

the  
WET  
SET



PACIFIC NORTHWEST ASSOCIATION  
OF  
MASTERS SWIMMERS

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THE PNA NEWSLETTER

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NOVEMBER BOARD MEETING - NOVEMBER 23, 1987 - 7:00 PM

The NOVEMBER Board Meeting will be held the fourth Tuesday of the Month at the the TACOMA YMCA Family Fitness Center, 1002 Pearl Street in the Board Room. Anyone interested is invited to attend.

November 1, 1987

Dear PNA Members:

In an effort to streamline our meets, and to shorten the length of regular meets, the Board has decided to try a new approach. Beginning with the January meet, we will eliminate one distance race from each stroke at each meet on a rotating basis. The 50's will be events at each meet, but we will rotate the longer races. Please look at the rotation schedule in this newsletter. This new schedule will not be in effect at Champs, Regionals or Nationals, only at regular PNA meets.

We are also going to try charging an entry fee of \$2.00 (\$3.00 at Champs) plus \$1.00 per event at meets instead of a flat \$5.00. By doing this we hope to discourage scratches which cause us to run many heats with several empty lanes.

Hopefully these changes will make the meets shorter and more efficient. We have heard from lots of you who feel that the meets are too long, and the Meets Committee worked hard to come up with something that would be equitable, yet help the problem. We urge you to let us know how you feel this is working once we give it a try.

North Kitsap is the debut of Gordon Gray's computer system for seeding and running our PNA meets. If all goes well, the system will be adopted for all our regular meets.

Darryl Swenson has had to resign as Social Chairman for the PNA. We are sorry to lose him, he did a wonderful job, and he added so much to the Board. We now need a new chairman, so please let me know if you are interested in the job. We also need a Sunshine Chairman to let PNA members know we are thinking of them when they are sick, hurt or do something we admire! Call me for more information on these jobs.

Ellensburg was a great meet, especially for those swimmers who set regional and national records! Congratulations to all of you! I'll be looking forward to seeing lots of you at Kitsap. Keep up the good work. "A good reason for growing and changing this year is next year!"

Love,

Rondi

PNA Board Meeting  
October 27, 1987

The meeting was called to order at 7:40p.m. at the Husky Pool. Those in attendance were: Rondi White, Lowell Johnson, Tom Taylor, Jan Kavadas, Kathy Casey, Bob Miller, Rick Peterson, Dan Duwe, Hugh and Jane Moore, Forest Brooks, Amy Rust, Kiko Kimura, Joann BrTslin and Debra Lewis.

A correction was made to the September minutes clarifying the meets that were approved at the September board meeting, January 17 in Anacortes and December 12 or 13 Husky at Evergreen.

Treasurer's Report: Financial statement for October was approved.

Social Committee: Darryl Swenson resigned as chair of the committee. A volunteer is needed.

Volunteers are also needed for the Sunshine and Hospitality committees.

Meet Committee: February meet will be at Fort Steilacoom on February 20 and will be an Animal Meet. March meet will be another one at Husky on March 11 or 12. PNA Champs meet has been changed from Madison to Shoreline Pool. Team Seattle is interested in hosting a meet on February 6 or 7 and will submit a bid to the board for consideration.

Records Committee: New records were set at the East Side Catholic meet, lots of new records were set at the 25M meet in Ellensburg.

Fitness Committee: A new fitness brochure will soon be available.

Budget: Motion was made and passed to accept the budget as proposed for the PNA year 1987-88.

Retreat: New fees will be charged starting in January. A surcharge of \$2.00 for the meet entry and \$1.00 per individual event for a regular meet. The Champs surcharge will be \$3.00 for the meet entry and \$1.00 per individual event. Should cards be required from swimmers for a meet, the card surcharge shall remain in effect. Motion was made and passed to approve all changes proposed at the PNA retreat.

Motion was made and passed that the PNA (Association) treasury pay national registration club fees for both the PNA (Aquatics) and Husky.

Proposed Order of Events: Kathy Casey is still working on the new order of events. Motion was made and passed to approve order #1 for the January meet.

Motion was made and passed for the PNA to buy 25 masters calendars from Hugh and Jane Moore for resale at swim meets by the teamwear committee for \$4.00 each.

November Meeting: Will be held November 24 at 7:00 p.m. at the Tacoma YMCA.

The meeting was adjourned at 9:15 p.m.

*Debra L. Lewis*

*Wrong!  
I am  
done.  
Will make  
revisions  
as needed.*

OTHER MEET INFORMATION (JOANN BRISLIN and KATHY CASEY)

DEC 5 & 6 VIKING MASTERS SHORT COURSE METERS MEET to be held at  
Portland State Univerisity Pool.  
Jeff Jacob, Meet Director, 503 645-3750  
Dec. 5th - Warmup 5:00 PM  
Dec. 6th - Warmup 9:00 AM  
Entries due by 11-24-87. See Page 13 for entry form.

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)

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

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## ADJUST TRAINING AS YOUR BODY CHANGES

Perhaps you've noticed it takes longer to warm up than it used to. Or maybe you don't warm up as much for a meet as you used to. Perhaps it hurts to stretch off the walls in the beginning of a workout. Or you have to warm up your turns before you can do fast turns. Or your knees hurt if you push off the walls too hard in the beginning of a work out. As Masters swimmers many of us will train for years. Our bodies do not stop "growing" at age 21. "Growth" continues during the adult years in the form of changes in our bodies, changes that we must adjust to in training.

Injuries and medical problems require changes in training ranging from complete rest to modifications in training techniques. Don't be afraid to make these changes. Approach it as a learning experience. A breaststroker with a knee injury may have to stop training breaststroke for a period of time. He can use that time to improve other strokes and distances. Tendinitis of the shoulder or elbow can give a swimmer the chance to perfect his kick while waiting for the injury to heal (shoulder injuries may call for kicking without a kick board or holding the kick board a different way). Surgery may require a period of complete rest and minimal yardage and intensity upon returning to workouts. Once completely recovered one may have to train differently than he did before. The new training techniques may be longer warmups, slower warmups, decreased intensity in training, dry land stretches before entering the water, or more attention to stroke techniques.

Adjust to changes in lifestyle. A new job, a move to a new location, divorce, marriage, a new baby, or a family loss may require changes in training. One may have to shorten workouts for a period of time, decrease the intensity of workouts, swim less days per week, swim at a different time of day, or change training techniques (i.e., concentrate on sprints while unable to find the time to work distance). Depression may accompany changes in lifestyle and can actually hamper muscle movement and impair breathing while training. Accept this phenomenon as temporary and adjust to it by repeating on slower intervals, concentrating on improving turns and stretching off walls, or working on your poorer strokes.

Flexibility may decrease. Joints may be less able to take stress. (Joints may actually feel tired.) Muscle tightness may last longer after workouts. Increased training and weight work may require better nutrition and more rest. Times may slow down when beginning weight work and increasing training. Do flexibility exercises. Listen to your joints. When they're tired, rest them. Work on things that won't stress your joints and cause injury. Weight work and other dry land work can protect joints. Stretch after workouts to ease muscle tightness.

See a doctor at the onset of an injury. Don't think you can swim through it or "It will go away by itself". You're asking for permanent damage if you try to ignore it. Try to keep injuries a temporary condition by seeking a medical opinion. You will feel better knowing exactly what it is, how to treat it, and how much training you can do with it.

So you can't warm up on ten 100's on 1:30 anymore or you will get tendinitis. Maybe you've learned this the hard way, but at least you've adjusted by warming up slowly before doing the ten 100's on 1:30. Continue to train. Make adjustments to your training to fit the needs of your body. Don't quit because you can't train exactly like you used to. Accept the changes, adjust accordingly, and keep swimming. **KC**

## FITNESS SWIMMING - TRAINING HEART RATE

Jane A. Moore, M.D.

To develop and maintain fitness in healthy adults, the American College of Sports Medicine recommends 15 to 60 minutes of continuous aerobic activity 3 to 5 days per week at an intensity of 60 to 90% of maximum heart rate. Workouts should be designed to keep the heart rate within this range. Those who are less fit should use the lower end of each range and gradually work up to the higher end of each range.

How can one determine maximum heart rate? The most accurate method is through a maximal exercise stress test. This test is performed by some physicians, usually on a treadmill. The individual being tested walks and/or runs on the treadmill at a gradually increasing speed and incline until his/her pulse rate levels off and no longer increases with increasing difficulty of exercise. This pulse rate is the maximum heart rate.

Maximum heart rate can be estimated from sub-maximal exercise tests on treadmills or bicycle ergometers. These tests are also done by some physicians as well as some health and fitness clubs. Maximum heart rate (MHR) can also be estimated using equations. The most common estimate is 220 minus age. Training heart rate (THR) is then determined by multiplying MHR by desired intensity (60 to 90%).

A more accurate estimate of MHR and THR can be done using the Karvonen equation. This method is used by Dr. Kenneth Cooper at The Institute for Aerobics Research. Using this formula first compute MHR:

$$\text{Male MHR} = 205 - 1/2 \text{ age} \qquad \text{Female MHR} = 220 - \text{age.}$$

Then compute heart rate range (HRR):  $\text{HRR} = \text{MHR} - \text{resting heart rate (RHR)}$ . Resting heart rate is determined by taking one's pulse for one minute first thing in the morning before getting out of bed.

Next determine HRR%.  $\text{HRR\%} = \text{HRR} \times \text{intensity (60 to 90\%)}$ .

Training heart rate is  $\text{HRR\%} + \text{RHR}$ .

The pulse should be checked at various times during workouts to see if it is staying in the desired range. Stop, count the pulse for 6 seconds and multiply by 10 to determine pulse rate during exercise. Counting the pulse for longer periods of time, such as a full minute, gives a less accurate rate as recovery occurs and heartbeat slows while being counted.

- EXAMPLES:
- 24 year old man just starting exercise program. RHR 72.  
 $\text{MHR} = 205 - (1/2 \times 24) = 193$   
 $\text{HRR} = 193 - 72 = 121$  desired intensity 60%  
 $\text{HRR\%} = 121 \times .60 = 72.6$   
 $\text{THR} = 72.6 + 72 = 144.6$  (can round to 145).
  - 36 year old woman, exercises regularly. RHR 60.  
 $\text{MHR} = 220 - 36 = 184$   
 $\text{HRR} = 184 - 60 = 124$  desired intensity 80%  
 $\text{HRR\%} = 124 \times .80 = 99.2$   
 $\text{THR} = 99.2 + 60 = 159.2$  (can round to 160).
  - 48 year old man, excellent shape. RHR 46.  
 $\text{MHR} = 205 - (1/2 \times 48) = 181$   
 $\text{HRR} = 181 - 46 = 135$  desired intensity 90%  
 $\text{HRR\%} = 135 \times .90 = 121.5$   
 $\text{THR} = 121.5 + 46 = 167.5$  (can round to 170).

# Accentuate the Positive



The most important part of PNA is the meets. Without meets we wouldn't have an excuse to get together once a month, no incentive to keep swimming up and down those lanes long after our bodies have begged for a break and no place to prove that age is no barrier to improvement. We depend on swim clubs and organizations to host these meets for us. The people who do this make very little money at it, and they provide a valuable service to the PNA. Lately we seem to be forgetting how much effort they put forth. I would like to suggest that we all take the time to tell the meet directors, timers and officials how much we appreciate their time. It doesn't take much to say "thank you", and it goes a long way toward creating goodwill. The girls who timed the meet in October showed enthusiasm and spirit that made the meet very enjoyable for the swimmers. They cheered for their lane, showed an interest in the swimmers and were very supportive of us all.

At the next meet, please take the time to let those putting on the meet know you appreciate them. If you do have a problem with some aspect of the meet, take it to the PNA person in charge of handling our complaints. Kathy Casey heads the protest committee, and Kiko Kimura is ombudsman for "constructive criticism" at the meets. We have good meets in the PNA. Our Meets Committee works hard to get these meets and to keep host groups coming back. I urge you to let US know when things go wrong, and to let the MEET OFFICIALS know when things go right!

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## UNITED STATES MASTERS SWIMMING, INC.

REGISTRATION APPLICATION - NOV 1, 1987 - OCT 31, 1988

**FILL IN WITH NAME YOU WILL USE ON ALL MEET APPLICATIONS**

THIS IS A  RENEWAL My 1987 USMS No. is \_\_\_\_\_  NEW REGISTRATION  
PLEASE PRINT OR TYPE INFORMATION

PLEASE NOTE THE CHANGE(S) FROM MY 1987 REGISTRATION:  
 ADDRESS  NAME \_\_\_\_\_  CLUB/DIST. \_\_\_\_\_ (PREVIOUS)  
 OTHER \_\_\_\_\_

\_\_\_\_ Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Initial \_\_\_\_\_

\_\_\_\_ Street Address \_\_\_\_\_

\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

\_\_\_\_ Telephone No. \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

\_\_\_\_ Local \_\_\_\_\_ Date of Application \_\_\_\_\_  
 Team \_\_\_\_\_ Unattached

\_\_\_\_ (Club (Nat'l Level Only) \_\_\_\_\_  
 PNA  Other \_\_\_\_\_ Unattached



OFFICE USE ONLY

THANK YOU

MAKE CHECK PAYABLE TO: **PNA MASTERS SWIMMERS**

MAIL TO: ► **DAVID ADDLEMAN**  
**1812 MAPLE LANE #D-21**  
**KENT, WA 98031**  
**(206) 852-7002**

USMS FEE	LMSC FEE	TOTAL FEE
\$5.00	\$10.00	\$15.00


**SENIORS (65+) \$10.00**

I hereby agree to abide by and be governed by the rules and regulations of USMS and the local Masters Swim Committee.

\_\_\_\_\_  
 APPLICANTS SIGNATURE

# November

mon      tue      wed      thu      fri      sat      sun

30						1
2	3	4	5	6	7	8
		Last Day to Enter N Kitsap Meet			SC Grants Pass, OR	
9	10	11	12	13	14	15
					SC North Kitsap - Poulsbo	
16	17	18	19	20	21	22
23	24	25	26	27	28	29
	Board Meeting at 7:00 at Tacoma Y				Last Day to Enter Husky Meet	



### Looking Forward:

- APR 8-10 PNA CHAMPIONSHIPS
- MAY 13 1988 CANADIAN MASTERS CHAMPIONSHIPS
- MAY 19 1988 SHORT COURSE NATIONAL CHAMPIONSHIPS-TEXAS
- AUG 25 1988 LONG COURSE NATIONAL CHAMPIONSHIPS-NEW YORK
- OCT 9 1988 WORLD CHAMPIONSHIPS - AUSTRALIA
- MAY 1989 SHORT COURSE NATIONALS - FLORIDA
- AUG 1989 LONG COURSE NATIONALS - NORTH DAKOTA

### On Deck:

- DEC 5-6 SC METERS - Portland, OR
- DEC 11 HUSKY MEET - Evergreen Pool
- JAN 17 FIDALGO ISLAND
- FEB 20 FT STEILACOOM ANIMAL MEET