

the
WET
SET

PACIFIC NORTHWEST ASSOCIATION
OF
MASTERS SWIMMERS



PRESIDENT

Rondi-Beth White
7001 Topaz Dr. SW
Tacoma, WA 98498
(206) 582-0532

EDITOR

Dorothy Kleist
31417 36th Ave. SW
Federal Way, WA 98023
(206) 838-1555

THE PNA NEWSLETTER

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FEBRUARY BOARD MEETING FEBRUARY 23, 1988 7:00 P.M.
The FEBRUARY Board Meeting will be held the FOURTH Tuesday of the Month
at the the UNIVERSITY OF WASHINGTON - under Hec Ed pool.

February 1, 1988

Dear PNA Swimmers;

This is the month for you to find out how quick you are as well as how tough! I already know I am neither one at this point. There have been a few obstacles in my path as far as competing goes this past year, but I am still hoping...

Attendance at Board meetings has been a little shakey. (They warned me this would happen, and not to take it personally, but..) Please remind your Team Reps that they are your link to important decisions in the PNA, and you need their information from Board meetings.

It seems we have some swimmers swimming incognito! Your heat card must have your REAL name on it! You may not swim in a "no-show's" lane with their card. You may do something fantastic and want it to count. Even if you miss a wall or lose a suit, we'll find out who you are eventually! Although this may seem trivial, it causes headaches when results are being computed. Please read the article on this problem in this Wet Set!

Register your teams, Coaches, and get those whips out because Champs are just around the corner. "It seems the harder I work, the "luckier" I get!"

Love, Ronki

UNITED STATES MASTERS SWIMMING, INC.

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

FILL IN WITH NAME YOU WILL USE ON ALL MEET APPLICATIONS

PLEASE PRINT OR TYPE INFORMATION

THIS IS A

RENEWAL My 1987 USMS No. is _____ NEW REGISTRATION

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

Empty rectangular box for office use.

THANK YOU

MAKE CHECK PAYABLE TO: PNA MASTERS SWIMMERS

MAIL TO: ▶

DAVID R. ADDLEMAN
4030 South 158th Lane
Seattle, WA 98188

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.

x _____
APPLICANTS SIGNATURE.

PNA BOARD MEETING
January 26, 1987

The meeting was called to order at 7:10 p.m.. Those in attendance were: Rondi White, Forest Brooks, Dorothy and Warren Kleist, Gordon Gray, Bobby G., Jim Brown, Marietta Hunziker, Ann Berman, Kathy Casey, Walt Reid, Hugh and Jane Moore and David Ray Addleman.

The minutes were approved as submitted.

The Treasurer's report was approved.

It was MSP to move \$100 from the Convention Fund (where it is surplus) to Sunshine Fund (where it is needed)

Membership stands at 347 compared with 259 same time last year!

Meets Committee reports the Anacortes meet went well. It was MSP that the meet surcharge be increased to \$3 for Championship meets. The event charge will stay the same.

Walt has the results from the Vancouver meet and from the SC meter meet in Ellensburg.

It was suggested that the calendar run from the 10th to the 10th each month so the timing will be more relevant.

Fitness brochures are ready and look great. It was MSP to have Jane make the decision on the printer and the color and to print 1000 flyers as long as the cost does not exceed the budgeted amount. 38 swimmers are on route across the PNA at this time! Two have made it.

Long Course Regionals need a home. The entry form needs to be in the April newsletter. Kathy will send Bobby G. a meet packet, maybe South Kitsap needs a meet!?

The next Board Meeting will be on February 23rd at Hec Ed Pool

The meeting was adjourned at 8:14 p.m.

Rondi

THE WET SET SUBSCRIPTION FORMFOR NON MEMBERS ONLY*

NAME _____

ADDRESS _____

CITY, STATE, ZIP _____, _____, ZIP _____

SEND FORM AND \$8.00 CHECK PAYABLE TO PNA MASTERS SWIMMERS TO:
David Addleman, 4030 South 158th Lane, Seattle, WA 98188 206 246-9540

*PNA members receive the WET SET on receipt of their registration and do not need to subscribe.

STRETCHING FOR SWIMMERS

by Jane Moore

Flexibility is an important part of overall fitness. Regular exercise tends to strengthen certain muscle groups and cause others to become tight. In order to reduce the chances of injury, these muscle groups should be stretched regularly to increase flexibility.

Each stretch should be held without bouncing for 20 to 30 seconds. You should feel a pull in the area being stretched but no pain. Stretching may be done before or after a swim workout or at any convenient time during the day, but it should be done daily. It is safest and most effective to stretch muscles after they have been warmed up with at least gentle exercise.

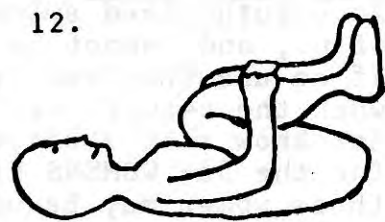
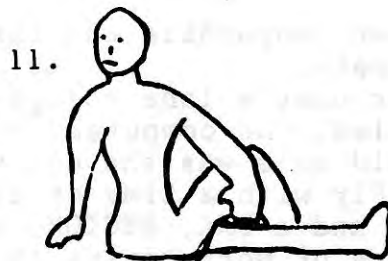
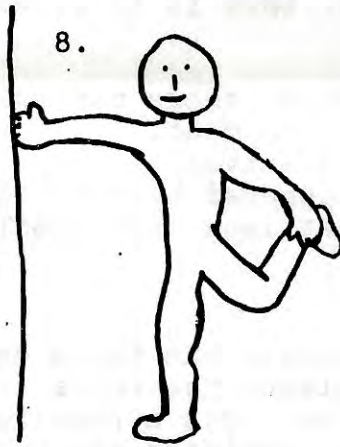
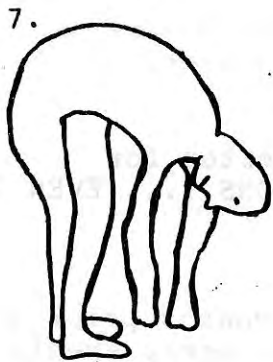
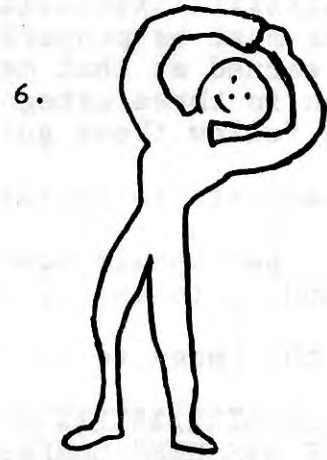
Some helpful stretches are described below and illustrated on the following page.

UPPER BODY STRETCHES

1. Extend arms above and behind head with hands crossed.
2. Bend one arm behind head and neck. Push gently on elbow with opposite hand and hold. Repeat with other arm.
3. Place hand on opposite shoulder. Push gently on elbow with opposite hand and hold. Repeat with other arm.
4. Put one hand over same shoulder and down middle of back. Reach up behind back with other hand. Try to clasp hands. Reverse position of hands and repeat.
5. With arms out in front, hold towel between hands. Slowly extend arms over head, then behind back.
6. Clasp hands overhead. Bend to one side. Repeat to other side.

LOWER BODY STRETCHES

7. Cross one leg in front of the other. Bend forward to touch toes. Reverse legs and repeat.
8. Using a wall for support, bend one leg up and gently pull upward on ankle. Repeat for other leg.
9. Standing about three feet from wall, place hands on wall and lean forward with one foot in front of the other. Keep front knee bent and back knee straight. Repeat with back knee bent. Reverse legs and repeat.
10. Sit with knees bent and feet together. Gently press down on knees.
11. Sit with one leg extended on floor. Bend opposite knee and cross over leg. Turn upper body to side of bent knee and gently push back on bent knee. Reverse legs and repeat for other side.
12. Lie flat on floor. Bring both knees to chest and hold. Repeat with each leg separately.



NEWSLETTER NOTES - (Dorothy Kleist)

At the board meetings many things are discussed that are of importance to all masters swimmers, but, as no action is taken, they do not appear in the minutes. Often the comment will be made "Put it in the Wetset".

That is what this column is all about.....IMPORTANT information that needs to get out to all of you. If you have questions, please contact the appropriate board member, your team rep or the newsletter editor.

Teams must be properly registered prior to PNA CHAMPS if the scores that are earned at that meet count towards team points and awards. Awards are given in three categories, based on team size. To register your team you must follow these guidelines:

- Requests to register a team must be postmarked by March 31, 1988.
- A team should have up to four characters for the team ABBREVIATION, and up to thirty characters for the COMPLETE TEAM NAME.

See the index to locate the team entry request form.

THERE HAS BEEN CONFUSION, QUESTIONS, AND SERIOUS BENDING OF RULES that have to do with swimming at meets. This is an attempt to clarify:

WHO CAN SWIM IN A MASTERS MEET?

- Only currently registered USMS swimmers can swim in a meet.
- The swimmer must have entered the meet.
- The swimmer must have signed a waiver.
- The swimmer must be the one approved by the meet director for that event, that heat, and that lane. (NO SUBSTITUTIONS..... EVEN IF YOU SEE A VACANT LANE)

HOW CAN YOU ENTER A MEET?

- Entries for swim meets are usually run for a couple months prior to each meet. The entry form explains the rules for that meet, events available for that meet, and includes a required waiver for that meet. This entry form must be completed and signed to validate our insurance coverage. The meet director accepts entries, assigns heats and lanes, and makes sure that the waiver has been signed.

WHO CARES WHO SWIMS

- An unauthorized swimmer can jeopardize the insurance coverage for ALL of us, and cannot be tolerated.
- If an unauthorized swimmer uses a lane assigned to another swimmer, when the results are tallied, the computer, or meet statistician, does not know that a 25 year old male was the one who just broke the record for the 55+ WOMENS Fifty Fly with a time of 22.01 seconds.....but those women may be upset, and a PNA, REGION, and NATIONAL record may be affected, plus the hours of work trying to find out who swam what!

OTHER MEET INFORMATION (JOANN BRISLIN and KATHY CASEY)

FEBRUARY 27, 1988 - SNAKE RIVER MASTERS MEET - BOISE YMCA

Meet Warmup 8:00 A.M. Meet Start 9:00 A.M.
BOISE YMCA, 1050 State Street, Boise, Idaho 83702
Meet Director - Carolyn Craven, 3570 Holl Drive, Eagle, ID 83616
(208) 939-9114

MAY 13-16, 1988 CANADIAN MASTERS SWIMMING CHAMPIONSHIPS

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 warmup/warmdown.) There are great accomadations available at the Walter Gage complex. See the index for the correct page containing complete housing and entry information.

MAY 19-22, 1988 MASTERS NATIONAL SHORT COURSE CHAMPIONSHIPS

Location: Texas Swimming Center, University of Texas - Austin.
Entry Deadline: Entries must be received by APRIL 19, 1988 even if you are only swimming the relays!

AUGUST 25-28, 1988 MASTERS NATIONAL LONG COURSE CHAMPIONSHIPS

University of Buffalo, Amherst, New York

OCTOBER 9-16, 1988 WORLD MASTERS SWIMMING CHAMPS - BRISBANE, AUSTRALIA

OCTOBER 10-22, 1988 WORLD SENIOR GAMES - ST GEORGE, UTAH

For additional information contact: World Senior Olympics
1450 South Hilton Drive
St George, Utah 84770
(8010 628-0463)

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

INLAND EMPIRE
Elin Zander
E 1922 15th
Spokane, WA 99203
509 534-7509

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

IDAHO
Richard Cooke
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	254-9400H/254-9661W
PNA MASTERS	MARIETTA HUNZIKER	206	564-9517
	ANN GINDROZ	206	272-1854
IEA MASTERS	MARIAH CLARKE	509	926-2597
CORVALLIS	MARK & LAURA WORDON	503	753-9352
SNAKE RIVER	JANET WOOD	208	345-8843H/339-7229W
SOUTHERN OREGON	TERRY & JUDY MC CURDY	503	673-3673

DISCOVERING HOW TO HYDROPLANE - A Self Study in Sprinting

Below are some excerpts from an article written by N. Douglas Smith, Sacramento Masters swimmer and high school swim coach. An exciting experience in 1985 watching James Born break the 20-second barrier in the 50-yard freestyle led Smith to consider the effects of hydroplaning on swimmers. The article explains some of the reasoning behind hydroplaning:

"Propulsive strength demands high, horizontal body position, maximized buoyancy, and muscular power. Strength is vital for high head and body position, and high head and body position are vital in maximizing propulsion (strength = propulsion).

"High body position depends on buoyancy and propulsion: increasing buoyancy involves full deep breaths, relaxation, and body composition. Horizontal body position relies on power to maximize leg propulsion through a six beat flutter kick.

"Maximum leg propulsion balances lowered hips due to a high head and chest creating the entire body to hydroplane. Pulling with high bent elbows increases power by reducing frontal resistance requiring less strength to maintain momentum."

Also considered are methods of reaching the hydroplaning potential:

"TIPS TO TRAIN"

- Power kick with fins keeping head up and arms along sides of body, or 6-beat flutter on kickboard (fins optional); Kick on side, optional - continuous, shallow kick.
- Vertical kicking drills with hands held up (flutter, dolphin, breaststroke, or egg-beater.)
- Pulling drills with hand paddles and pull buoys maintaining high, bent elbows (inner-tube optional). Catch out, pull in to waist, push out past hips: Inverted S Curve.
- Stretch body swim accentuating streamline reach and minimizing stroke count.
- Catch-up crawl drill maintaining full extension and reach - one hand always extended forward, pull doesn't begin until hands touch (good for reach.)
- Scooter drill using kickboard for balance as one arm pulls.
- Bilateral breathing alternating sides. (Previous 4 drills improve streamline towards axis, stroke reach, and balance. Begin kicking in a streamline position. The swimmer gradually adds the stroke to the kick. Concentrate on proper head and body position. This will help swimmers to learn to stay in a streamlined position.)
- Breath control drills involving full, deep breaths maintaining stroke rhythm and output based on anaerobic energy. Limit number of breaths.

- Closed fist drills (slowly opening hand) to build a sense of resistance to hand in order to maximize propulsion potential - also develops kinesthetic awareness for arm pull efficiency: tension throughout pull.
- High elbow, finger drag - wide elbow with pull.
- Heads up crawl forcing high elbows and high head (look up and straight ahead - slowly lower eyebrows to surface, 6-beat flutter kick.)
- Stroke count: swim a 25 or 50 and count the number of strokes. Try to decrease the number of strokes each time a 25 or 50 is repeated. Swim an easy to moderate pace and do not exaggerate the stroke. This is a good drill to improve distance per stroke.
- Stroke count + time: Same as above except the swimmer adds his/her time to the number of strokes. The object is to swim a fast time with a low number of strokes. Work on maintaining distance per stroke with a fast stroke rate.
- Turn-over: Swim 25 yards as 12½ fast + 12½ easy. On the first half of the 25 try to move arms as far as possible. The emphasis is on rapid arm movement, not distance per stroke. Good for developing or enhancing speed.
- Timed turns: When the swimmer's head passes the backstroke flags start the watch. When the head returns to the flags stop the watch."

Also recommended is a good weight training program for conditioning and power. Pre-season and early season are good times to power train (fewer repetitions at a slower pace with heavier weights.) Sprinters in competition use lighter weights to increase repetitions and speed of repetitions.

In conclusion, Smith recommends: "Train to break pain barriers in order to create new comfort zones and thresholds of discomfort. New frontiers in pain pave the steps towards realizing potential. Sprinters must train with 100% output resting enough so that output can be maximum; concentration is never overlooked. 100% output intervals prepare sprinters physically and mentally for short, high intensity swims. Sprint drills improve endurance for short races...Explore the hydroplaning possibilities."

FEBRUARY 1989

MON	TUE	WED	THU	FRI	SATURDAY	SUNDAY
1	2	3	4	5	6	7 TEAM SEATTLE MEET
8	9 ANIMAL MEET ENTRY DUE	10	11	12	13	14
15	16 DAWN MUSSLEMAN PLEDGES DUE	17	18	19	20 ANIMAL MEET AT FORT STEILACOOM	21
22	23 PNA BOARD MEETING HUSKY MEET ENTRY DUE	24	25	26	27 SNAKE RIVER MASTERS MEET	28
29	MARCH 1	2	3	4	5	6
7	8	9	10	11 HUSKY EVERGREEN MEET - SEATTLE	12	13

ON DECK: APRIL 8-10 PNA CHAMPIONSHIPS
 APRIL 22-24 REGION 12 CHAMPIONSHIPS, SPOKANE
 MAY 13-16 1988 CANADIAN CHAMPIONSHIPS, VANCOUVER, B.C.
 MAY 19-22 1988 SHORT COURSE NATIONALS, AUSTIN, TX

LOOKING FORWARD: AUGUST 25 - 28 LONG COURSE NATIONAL CHAMPS, NEW YORK
 OCTOBER 8 - 14 1988 WORLD CHAMPIONSHIPS, AUSTRALIA
 MAY 12-15, 1989 1989 SHORT COURSE NATIONALS, FLORIDA
 AUG 17-20, 1989 1989 LONG COURSE NATIONALS, NORTH DAKOTA

