

the
WET
SET



PACIFIC NORTHWEST ASSOCIATION
OF
MASTERS SWIMMERS

PRESIDENT

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THE PNA NEWSLETTER

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OCTOBER 10, 1988

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BOARD MEETING

The OCTOBER Board meeting will be held
OCTOBER 25, 1988, 7:00 P.M.

TACOMA Y M C A

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October 1, 1988

Dear PNA Swimmers;

October and our first meet of the new season is upon us. If you would like to know how you did in the world for last year, Walt Reid or Kathy Casey have the TOP TEN World booklets! Don't look for yard times in this booklet, we are the only people left who swim yards. Rather than thinking of us as behind the times, I prefer to consider us unique!

Get ready to Swim Across the PNA again this season. Jane has organized this swim by popular demand again. See the entry form in this Wet Set and keep track of your distance. See you all in Port Angeles in March!

It is time for all good PNA members to think about elections; not the Bush/Dukakis type, but the PNA elections. Although the actual election is a ways off, now is the time to decide to run for office. The PNA is an all volunteer outfit. I know how easy it is to send in entry forms and swim the meets, but a lot of work goes into those meets behind the scenes. If the thought of being part of the decision making team excites you, or if you feel duty bound to make a contribution to the organization which brings you meets, please contact me, or contact Hugh Moore or Steve Peterson. The PNA needs you!

The swimmers who are going to Australia will have left by the time this hits the newsstand, but I wish them all good luck! We will all be listening for news of your success. Swim well and have a super time!

With a few minor slips, I have been making workouts! No miracles have occurred, but I am past the stage of needing help back up the stairs to the showers! Hope you are all getting along well. Keep at it! I have to remember: "You can't turn back the clock, but you can rewind it!"

Love,

Rona.

PNA Board Meeting
September 27, 1988

Meeting was called to order at 7:12 pm at Dave Addleman's. In attendance were Rondi White, Dave Addleman, Hugh and Jane Moore, Forrest Brooks, Steve Peterson, Bobby G. and Kathy Casey.

MINUTES were approved as printed.

TREASURER'S REPORT was approved as submitted by Jane Moore.

COMMITTEE REPORTS:

MEMBERSHIP - Hugh Moore will take over as registrar. All new registrations and renewals will go to him. There are 526 registered members in the PNA.

RECORDS - There are World Top Ten Booklets available from Walt Reid or Kathy Casey.

BY-LAWS - Hugh Moore asked that the following changes be made to the By-Laws which will be presented to the membership: a) PNA Board members must be members of PNA; b) Delete the sentence "Officers may not serve on the Nominating Committee"; c) Presidential appointment of Committee Chairs must be approved by the board. This motion was approved by those present with two votes against; Rondi and Forrest. If possible, Lowell will finish the By-Laws and Constitution changes and copies will go out to Board members with the agenda letter.

FITNESS - Jane reported that the Swim across PNA information sheet should run again in the Wet Set.

OLD BUSINESS - The Nominations Committee needs one more member, Rondi will find one. Hugh Moore will serve as Chair. Rondi will make posters for Kathy Casey to place at the October meet to urge people to run for office.

NEW BUSINESS - It was felt that Masters Swimming has been slighted by the state's Centennial Games Committee. Rondi will make some phone calls to see if the situation can be remedied. The Convention delegates shared the proposed rule changes with those attending the meeting, and we shared our feelings on rule changes affecting us.

The meeting was adjourned at 9:35 pm. Next meeting will be on Oct. 25th at the Tacoma YMCA at 7:00 pm.

Rondi White

MASTER SWIMMING SW Pool
WORKOUTS (18 yrs. & older) 684-7440

Our experienced coach will supervise an interval workout of approximately 2,300 yards, giving stroke and training tips to serious adult fitness swimmers. Lanes are set up by ability. Sign up for a session, and attend 10 workouts between session dates on Monday and Wednesday 5:30-8:30 p.m. and Fridays 6:00-7:00 p.m.

| | | | |
|-----------|-------------|------------|-------------------|
| Session A | 9/12-10/14 | 10 Lessons | \$20.00 |
| | | | \$17.50 (Seniors) |
| Session B | 10/17-11/18 | 10 Lessons | \$20.00 |
| | | | \$17.50 (Seniors) |
| Session C | 11/21-12/23 | 10 Lessons | \$20.00 |
| | | | \$17.50 (Seniors) |

EXPLANATION OF ORDERS OF EVENTS

The four orders of events alternate back to back strokes. For example: Freestyle and Breaststroke are back to back in Order #1, but not in #2. They are back to back again in Order #3, but not in #4. The 400 I.M. and 1650 Freestyle are listed at the top of each order as optional because it is up to the Meet Directors whether they have those events and when they have them. Break? means the Break could be before or after the Relay at the Meet Director's discretion. The 500 Freestyle is last in #1 and first in #2, last in #3 and first in #4. The 100 I.M. and the 200 I.M. also alternate positions from one order to the next. By publishing all 4 orders of events now and listing them in the meet calendar on the front page of the newsletter, you can see what order of events will be used at each meet. You can plan your events for the year if you want. The PNA Championships will be a separate championship order of events which gives every combination of strokes at least one back to back.

| | <u>ORDER #1</u> | <u>ORDER #2</u> | <u>ORDER #3</u> | <u>ORDER #4</u> |
|-----------|--|--|--|--|
| Optional. | 400 I.M. 1650/1000 Free | 400 I.M. 1650/1000 Free | 400 I.M. 1650/1000 Free | 400 I.M. 1650/1000 Free |
| | | 500 Free 30 minute warmup | | 500 Free 30 Minute Warmup |
| | Free Relay | Free Relay | Free Relay | Free Relay |
| | 50 Free 100 Breast 200 Back 50 Fly | 100 Back 200 Free 50 Fly 200 Breast | 200 Fly 200 Back 50 Breast 100 Free | 50 Breast 100 Fly 200 Free 50 Back |
| | 200 I.M. BREAK? Mxd. Free Relay | 100 I.M. BREAK? Mxd. Free Relay | BREAK Mxd. Free Relay 200 I.M. | 100 I.M. BREAK Mxd. Fr. Relay |
| | 100 Free 200 Breast 50 Back 100 Fly | 200 Back 50 Free 100 Fly 50 Breast | 50 Fly 100 Back 200 Breast 50 Free | 100 Breast 50 Fly 100 Free 200 Back |
| | Medley Relay BREAK | BREAK? Medley Relay | BREAK Medley Relay | Medley Relay |
| | 200 Free 50 Breast 100 Back 200 Fly | 50 Back 100 Free 200 Fly 100 Breast | 100 Fly 50 Back 100 Breast 200 Free | 200 Breast 200 Fly 50 Free 100 Back |
| | 100 I.M. Mxd. Medley Relay | 200 I.M. Mxd. Medley Relay | BREAK? 100 I.M. Mxd. Med. Relay | 200 I.M. BREAK? Mxd. Med. Relay |
| | 500 Free | | 500 Free | |

NOTE: For meter meets the 1500, 800 and 400 meter Freestyle replace the 1650, 1000 and 500 yard freestyle. Long course meter meets have NO 100 IM.

SWIMMERS AND THEIR SHOULDERS

Jane A. Moore, M.D.

INTRODUCTION

The most common medical complaint in competitive swimmers is shoulder pain. Many studies in the literature show the incidence to be between 40 and 80% of all swimmers and to be more common in higher caliber swimmers. Incidence is about equal between the sexes and increases with number of years swimming. Pain is most often located in the front or side of the shoulder. It is more common in those who swim freestyle, backstroke and butterfly than in those swimming only breaststroke.

The most common cause of shoulder pain in swimmers is impingement syndrome with tendinitis. In the impingement syndrome, the tendons of one or two muscles (the supraspinatus or the biceps) are pinched against the coracoacromial ligament, resulting in inflammation or tendinitis.

SHOULDER ANATOMY

Three bones are involved in the shoulder: the clavicle (collarbone), the scapula (shoulder blade), and the humerus (upper arm). The only attachment to the body is the sternoclavicular ligament which connects the clavicle to the sternum (breastbone). The scapula floats over the muscles of the upper back. There are two main joints in the shoulder, the acromioclavicular joint between the end of the clavicle and the acromion process of the scapula and the glenohumeral joint between the edge of the scapula (glenoid fossa) and the humerus. There are eleven major muscles involved in the shoulder joint. These are the trapezius, rhomboid, levator scapulae, serratus anterior, pectoralis major, pectoralis minor, subclavius, supraspinatus, infraspinatus, deltoid, teres major and teres minor. Each of the muscles is connected to the bones by tendons. The bones are connected to each other by ligaments. Force exerted by the muscles causes movement of the shoulder. The amazing construction of the shoulder joint allows movement in three planes or on three axes making the shoulder the most mobile of all the joints in the body. Because it is the most mobile joint, the shoulder is also the least stable and among the most likely to be injured. Some of the spaces in which movement of the tendons takes place are small. This is what can cause the impingement syndrome. Also found in the shoulder joint are several cushioning sacs or bursae. These also take up space and may become enlarged, inflamed and painful.

SHOULDER PAIN

Shoulder pain is a broad subdivision of the many aches and pains felt during work and play. Muscle pain in swimmers is usually not a serious problem. Very few water or dryland exercises cause serious muscular pain. Aches after a hard set are normal and seldom imply serious muscular injury.

Pain which feels like it is coming from inside the shoulder, on top of the shoulder, which hurts when pressed with a finger, or which occurs in a specific position or with a specific motion is a subject of concern. When pain occurs, it should be carefully considered. The following questions must be answered:

- Is the pain constant or intermittent?
- Does it occur during all workouts or just some?
- Does it happen only with sprints?
- Does it occur when a certain percent effort is exceeded?
- Does it occur when sleeping or driving if the arm is fixed in a particular position?

The answers to these and other questions may help to pinpoint the cause of the pain and to design a cure or control.

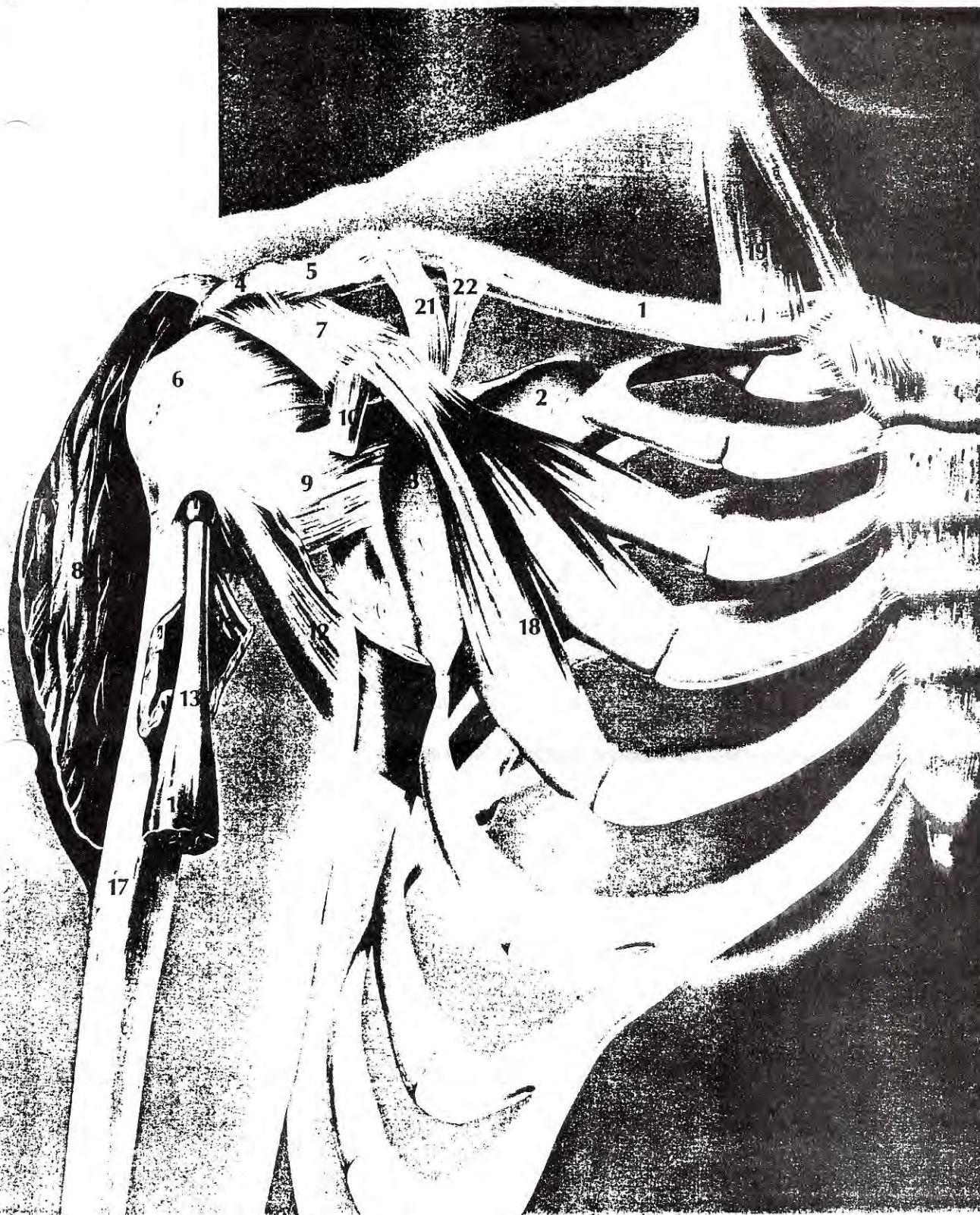
DIAGNOSIS

The source of the pain can be diagnosed only by someone trained in the anatomy, physiology, and the selective testing required to differentiate the highly varied sources of shoulder pain. Usually, only an orthopedic surgeon, sports medicine specialist, athletic trainer, or physical therapist with specialized knowledge can help. Many physicians and other health-care providers are not aware of the fine points of stroke mechanics, stroke flaws, and causes of shoulder problems as applied to swimming specifically. The source of the pain as well as a knowledge of swimming is important so that prevention and treatment programs can be made specific to the problem without needing to stop swimming entirely. The best treatment regimen follows a careful and thorough diagnosis arrived at by a careful history and physical examination, with such laboratory work and X-rays as are appropriate. X-rays for example, can show bony spurs and calcium deposits, each of which may warrant surgical intervention.

Causes, prevention and treatment will be covered in a future article.

THOMAS JEFFERSON'S DECALOGUE

- I. Never put off till tomorrow what you can do today.
- II. Never trouble another for what you can do yourself.
- III. Never spend your money before you have it.
- IV. Never buy what you do not want, because it is cheap; it will be dear to you.
- V. Pride costs us more than hunger, thirst, and cold.
- VI. We never repent of having eaten too little.
- VII. Nothing is troublesome that we do willingly.
- VIII. How much pain have cost us the evils which never happened.
- IX. Take things always by their smooth handle.
- X. When angry, count ten, before you speak; if very angry, an hundred.



ANTERIOR VIEW WITH THE BURSAE REMOVED

1-Clavicle
2-Anterior (costal) aspect of scapula
3-Coracoid process
4-Acromion
5-Acromioclavicular joint
6-Coracohumeral ligament
7-Coracoacromial ligament
8-Deltoid muscle

9-Fibrous capsule
10-Short head of biceps muscle
11-Synovial sheath of biceps tendon
12-Subscapularis muscle
13-Tendon of long head of biceps muscle
14-Latissimus dorsi muscle
15-Pectoralis major muscle
16-Biceps muscle

17-Humerus
18-Pectoralis minor muscle
19-Clavicular head of sternocleidomastoid muscle
20-Sternal head of sternocleidomastoid muscle
21-Trapezoid
22-Conoid

PLACES TO SWIM IN THE PUGET SOUND AREA

ANACORTES
Fidalgo Pool, 1603 22nd
workouts: Sat. mornings, contact Pinky Walker 424-8755
lap swim: M-F 6-8 AM, 11AM - 1PM; Sat. 1-2 PM, 7:30-8:30 PM, Sun 4-5 PM

AUBURN
Auburn, 516 4th NE, Auburn 839-6168
lap swim: M-F: 6:30 - 8:00 AM & noon - 1:00 PM

BELLEVEUE
Bellevue Branch YMCA, 14230 Bel-Red Rd., Bellevue 746-9900
workouts: M-F: 6:45 - 7:45 AM contact: 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

Samena Club, 15231 Lake Hills Blvd., Bellevue 746-1160
lap swim: M-F: 5:00 - 9:00 AM / Every Day: 9:00 - 10:00 PM

Newport Hills, 5464 119th Ave. SE, Bellevue 746-9510
workouts: M - F: 6:30 - 7:30 AM contact: John Underbrink 828-6733

Bellevue Athletic Club, 11200 SE 6th, Bellevue 455-1616
Bellevue, 601 143rd NE, Bellevue 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
contact: Tom Anderson 246-1610

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: Tom Anderson 246-1610

Burien Swim Club, 626 SW 154th, Burien 433-7900

DES MOINES
Mt. Rainier, 22722 19th Ave. S., Des Moines 824-1728
workouts: T/TH/F: 6-7 PM contact: Bob Miller 878-4789
lap swim: M-F: 6:00 - 8:30 AM/ M-TH: 8:00 - 9:00 PM

EDMONDS
Harbor Square Athletic Club, 160 W. Dayton 778-3546

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 Pool, 30421 16th Ave. S., Federal Way 839-1000
workouts: M-F 6:00 - 7:00 AM contact: Hugh Moore 941-3100
lap swim: M-F: 6-7:30 AM & 12-1 PM / Sat 12-1 PM

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
10601 NE 132nd, Kirkland 828-3251

LYNNWOOD
Lynnwood Pool, 18900 44th Ave. W., Lynnwood 771-4030
lap swim: M-F 5:30-8:30 AM/ M-TH: 8:45-10:45 AM & 1-2:30 PM
M-TH: 2:45-3:45 PM & 5:45-6:45 PM

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: 1-6:30 PM

POULSBRO
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. W., Seattle 684-4961

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 386-4282

Rainier Beach, 8825 Rainier S., Seattle 723-5919

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

Southwest Pool, 2801 SW Thistle Street, Seattle 684-7440
workouts: M, W: 5:30-6:30 PM / F 6-7 PM / Sun 5-6 PM

lap swim: M-F: 6-7:30 AM & 3-4 PM / Sun 5-6 PM

YMCA, 909 4th, Seattle 382-5010

YMCA, 1118 5th, Seattle 447-4868

Aquatic Development Clinic, 11009 1st S., Seattle 232-3474

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 Kleven 326-4600 (day) or 367-2350 (eve.)

View Ridge Club, 5815 NE 77th, Seattle 524-3500

Wedgwood, 7727 28th NE, Seattle 523-8211

SUMNER
Sumner High School, 1707 Main, Sumner 863-8110
workouts: M, W, F: 5-6 PM contact: Donna Phelan 862-8777
lap swim: M-F: 5:30 - 7:00 AM, 12:00 - 1:15 PM

TACOMA
Lakes High School, 10320 Farwest Dr. SW, Tacoma 756-8401
workouts: M - Th: 5:00 - 7:00 PM; Sat. 10:00 - 11:15 AM
contact: Kathy Casey 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

Please send any corrections or additions to Hugh Moore
29920 2nd P1 SW, Federal Way 98023

FOR INFORMATION ON OUT OF PNA MEETS, UNLESS OTHERWISE STATED:

INLAND EMPIRE
ELIN ZANDER
E 1922 15TH
SPOKANE, WA. 99203
509 534-7509

OREGON
BERT PETERSEN
2051 NE 137TH
PORTLAND, OR. 97230
503 252-6081

IDAHO
RICHARD COOKE
SAWTOOTH MASTERS SWIMMING
1915 STATE STREET
BOISE, ID 83702
208 939-8289 / 208 336-0606

BRITISH COLUMBIA
DENIS CROCKETT
BC MASTERS
1531 W 4TH AVE
VANCOUVER, BC V6J 1L6
604 736-7645

FOR INFORMATION ON ANY MEET WITHIN THE OCEANA ZONE (WASHINGTON, OREGON, ALASKA, CALIFORNIA, IDAHO, HAWAII) CONTACT THE OCEANA ZONE CHAIRMAN KATHY CASEY 11114 111TH ST SW, TACOMA, WA 98498, 206 588-4879 OR, IN AN EMERGENCY, DOROTHY KLEIST 206 838-1555.

CONTACT THE FOLLOWING **H.O.S.T.** WHEN YOU WISH TO STAY IN ANOTHER SWIMMER'S HOME DURING AN OUT OF TOWN MEET:

| | | |
|-------------------|-----------------------|------------------------------------|
| INLAND EMPIRE | MARIAH CLARKE | 509 926-2597 |
| OREGON MASTERS | ANDY SCHRAG | 503 254-9400 HOME 254-9916 WORK |
| SOUTHERN OREGON | TERRY & JUDY MC CURDY | 503 673-3673 |
| CORVALLIS, OREGON | MARK & LAURA WORDON | 503 753-9352 |
| SNAKE RIVER | JANET WOOD | 208 345-8843 HOME 339-7229 WORK |
| PNA | MARIETTA HUNZIKER | 206 564-9517 |
| | ANN GINDROZ | 206 272-1854 |

TENTATIVE P N A MEET SCHEDULE

| | |
|-----------------|--------------------------------------|
| OCT 15 | HIGHLINE (FIRM - SEE ENTRY) |
| NOV 19-20 | NORTH KITSAP (FIRM - SEE ENTRY) |
| DEC 9, 10 OR 11 | FIDALGO ISLAND - ANACORTES |
| JAN 13-14 | HIGHLINE (FOSTER OR EVERGREEN POOL) |
| FEB 11 | HUSKY ANIMAL MEET - EVERGREEN |
| FEB 19 | BANGOR |
| MAR 5 | CLOVER PARK PENTATHALON |
| MAR 19 | SOUTH KITSAP |
| APR 6-8 | SHORT COURSE CHAMPS - FOSTER POOL |
| MAY | REGIONALS |
| JUN 3 OR 4 | BELLEVUE ATHLETIC CLUB - LONG COURSE |
| JUN 25 | SOUTH KITSAP - LONG COURSE |

