT COURSE METER CHAMPIONSHIPS
The Region XII Short Course Meter Championships will be held at the Kittitas Valley Memorial Pool in Ellensburg October 23rd through the 25th. Entries closed Oct. 2nd.

NOVEMBER 14-15 NORTH KITSAP MEET to be held Saturday and Sunday, November 14-15th, in the North Kitsap Pool, Poulsbo, WA. 206 779-4817.

DIRECTIONS:

FROM BAINBRIDGE ISLAND FERRY onto 305 to Poulsbo. Right at first stoplight in Poulsbo onto Hostmark. The Pool is .6 miles uphill, across from the high school. FROM TACOMA take route 16 over Tacoma Narrows Bridge to Hwy 3 North to Poulsbo. At the stoplight of Hwy 3/305 intersection, continue straight on 305. At ~~third~~ stoplight (1.9 mi.), turn left onto Hostmark. (See above)

MOTELS: CYPRUS INN 206 697-2119
CONTINENTAL INN 206 779-5575
EVERGREEN 206 779-3921

MEET NOTES: Check in for 400 IM and 1650 Free by 4:40 PM. Concession stand available. Diving pool for warm-up during the meet. You must be registered for 1987-88 to be eligible for this meet.

DEADLINE: Entries must be in by November 7, 1987.

DEC 11-12 The EVERGREEN meet will be Friday and Saturday, Dec 11-12

PLACE: Evergreen Pool, 606 SW 116th Pl, Seattle, WA
206 246-1610

DIRECTIONS: From I-5 North or South, take the Burien, Highway 518 West, exit. Travel west on 518 to 1st Ave.S. Turn right on 1st Ave S. Travel north to SW 116th. The pool will be on your right.

MEET NOTES: Check in for th 400 IM and the 1650 Free by 6:40 P.M. on Friday, Dec. 11, 1987. Check in for the 500 Free by 8:30 A.M. on Saturday Dec. 11, 1987. Concession stand available. Two lanes for warm-up during all but deck seeded events. Normal pool temperature is 82 degrees.

DEADLINE: Entries to Larry Bjork by December 1, 1987.

OTHER MEET INFORMATION (JOANN BRISLIN and KATHY CASEY)

MAY 13-16 1988 CANADIAN MASTERS SWIMMING CHAMPIONSHIPS
1988 The 1988 Championships will be held in accordance with Rule 22 of the Swimming Canada Natation Handbook. (CASA). The meet site is the UBC Aquatic Center in Vancouver BC. The Aquatic Center comprises two 50 meter pools, one indoors and one outdoors. (The meet will be held in the indoors pool - 8 lanes for the meet and a 25 meter portion for competitors during the meet.)

MAY 19-22 1988 MASTERS NATIONAL SHORT COURSE CHAMPIONSHIPS
For meet information send a self-addressed, number 10 business size envelope, stamped with .44 cents to: Huddy Murray, 1988 Masters Nationals % Texas Swim Center 1900 E Campus Drive Austin, TX 78705

AUG 25-28 1988 MASTERS NATIONAL LONG COURSE CHAMPIONSHIPS
University of Buffalo, Amherst, New York

OCT 9-16 1988 WORLD MASTERS SWIMMING CHAMPS - BRISBANE, AUSTRALIA
Estimated cost - minimum \$1600.00 including airfare, eight nights hotel, airport transfers, portorage, "Welcome" function, World EXPO 88, and the "Finale" function.

1988 is Australia's Bicentennial and Brisbane the site of World EXPO 88 so a go/no go decisions must be made ASAP. SWIMTOUR INTERNATIONAL / JETSET TOURS hold accomodations in all categories but booking should be made soon after receiving the brochure. Write/call to be assured early receipt of the brochure: SWIMTOUR INTERNATIONAL, 413 Canal St, Stamford, CT 06902 or call 1 800 243-6346. (SWIMTOUR INT'L/ASK MR. FOSTER - BILL KRUMM)

Terry and Carl Highland will be having an open house for anyone interested in going to Australia. The open house will be November 1, 1987 from 1 P.M. to 5 P.M. and is a drop in, hors d'oeuvre potluck. Bring any magazines, brochures etc. The address is 206 Mountain Park Blvd S.W., Unit D 205, Issaquah, WA 98027 Phone 206 392-5994.

Take I-90 east from I-5. Take the first Issaquah exit. Turn right at the second stop light. Turn left on Newport Way and go 2 - 3 miles to stop light (Mountain Park Blvd) and turn right. The Ridgebrook Apartments are on the right.

*
* NO DIVING DURING WARM UP except in sprint lanes during designated sprint times! *
* NO DIVING IN WARM UP AREA DURING MEET *
* ALL ENTRY FOR WARM UP OR WARM DOWN MUST BE FEET FIRST *
*

For information about out of association meets, unless otherwise listed:

INLAND EMPIRE
Harry Lewis
E 944 39th Ave
Spokane, WA 99203
509 747-3421

OREGON
Bert Peterson
2051 NE 137th
Portland, OR 97230
503 252-6081

IDAHO
Richard Cook
Sawtooth Masters Swimming
1915 SW State Street
Boise, ID 83702
604 736-7645

BRITISH COLUMBIA
Denis Crockett
BC Masters
1531 W 4th Ave
Vancouver, BC V6J 1L6

Contact the following H.O.S.T. when you wish to stay in another swimmers home during an out of town meet:

OREGON MASTERS	ANDY SCHRAG	206	254-9400 HOME
		206	254-9661 WORK
PNA MASTERS	DAVID ADDLEMAN	206	852-7002
IEA MASTERS	MARIAH CLARKE	509	926-2597
CORVALLIS	MARK & LAURA WORDON	503	753-9352
SOUTHERN OREGON	TERRY & JUDY MC CURDY	503	673-3673

PACIFIC NORTHWEST ASSOCIATION CELEBRITIES

KATHY CASEY MEMBER USMS CHAMPIONSHIPS COMMITTEE
MEMBER USMS LONG RANGE PLANNING COMMITTEE
CHAIR AD HOC USMS CHAMPIONSHIP CONTRACT COMMITTEE
OCEANA REPRESENTATIVE TO USMS

HUGH MOORE MEMBER USMS LONG RANGE PLANNING COMMITTEE
MEMBER USMS MARKETING COMMITTEE
CHAIR AD HOC USMS PRESS RELEASE COMMITTEE
MEMBER AD HOC USMS REGISTRATION COMPUTER COMMITTEE

JANE MOORE CHAIR USMS SPORTS MEDICINE AND RESEARCH COMMITTEE
MEMBER AD HOC USMS REGISTRATION COMPUTER COMMITTEE
MEMBER AD HOC USMS SPORTS MEDICINE BROCHURE COMMITTEE

WALT REID TEMPORARY CHAIR USMS TOP TEN/RECORDS COMMITTEE
CHAIR AD HOC USMS REGISTRATION COMPUTER COMMITTEE
MEMBER AD HOC USMS COMPUTERIZATION COMMITTEE

These dedicated individuals are not only serving their teams, clubs, association, and zone they are also serving on the national level.

The total 1987 USMS Convention report was given at the PNA Board retreat on October 3rd and will be available at the board meeting October 27th.

There will be more specific information in the next WETSET.

There are plans under consideration to build a sports complex in Federal Way on Weyerhouser donated land that would include soccer fields, softball fields and a 50 meter by 25 yard indoor pool with an adjacent 30 foot by 90 foot pool that could be used for diving, synchronized swimming, scuba and other water and water safety sports. This complex is NOT in competition for, or under consideration for the Goodwill Games. It is a complex similar to Tualaton Hills in Beaverton, Oregon and could be available to the two high schools in the Federal Way School District that do not have a pool.

This complex is centrally located between Seattle and Tacoma. If you have any comments you wish to make please address them to one of the following:

ROBERT ORMSBY	PAUL BARDEN	TIM HILL
808 S 299TH PL	513 3RD AVENUE	513 3RD AVENUE
FEDERAL WAY, WA	KING COUNTY COURTHOUSE	KING COUNTY COURTHOUSE
98023	SEATTLE, WA 98014	SEATTLE, WA 98014
839-6155	344-4044	344-4100

 SWIM ACROSS THE PNA

The Fitness Committee of the Pacific Northwest Association is sponsoring a Swim Across the PNA. This year's course is from Bellingham to Olympia with intermediate stops at Mt. Vernon, Everett, Seattle, and Tacoma. Plans are for this to become a yearly event, so if your favorite place or hometown isn't included this year, it probably will be in the future.

It's easy to do. Send in the entry form on this page now. Keep track of the distance you swim from October 1, 1987 until March 31, 1988. Fill out the chart and map your progress as you swim. Return the completed chart after March 31st.

The entry fee is \$5.00. Prizes will be awarded at the PNA Awards Banquet for each person who completes any segment of the swim. Send in your entry now!

PRIZES:	Mt. Vernon	PNA Pin
	Everett	PNA Pin
	Seattle	PNA Towel
	Tacoma	PNA Towel
	Olympia	PNA Towel and Pin

1987 SWIM ACROSS THE PNA ENTRY FORM

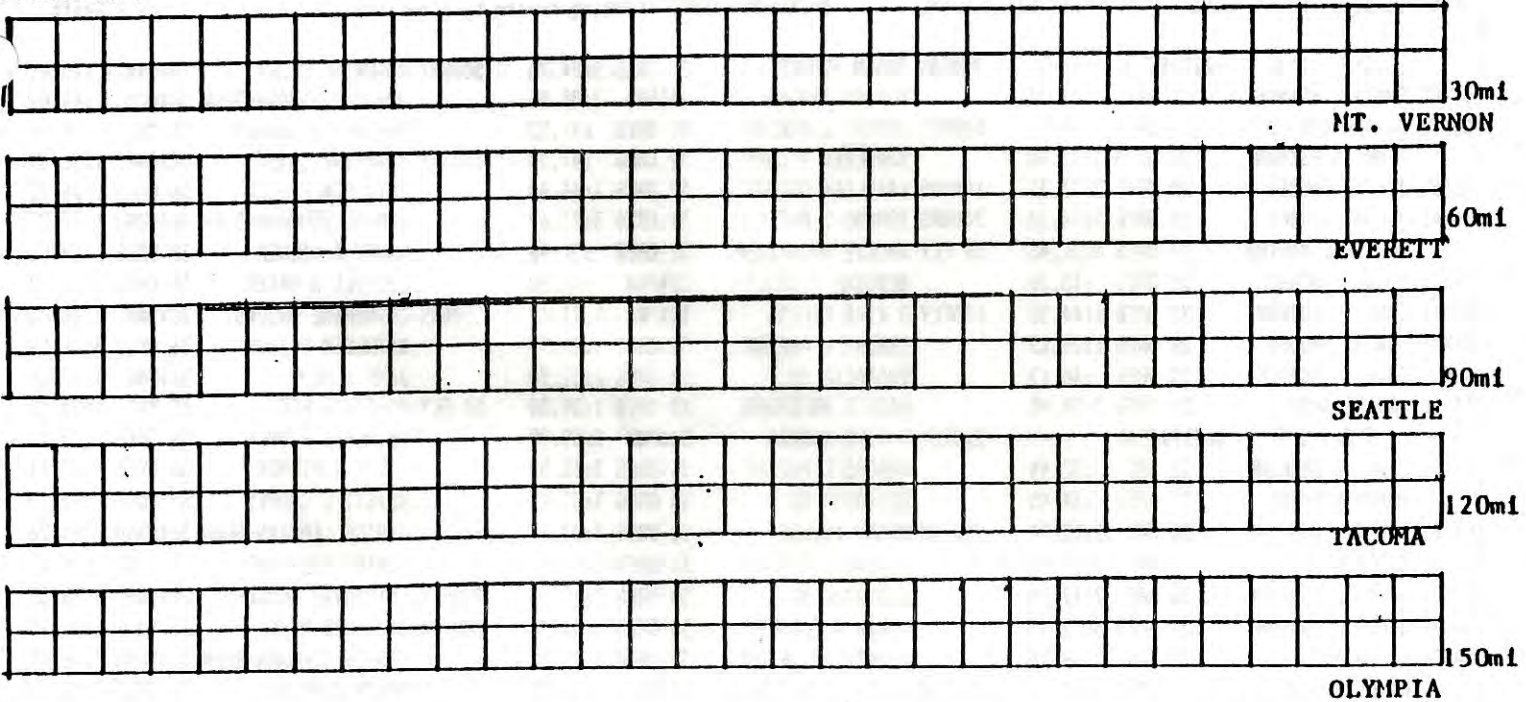
Name: _____

Address: _____

Send entry form with \$5.00 entry fee to:
 PNA Fitness Committee
 c/o Jane Moore
 29920 2nd Pl. SW
 Federal Way, WA 98023

BELLINGHAM

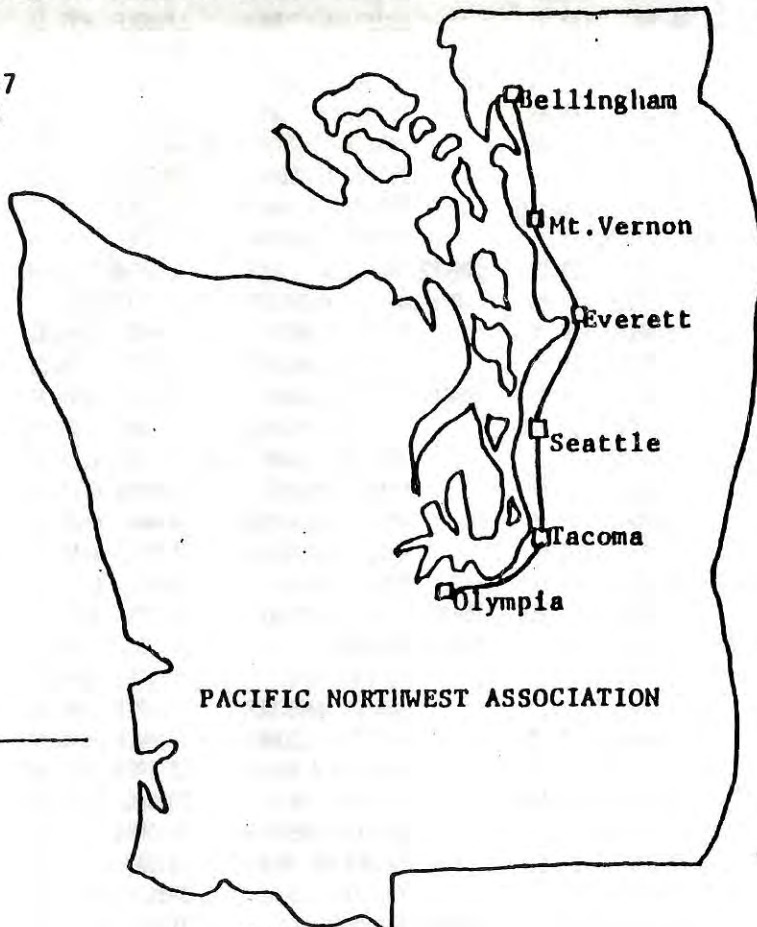
SWIM ACROSS THE PNA



Each square equals 1/2 mile or 880 yards (almost 36 lengths of a 25 yard pool). Place an X in each square as you swim each 1/2 mile to keep track of your progress from Bellingham to your goal.

START: October 1, 1987
 STOP: March 31, 1988

RETURN TO:
 PNA Fitness Committee
 % Jane Moore
 29920 2nd Pl. SW
 Federal Way, WA 98023



Swimmer's Name:
