

Greetings,

First off, I would like to extend my personal apologies to Tom Dunning and the BAC organization. During the transition between boards, I neglected to assure that their meet info was sent out on time. We now have a new Meets Chair, Jan Kavadas...who is vigorously attacking the meet situation.

More on meets...Starting next year we will try to promote the use of electronic timing by giving breaks to those teams/clubs who must rent equipment. See the minutes of the May Board meeting.

Be braced for an increase of registration fees. Due to insurance costs the national fee is being increased by \$3.00. Our newsletter costs have increased 200-250%. Currently, as you know, total individual annual registration is \$19.00 (\$14.00 for seniors). Unless our newsletter costs come under control we may be looking at an increase of up to \$6.00 (\$3.00 for seniors). Compared to other associations our fees are high. This is due to newsletter costs. One association's newsletter printing is donated, another only prints monthly part of the year. We're working on this problem.

Ian Thompson has made a proposal for an "All Around Swimmer Award". A very interesting concept we hope to make a reality. Thank you Ian. Your ideas and inspiration are invaluable to the PNA.

Long Course Nationals: if you are going, be sure to read your entry carefully and follow instructions closely. Good luck.

The King County Aquatics Center is on schedule and the PNA has been asked if we can support a fund raiser. Our resources in this area are very limited. Anyone with fund raising experience or with ideas that we can apply effectively to our logistical situation please contact me ASAP.

It pleases me greatly to announce the engagement of Kathy Casey and Walt Reid. This couple exemplifies true dedication to a cause. Their courage, the application of their abilities and their visions have been indispensable assets to master's swimming. On behalf of the PNA...Congratulations, best wishes, and may your union be joyous, fulfilling, and everlasting.

As soon as I get more details, times, dates, places, etc., I'll pass them along.

Well, I gotta go swimmin' so I'll see ya at BAC or SK. Bye for now.

Bobby G.

DAWN MUSSELMAN SWIM AGAINST CANCER

Individual Results

Women

Place	Name	Age	Team	Yards
1st	Barb Gundred	35-39	Mt. Baker	4700
1st	Kathy Casey	40-44	Ft. Steil.	4365
1st	Karen Jost	25-29	Highline	4325
1st	Lisa Donaldson	30-34	Mt. Baker	4220
2nd	Kerri Lannoye	25-29	Unattached	4000
2nd	Jane Moore	35-39	Fed. Way	3800
2nd	Teri Rexroat	30-34	Mt. Baker	3725
2nd	Terri Highland	40-44	Issaquah	3660
1st	Ann Gindroz	50-55	Tacoma Y	3280
3rd	Sharon Belk-Krebs	35-39	Mt. Baker	3265
2nd	Donna Phelan	50-54	Tritons	3200
1st	Jan Kavadas	55-59	Cascade	3100
2nd	Carolyn Baldwin	50-54	Tigers	3100
3rd	Carol Anning	50-54	Tacoma Y	3005
3rd	Ruth Conrad	30-34	Tritons	2850
1st	Maxine Carlson	65-69	Tigers	2775
1st	Maryann Burke	60-64	Tigers	2500
3rd	Carolyn Brown	25-29	Unattached	1450
1st	Marion Mueller	75-79	Tigers	Broke Hip

Men

1st	Hugh Moore	30-34	Fed. Way	4850
1st	Ian Thompson	35-39	Mt. Baker	4850
1st	Vince Bailey	25-29	Mt. Baker	4830
1st	Tom Taylor	55-59	Fed. Way	4245
1st	Gordon Gray	40-44	No. Kitsap	4235
2nd	Marty Brotnov	30-34	Mt. Baker	4220
2nd	William Sibbett	35-39	No. Kitsap	4185
2nd	Steve Peterson	40-44	No. Kitsap	4175
3rd	Greg Miller	30-34	No. Kitsap	3885
2nd	Stew Ellisin	25-29	Mt. Baker	3775
4th	Chris Heinlein	30-34	No. Kitsap	3705
1st	Walt Ingram	45-49	Mt. Baker	3520
5th	Rocky Phoenix	30-34	No. Kitsap	3420
1st	Roy Ingham	60-64	Mt. Baker	3350
3rd	Grant Cooper	35-39	Mt. Baker	3250
3rd	Richard D'Archangel	40-44	No. Kitsap	3240
1st	Tom Foley	50-54	Tigers	3100
1st	Harold Young	65-69	Tacoma Y	3005
6th	Glenn Moffatt	30-34	No. Kitsap	2954
4th	James Curtis	40-44	Tritons	2100
4th	Steve Mason	35-39	Tritons	1500

Team Results

TEAM	#Swim	% part.	Total Yards	Yds/ Swim	\$/Team	\$/Swim
Mt. Baker	11	55	43,705	3973	\$2043.05	\$185.73
No. Kitsap	8	67	29,799	3725	528.89	66.11
Tigers	5	42	11,475	2295	251.00	50.20
Tacoma Y	3	12	9,290	3097	265.00	88.33
Tritons	4	22	9,650	2412	79.00	19.75
Fed. Way	3	37	12,985	4298	305.00	101.66
Other	6		20,000	3483	881.95	142.66
TOTAL DOLLARS					\$4353.89	

Team Placement

	1st	2nd	3rd
Greatest Participation	No. Kitsap	Mt. Baker	Tigers
Most Yds/Swimmer	Fed. Way	Mt. Baker	No. Kitsap
Most \$/Swimmer	Mt. Baker	Fed. Way	Tac. Y
Overall (3 categories)	MT. BAKER		

Editor's Note: Congratulations to all the participants in the Dawn Musselman Swim Against Cancer, and to Mt. Baker for their strong showing in the Team categories. I apologize for the delay in printing the results.

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SWIMMER'S EAR

With the change in weather that we are getting and the days of summer almost upon us people will be out swimming in lakes and in backyard pools and in public pools. Along with swimming comes ear infections.

Many people develop what we term otitis externa or an external ear infection. The condition is usually manifested by a one to three day history of itching, pain, sometimes discharge from the ear and diminished hearing.

Usually on physical examination it hurts when one pulls at the ear itself or sometimes just opening and closing the mouth, one will feel a pain noted in the mandible area. Sometimes there is also regional swelling around the neck below the ear denoting a lymph node involvement.

Therapy for this particular disease is usually to remove the debris from the ear and prescribe external ear drops. Usually this in itself takes care of the condition. Sometimes if the infection is worse or the pain is worse or someone has lots of swelling, a systemic antibiotic will be prescribe that one takes orally. With the advent of some new medications that we have at our disposal, treating otitis externa is much more efficient than it used to be. Sometimes a wick will also be put in the ear to help the drainage.

Otitis externa is an infection of the external ear canal usually caused by a bacteria called pseudomonas. Pseudomonas develops because the ear is usually a warm, moist, dark cavity and of course it becomes moist from swimming. Sometimes other bacteria will also cause this condition. Usually one sees swimmer's ear after swimming in a contaminated public pool or lake.

The way to prevent otitis externa is to keep one's ear dry and I found the best way to do this is to keep handy a small dropper bottle with 50% white vinegar and 50% rubbing alcohol and apply a few drops in the ear every time one goes swimming. This will keep the ear dry as well as be easy on the membranes of the ear and the eardrum.

The take home message and summary is swimming ear pain/ear discharge. Treatment: Ear drops, sometimes oral medication and prevention is keeping one's ear dry with alcohol and vinegar ear drops.

William J. Penn, M.D.
Nisqually Clinic
P.O. Box 760 (202 Cullens)
Yelm, WA 98597

P N A MEET SCHEDULE

June 11 BELLEVUE ATHLETIC CLUB (50M)
June 25 SOUTH KITSAP - PORT ORCHARD (50M)

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NATIONAL AND INTERNATIONAL MASTERS SCHEDULE

Jul 23 - Aug 5 1989 Master's 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 Aquatics Games
Indianapolis, Indiana
Aug 7-13 1990 3rd FINA/MSI World Championships
Rio DeJaneiro, Brazil
Sep 30-Oct 6 1991 USMS Annual Convention
Louisville, Kentucky

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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 NE Canter Lane
Sherwood, OR 97230
(503) 625-5747

IDAHO

Richard Cooke
Sawtooth Masters Swimming
1915 State Street
Boise, ID 83702
(208) 939-8289/336-0606

BRITISH COLUMBIA

Denis Crockett
BC Masters
1531 W 4th Ave
Vancouver, BC V6J 1L6
(604) 736-7645

IF YOU ARE IN BUSINESS, CONSIDER ADVERTISING IN THE "WET SET"

ONE FOURTH PAGE \$20.00 FIRST MONTH, THEN \$15.00 PER MONTH
ONE HALF PAGE \$40.00 FIRST MONTH, THEN \$20.00 PER MONTH

Send your ad and a check, payable to PNA MASTERS SWIMMERS, by the first of the month in which you wish your ad to appear to: Karen Jost, 3100 S. 208th #B102 Seattle, WA 98188 Telephone: 824-3377

NON-PNA MEMBERS SUBSCRIPTION FORM FOR THE "WET SET"

NAME _____

ADDRESS _____

Send this subscription form and a check for \$8.00, payable to PNA MASTERS SWIMMERS, to: Hugh Moore, 29920 2nd Place SW, Federal Way, WA 98203 Telephone: 941-3100

CHANGING YOUR ADDRESS? FILL IN THIS FORM AND MAIL IT TO Hugh Moore, 29920 2nd Place SW, Federal Way, WA 98023 Telephone: 941-3100

NAME _____ USMS# _____

OLD ADDRESS _____

NEW ADDRESS _____

NEW TELEPHONE NUMBER _____

A note from the editor: Bobby's letter mentioned the rising costs of publishing our newsletter. Up until 4-5 months ago, we received our printing and bulk mailing services at a reduced rate from Bob and Norma Ingraham. We are currently in the process of collecting bids and suggestions for lowering our printing costs. If you have any suggestions or ideas, please contact Bobby G or myself. The newsletter is our primary source of communication with PNA members, and thus is vital to the survival of this organization. I would like to thank Bob and Norma for all of their help and support, and appeal to the membership to let me know if they have "contacts" out there that would be able to provide printing services. Please feel free to contact me if you would like more information about this.

Thank you!!

Name _____ Sex _____ Age Group _____

Years Masters Swimming _____

Days Per Week _____

Check on the following list the site of any injury which has caused you to miss or decrease intensity of training and list the number of weeks the injury lasted.

<u>Injury</u>	<u>Weeks</u>
Neck _____	_____
Back _____	_____
Shoulder _____	_____
Hip _____	_____
Knee _____	_____
Ankle _____	_____
Foot _____	_____
Other _____	_____

Check on the following list any illness which has caused you to miss training or decrease intensity of training.

<u>Illness</u>	<u>Weeks Affected</u>
Flu _____	_____
Asthma _____	_____
Lung Disease _____	_____
Heart Disease _____	_____
Arthritis _____	_____
Other _____	_____

Have you ever decreased intensity of training or missed workout because of an injury caused by weight training or another sport?

Yes _____ No _____

If injured in another sport, write the sport next to the anatomic site of injury and write the number of weeks missed.

<u>Cause of Injury</u>	<u>Location of Injury</u>	<u>Weeks Missed</u>
_____	Neck _____	_____
_____	Back _____	_____
_____	Shoulder _____	_____
_____	Elbow _____	_____
_____	Knee _____	_____
_____	Leg _____	_____
_____	Ankle _____	_____
_____	Foot _____	_____
_____	Other _____	_____

What medical conditions that you have do you find are helped by regularly participating in U.S. Masters Swimming?

Heart Disease _____
Peripheral Vascular Disease _____
Lung Disease _____
Asthma _____
Arthritis _____
Back Injury _____
Weight Control _____
Psychological Illness _____
Other _____

THE ABOVE INFORMATION IS BEING COLLECTED AS PART OF A STUDY ON INJURIES IN MASTER'S SWIMMERS. IF YOU WOULD LIKE TO HELP PROVIDE DATA, PLEASE RETURN THIS FORM TO:

Jane Moore
29920 2nd Place SW
Federal Way, WA 98023

ANNOUNCEMENTS ANNOUNCEMENTS ANNOUNCEMENTS

PACIFIC NORTHWEST AQUATICS will hold a short club meeting following the South Kitsap meet. The primary order of business is to address the by-laws for the club. (HUSKY and TRITONS are separate clubs).

COACH: Port Angeles Swim Club seeks part-time coach for competitive USS Swim Club. PO Box 1056 Port Angeles, WA 98362.

CONTACT GINGER PIERSON: if you still have not received past Region XII Championship Medals. 23995 SW Drake Lane Hillsboro, OR 97123

ARE YOU GOING TO LONG COURSE NATIONALS??? If so, don't forget...

- 1) entries are due July 21, 1989.
- 2) you must submit a copy of your USMS registration card with your entry.
- 3) enter Pacific Northwest Aquatics (PNA), HUSKY, or MARANHA TRITONS under CLUB affiliation.
- 4) mark your sixth event choice (the one you least want to swim) with an asterisk.
- 5) The Empire Builder is a train that runs from Seattle to Grand Forks. All Aboard America fares are \$269 round-trip. The train departs King Street Station in Seattle at 4:05pm and arrives in Grand Forks at 11:19pm the following day. Call Jan Kavadas (before June 13 or after July 4), or Amtrak for more information.
- 6) swim fast, have fun, make friends.
- 7) GOOD LUCK!!!!

1989-1990 MEET BID PACKETS were mailed out recently.

- If you would like a packet, call Jan Kavadas 775-5814 (before June 13 or after July 4).
- Bids for the September, October, and possibly November meets are due June 15th and will be reviewed at the June board meeting. These bids should be sent to Bobby Gallegos, as Jan will be out of town.
- Bids for November to August meets will be reviewed at the July board meeting, and are due to Jan Kavadas by July 15th.

Procrastinator's Corner

(A new feature dedicated to the multitudes who, like myself, are unable to meet deadlines without spending valuable time searching for a deadline amongst the fine print!)

- *1* South Kitsap entries are due **June 14th** (entry form page 7).
- *2* 1989-1990 September-November meet bids are due **June 15th** (see above).
- *3* Relay entries for Long Course Nationals, and the PAN PACIFIC GAMES are due **June 26th** (entry form page 16).
- *4* Southern Oregon Lake Swim entries are due **July 2nd** (entry form page 8).
- *5* PAN PACIFIC GAMES entries are due **July 7th** (entry form in May 'Wet Set').
- *6* 1989-1990 November-August meet bids are due **July 15th** (see above).
- *7* Coach of the Year nominations are due to: Bill Tingley, 2008 Trevilian Way, Louisville, KY 40205, by **July 15th**.
- *8* Long Course Nationals entries are due **July 21st** (entry form page 17).