

the
WET
SET



PACIFIC NORTHWEST ASSOCIATION
OF
MASTERS SWIMMERS

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THE PNA NEWSLETTER

VOLUME 8 - NUMBER 3

MARCH 10, 1989

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MARCH BOARD MEETING

THE FOURTH TUESDAY OF THE MONTH - MARCH 28, 1989

7:00 P.M.

TACOMA YMCA BOARD ROOM

Dear FNA Swimmers;

One more month to CHAMPS! I am wishing on every "first star", saving every wish bone from the chickens and turkeys and picking up every penny I see, in the hope that by some luck or miracle I will wake up "in shape" for the big event. Those of you who have been training will fare better I'm sure, but I think it is too late for me.

Please don't forget to vote for the officers for next year. It would be a great start for those elected to know they had support from the membership. Take the time to mark the ballot and send it to Debbie Lewis. I have received several letters with recommendations for improvements in the way meets are run. I have also received some letters from people who don't have a solution, but want to voice their opinion, and I have even had some letters from members telling me they like the way certain meets were handled. I really do appreciate the input. It is a wonderful feeling to know there is somebody out there, so please let us know you are out there and VOTE!

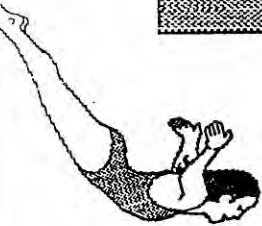
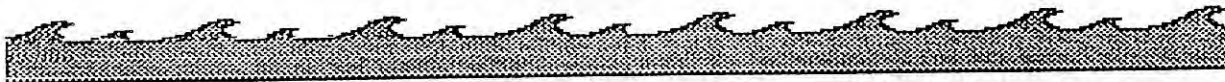
Another deadline is approaching; teams must be registered to count in the team competition at Champs. I have received registrations from a few teams, but not all. Don't forget to register.

Check the information for the PNA Banquet in this Wetset. Make plans to spend the evening with the PNA and add to fun of Champs. The Inspirational Swimmer award is also presented at Champs. Teams should decide on their swimmer and get the name to me as soon as possible. Each team has their own criteria for this award, and the team is responsible for choosing the swimmer. All the Board does is present the award, so please honor a swimmer and let me know your choice.

Have a good month. Consider taking a vacation to South Kitsap on the 18th. Swim a few training laps for me and remember; "The only limit to our realization of tomorrow will be our doubts of today."

Love,

Rona



AMERICAN EMBLEMS

Custom enamel pins, badges, medals, patches, hats and jackets. Identify your swim team members. Have custom designed awards for your next swim meet! Call or FAX today: 206-631-0112
Kerri Lannoye, Sales Manager



PNA BOARD MEETING
February 28, 1989

The meeting was called to order at 7:15 p.m. by President Rondi White. Those in attendance were: Kathy Casey, Walt Reid, Forest Brooks, Karen Jost, Joann Brislin, Lowell Johnson, Rondi White, Dorothy and Warren Kleist, Linda Cazin, Jane and Hugh Moore, Steve Freeborn and Debbie Lewis.

The minutes of the January board meeting were approved as submitted.

COMMITTEE REPORTS:

MEETS: The Bangor meet was a good, fast meet with 63 swimmers participating. The entire PNA champs meet will be held at Foster Pool.

TREASURER: The current balance is \$5240.05. A motion was made and passed to accept the treasurer's report. A motion was made and passed to reimburse Rondi \$64.00 for printing costs.

MEMBERSHIP: There are currently 480 members in the PNA.

RECORDS: Walt will compile record information for the PNA banquet books.

NEWSLETTER: Dorothy would like to work with someone on the March newsletter so the new person is able to get up to speed on newsletter production. A new person for the newsletter has not yet been appointed. A discussion ensued about the escalating costs for printing and distributing future newsletters. A motion was made and passed that a committee of Dorothy and Steve Freeborn meet to discuss a means of handling future newsletters and come to the next board meeting with some recommendations.

AWARDS: \$104.32 was spent for 9 plaques for PNA champs awards. Ribbons will cost 24¢ a piece which is much higher than anticipated. A motion was made and passed for Steve to spend no more than \$350 for ribbons for the PNA champs meet. Steve will determine how many ribbons to order based on the 1988 meet.

SOCIAL: Linda is arranging a banquet for 80 people. The airport area is the primary location for holding banquets for large groups like the PNA. The banquet will be Saturday, April 8 at 6:00 p.m. with dinner at 6:30 p.m. at the Best Western Airporter.

FITNESS: Jane is in the process of getting awards for the "Swim Across the PNA" event. Jane has found 6 people to write fitness columns. The president recognized Jane for her hard work on this committee and making it such a success.

OLD BUSINESS:

REINCORPORATION REPORT: Steve has taken care of filing reincorporation papers with the state. The cost is \$35.00.

TEAM REGISTRATION FOR PNA CHAMPS: 7 teams have registered for PNA champs. They are: Team Seattle Orca, Husky, Tiger, Fidalgo Islanders, Mercer Island, Federal Way and Fort Steilacoom.

RANSOM J. ARTHUR AWARD: A motion was made and passed nominating Kathy Casey as the PNA nominee for this annual, national award.

DAWN MUSSELMAN AWARD: Debbie, Linda and Rondi will form a committee to name a nominee for this award for the PNA banquet.

2 SUGGESTIONS FROM JOANN FOR THE NEW BOARD: 1: Hold a pot luck awards banquet similar to the way age group teams handle banquets. 2: Hold board meetings on a bi-monthly schedule or alternate "general meeting" after a meet with a regular monthly board meeting in the evening.

The next board meeting will be March 28, at 7:00 p.m. at the Tacoma YMCA.

The meeting was adjourned at 8:45 p.m.

Rondi White

PNA ANNUAL BANQUET

APRIL 8, 1988
SOCIAL HOUR 6:00 P.M.
DINNER 6:30 P.M.

\$16.00 PER PERSON PAYABLE IN ADVANCE
(INCLUDES TAX AND TIP)

BEST WESTERN AIRPORT EXECUTEL
20717 PACIFIC HIGHWAY SOUTH
TELEPHONE 206 878-1814

YOU MUST SPECIFY A CHOICE OF LONDON BROIL OR CHICKEN AND HAVE YOUR RESERVATION, ACCOMPANIED BY YOUR CHECK, TO LINDA BY APRIL 1, 1989.....(NO FOOLIN!)

PRIOR TO THE BANQUET CAROLYN BALDWIN HAS GRACIOUSLY OPENED UP HER HOME FOR A POTLUCK SNACK. THIS WILL START RIGHT AFTER THE MEET. BRING CHIPS, PRETZELS, NUTS AND YOUR SOFT DRINK. CAROLYN'S ADDRESS IS 17056 12TH PL S.W. TELEPHONE 206 243-3705. SEE CAROLYN AT THE MEET FOR DIRECTIONS.

PLEASE COMPLETE THIS FORM AND MAIL TO:

LINDA CAZIN HARMON
11311 NE 67TH STREET
KIRKLAND, WA 98033
TELEPHONE 206 828-4530

NAME _____
TELEPHONE _____

NUMBER IN PARTY _____
NUMBER WHO PREFER CHICKEN _____
NUMBER WHO PREFER LONDON BROIL _____
AMOUNT ENCLOSED (# OF PERSONS X \$16.00) _____

- NOTES:
1. THIS RESERVATION MUST REACH LINDA BY APRIL 1ST.
 2. YOU MUST CHOOSE LONDON BROIL OR CHICKEN.
 3. YOU MUST ENCLOSE PAYMENT FOR YOUR MEAL(S)
 4. ANY AND ALL QUESTIONS SHOULD BE DIRECTED TO LINDA

P N A MEET SCHEDULE

MAR 19 SOUTH KITSAP POOL - PORT ORCHARD (25Y)
APR 7-9 P N A - SHORT COURSE CHAMPS (25Y)
FRIDAY, APRIL 7 - EVERGREEN POOL
SATURDAY & SUNDAY, APRIL 8&9 - FOSTER POOL
APR 21-23 REGION 12 - SHORT COURSE CHAMPS (25Y)
TUALATIN HILLS POOL - BEAVERTON, OREGON
JUN 3-4 BELLEVUE ATHLETIC CLUB (50M)
JUN 25 SOUTH KITSAP POOL - PORT ORCHARD (50M)

NATIONAL AND INTERNATIONAL MASTERS SCHEDULE

MAY 4-7 1989 USMS NATIONAL SHORT COURSE CHAMPIONSHIPS
MISSION BAY - BOCA RATON, FLORIDA
JUL 23-AUG 5 1989 MASTERS GAMES
ARHUS, DENMARK
AUG 17-20 1989 USMS NATIONAL LONG COURSE CHAMPIONSHIPS
UNIVERSITY OF NORTH DAKOTA
GRAND FORKS, NORTH DAKOTA
SEP 17-24 1989 USMS ANNUAL CONVENTION
PORTLAND, OREGON
OCT 7-16 1989 PAN PACIFIC MASTERS AQUATIC GAMES
INDIANAPOLIS, INDIANA
AUG 7-13 1990 3RD FINA/MSI WORLD CHAMPIONSHIPS
RIO DE JANEIRO, BRAZIL
SEP 30-OCT 6 1990 USMS ANNUAL CONVENTION
PITTSBURGH, PENNSYLVANIA
SEP 15-22 1991 USMS ANNUAL CONVENTION
LOUISVILLE, KENTUCKY

HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS

03/16	MATTHEW SMITH TODD WIRTZ	03/31	STACY RODRIGUEZ KATE SUTHERLAND KAY LANG
03/18	STEVEN SCHMIDT MITCHELL GONZALES STEVEN KOCH	04/01	ALAN SANDERS
03/19	PATRICK SLOWEY	04/02	STEFAN MITU
03/20	JOE FERONG	04/03	CHRIS HALL SHERYL PANTER
03/22	JOHN PROKOP JACK CONNELLY TOM LOWE MIKE NELSON	04/05	THOMAS TAYLOR SYDNEY MUNGER
03/24	STEVE UNDERBRINK	04/06	JANET KAVADAS CAROLYN BALDWIN
03/25	BARBARA THORP MICHELLE MC ELHANEY	04/07	CHARLES SPENCER
03/26	RICHARD SPENCER VINCE BAILEY	04/08	KERRI LANNOYE JOEL EDWARDS
03/27	MARIE CAWRSE PAULA ROTHKOPF	04/09	JIM PENFIELD BARBARA BLAIS
03/28	JACK ANDERSON	04/10	FRANCIS JOWETT APRIL GERLOCK
03/29	MIKE DAVIS DENISE PULLIAM BURTON SWENDT KAREN TRUELOVE	04/12	JENNIFER STAPP BELINDA FULLER
03/30	KATHLEEN DYER	04/13	LAURA RAYNOLDS MARK APPLEBY
		04/15	GEORGE UNRUH

WELCOME TO THE PNA

THE FOLLOWING SWIMMERS HAVE JOINED THE PNA IN THE LAST MONTH

NANCY ANDERSON, CINDY BRENNAN, CAROL BROWN, BRANT BUTTE, RON CARLSEN, LINDA FINLEY, GARY FRANTZ, MARY GIBSON, MICHAEL JACOBS, BERNARD KINGSLEY, CATHLEEN LAMBERT, MATTHEW LIND, FRED LOCKE, SCOTT MAC INTIRE, MICHAEL MC GOORTY, ELIZABETH PRINCE, LORI RANKIN, GLENN ROBERTS, STEVE SCHUFREIDER, ED WEIL, AND KRISTINE WEST.

REGISTERED TEAMS 1989

The following teams have registered for the PNA Championship Meet for 1989. This list is from the 3rd of March;

Husky
Ft. Steilacoom
Team Seattle Orca Swim Club
Olympic Peninsula Masters
Tigers
Fidalgo Island Sea Hawks
Mercer Island Swim Coalition
Federal Way Masters

Please remember that the deadline for registration is March 24th!

ATTENTION ALL SWIMMERS

Your Pacific Northwest Association of Masters Swimmers Board of Managers recommends the changes to our Constitution and By-Laws summarized below. Your Team Representative to the Board of Managers has a copy of the proposed changes in detail for your perusal. You will be asked to vote: 1. For, 2. Against, or 3. For (with the following exceptions), these changes at the PNA Championships Meet on April 7-9. Copies of the proposed changes in detail will be available at the meet.

We need to have every one of you vote on these proposed amendments.

Proposed Amendments to the Constitution:

1. Add to definition that PNA is a Local Masters Swimming Committee (LMSC) of United States Masters Swimmers, Inc. (USMS).
2. Add a definitions section that defines Club Membership, Team Membership, Unattached Membership (both local and national), Individual Membership, By-Laws, LMSC and Geographic Territory.
3. Add the category of Club Membership throughout the Constitution.
4. Add a paragraph to limit liabilities of the Board of Managers.
5. Change the requirement of a 2/3 majority of 50% of the membership to amend the constitution to a 2/3 majority of 25% of the membership.

Proposed Amendments to the By-Laws:

1. Add the category of Club Membership and Unattached Membership (both local and national) throughout the By-Laws.
2. Add a requirement that all members of the Board of Managers must be currently registered with PNA.
3. Add a definition of eligible voting members and a quorum requirement of 25% of the eligible voting members.
4. Add that the president or his/her delegate will represent PNA in all meetings outside PNA, and that the president shall pick all committee chairs (subject to board approval).
5. Change dates of nominations of new officers of the board of managers to 1 1/2 months earlier.
6. Delete the requirement for the Vice President to be the membership chairman.
7. Change the name of Special Committees to Ad Hoc Committees.
8. Added Constitution and By-Law Committee and Computer Applications Committee to Standing Committees and deleted Team Wear Committee.
9. Added a statement that the Treasurer serve as Chairman of the Finance Committee.
10. Changed definitions of Records and Publicity Committees, and changed name of Records Committee to Records/Top 10 Committee.

The Warm Up

"The value of warm-up before performing a physical activity has been questioned by some people, principally by researchers with little practical experience..." says Counsilman in his Science of Swimming book.

"Physiologically speaking there have been more races lost due to energy expenditure during warm-up than have been won due to the raising of levels of organic function" retorts Vaughan Thomas in his 1970 book Science and Sport. What is the role of warm-up before competition in general and for masters swimmers in particular?

Most researchers focus on **temperature** elevation as the physiologic process affected by warm-up. As Astrand and Rodahl point out in their Textbook of Work Physiology, "For each degree of temperature increase, the metabolic rate of the cell increases by about 13%. At the higher temperature the exchange of oxygen from the blood to the tissue is also much more rapid." Thus, the muscle's ability to convert fat and carbohydrate to energy used to power the muscle's contraction is enhanced and the rate of muscle contraction is increased.

Muscle blood supply also plays a role. Thus, way back in 1947, Hogberg and Ljurggren compared 20 minutes of sauna versus 20 minutes of "running at moderate speed" on races of 100 to 800 meters (running). Exercise as a warm-up seemed to improve times at each distance between 2 and 6%. While not proven, this is most likely explained by the selective increase in blood flow to exercising muscles rather than the increased blood flow to the skin in the body which was just passively heated. The improved blood supply to the muscle serves not only to bring in more oxygen but also to remove lactic acid and carbon dioxide and other metabolic end products.

How **intense** should a warm-up be? Maglischo, in his very nice review of warm ups in Swimming Faster, makes the point that 30-50% of maximal effort is probably sufficient for the muscle warming effects and fears that more effort than this could be deleterious, citing concern over depletion of glycogen stores and build up of lactic acid at higher intensities. (A few short sprints at the end of the warm up are safe he feels). Astrand and Rodahl argue that "rather vigorous" efforts in warm up caused no deterioration in performance in the relatively short distances likely to be seen in swim meets.

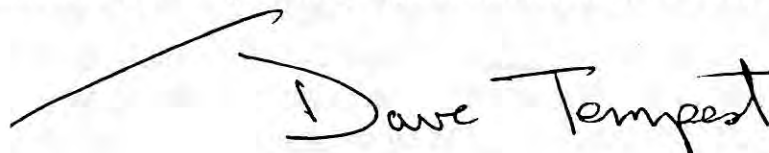
What about the **timing** of the warm up? As a guideline most researchers feel that 15-30 minutes appears optimal. A mere 5 minute period was not as effective in one study and periods longer than 15-30 minutes provided no added benefit. The benefit from the warm up may last 30 to 90 minutes depending on how warm the swimmer stays as well as other exercises he/she does such as stretching...

There's another **medical** reason for the warm up, especially in masters' level competition. The heart appears to handle the stress of competition better if sufficient warm up has preceded the race. Barnard, in his 1976 article in Physician and Sports Medicine ("The Heart Needs Warm Up Time"), found that when healthy 21 to 52 year olds ran on fast moving treadmills without a warm up more than two thirds had abnormal EKG changes. If, however, this same run was preceded by a 2 minute warm up period these changes were eliminated or lessened in almost all cases.

Other reasons for the warm up exist. **Flexibility** work can stretch out joints and muscles that swimming alone doesn't, especially around the shoulder and ankles (and lumbar spine for those of us with problems there!). **Familiarization** with the pool and review of race **strategy** are also important uses of the warm up period: especially learning the feel of the walls for turns, at least some of which should be taken at race pace.

Councilman argues the benefits of a fairly standardized warm up but there is a need for flexibility, too, such as when the pool is quite crowded before a big meet...

There is no specific "best" warm up. The exact distances and intensities will vary with age, the level of conditioning and whether the races are to be sprints, middle or long distance efforts. Working with the coach and experimenting with different protocols, keeping in mind the above principles should lead to the optimal preparation before the race.

A handwritten signature in black ink that reads "Dave Tempest". The signature is written in a cursive style with a long, sweeping underline that extends to the left and then curves back under the name.

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

INLAND EMPIRE

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

OREGON

KATHLEEN BUCK
31925 N E CANTER LANE
SHERWOOD, OR 97230
503 625-5747

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
FORREST BROOKS - 206 226-2796
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	206 254-9400 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 ANN GINDROZ	206 564-9517 206 272-1854

(NOTE: If you would like to host a fellow swimmer in your home contact your local representative. This is an excellent way to meet new friends and cement old friendships!)

THIS IS YOUR NEWSLETTER. IT IS ONLY AS GOOD AS THE INPUT BY THOSE SELECTED OR ELECTED TO SERVE AND YOU THE MEMBERS. IF YOU HAVE A COMMENT, OPINION OR A BIT OF NEWS WE WILL BE GLAD TO GIVE YOU "SPACE". JUST CONTACT THE EDITOR BY THE 1ST.