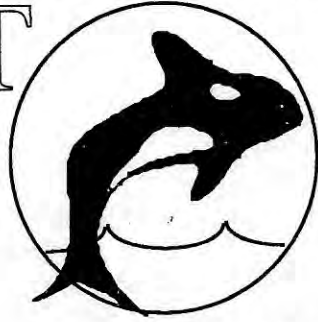


the
WET
SET

PACIFIC NORTHWEST ASSOCIATION
OF
MASTERS SWIMMERS



PRESIDENT

Bobby L. Gallegos
1315 Garrison Ave
Port Orchard, WA 98498
(206) 876-0960

EDITOR

Karen Jost
3100 So. 208th #B102
Seattle, WA 98188
(206) 824-3377

THE PNA NEWSLETTER

VOLUME 8 - NUMBER 8

AUGUST 10, 1989

ADVERTISING IN THE WET SET	8
ANNOUNCEMENTS	11
BIRTHDAYS	9
CHANGE OF ADDRESS	8
FITNESS	7
MEET ENTRY - ROSEBURG, OREGON	10
MEET RESULTS	
PNA SWIMMERS AT BOCA RATON, FLORIDA - SC NATIONALS	5
MEET SCHEDULES	9
PNA BOARD MEETING MINUTES	
JUNE	3
JULY	3
PRESIDENT BOBBY'S LETTER	2
PROCRASTINATOR'S CORNER	11
SUBSCRIPTION TO THE WET SET	8
WELCOME NEW MEMBERS TO THE PNA	9

Meet Results for BAC and South Kitsap
will be printed in the September 'Wet Set'

We apologize for the delay, Robert Gjertsen is
currently being trained in use of the computer
for compilation of results. Thank you for your patience!

α α

AUGUST BOARD MEETING
THE FOURTH TUESDAY OF THE MONTH - AUGUST 22, 1989
7:00 P.M.
TACOMA YMCA BOARD ROOM

α α

11.

At the last board meeting the annual membership fee was raised to \$25.00. Our finance committee came up with a figure of \$27.00 to keep us out of deficit. We decided to add an additional \$1.00 surcharge for those who attend meets.

I believe this is the fairest way to keep PNA solvent. Again these increases were do to newsletter costs and insurance premium.

I rejected the idea of allowing people the option of subscribing to the newsletter. I feel it important that the membership be given as much information about their association as possible. Also, someone else is relieved of the responsibility of getting this information distributed. We (the membership) are paying for this information, so we may as well stay informed and act when we are required to do so.

I do understand that these fees put a greater burden on, and subjects first time meet attendees to undesirable costs. But with good personal management practices one could find ways of diluting these costs.

Our meet schedule is shaping up nicely. Seems most of our bids are coming from our least populated areas. This carries the potential of less attendance due to inconvenient travel distances. Good to see that new teams are submitting bids. Good also that first time meet holders have a relaxed, friendly meet. Bad cuz people don't want to go so far.

Please everyone...attend as many meets as possible...That's why we're here...that's why we're working so hard. Even if we don't work out that hard, it's always a great personal experience...to meet some very fine people.

Sincerely,

Bob YL

PACIFIC NORTHWEST ASSOCIATION BOARD MEETING
June 27, 1989 Tacoma YMCA

President Bobby Gallegos called the meeting to order at 7:00pm. Those attending were Hugh and Jane Moore, Karen Jost, Steve Peterson, Bobby Gallegos and Florence Miller. Minutes of the May Board meeting were read and approved.

Treasurer: Jane reported a current balance of \$4,406.77. There is a new finance committee to draft a budget for the new fiscal year. The members are Jane Moore, Karen Jost, Julie Corman and Forest Brooks.

Committee Reports

Membership: Hugh reported membership at 572, 40 more than last year.

Meets: There have been no meet bids for September or October. Hugh suggested calling clubs to ask about sponsoring meets in those months. Oregon Masters may sponsor a long course meet in August. Karen will be contacting them at the end of the week for confirmation.

Newsletter: Karen stated that due to escalating costs of putting out the newsletter, different ways of cutting costs are being considered. Bids from other printers were discussed. Limiting the size of the newsletter and printing meet entry forms just once were suggested as means to help cut costs.

Fitness: Ian Thompson is now chairperson of the Fitness Committee.

Officiating: Walt Reid is the new chairperson of the Officiating Committee.

By-Laws: Bobby G. reported that the By-Law changes were passed but the Constitution changes were not.

Old Business

A retreat is scheduled for July 15th at Gordon Gray's. Hugh suggested that an RSVP be requested from those attending the retreat. Jane asked if the phone tree could be used as a means of determining who would be there. Bobby said the phone tree is 75% ready and could be used.

The issue of raising entry fees was discussed but no determination was made.

The possibility of the PNA raising donations for the King County Aquatics facility was mentioned. Tom Taylor is working on this project.

Hugh moved that we submit a rules change proposal, drafted by Kathy Casey, to clarify the backstroke start. The motion was seconded and approved.

The National USMS Convention will be held Sept. 20-24. Bobby G should be notified if you are interested in being considered as a delegate. Two delegates will be appointed next month. The convention will be held in Portland, Oregon. Transportation, registration and hotel expenses will be paid by the PNA.

The meeting was adjourned at 8:45 pm.
Florence Miller (acting for Kathy Casey)

Pacific Northwest Association Board Meeting
July 25, 1989
Edmonds, Washington

President Bobby Gallegos called the meeting to order at 7 p.m. at the home of Jan Kavadas. Those attending were Forest Brooks, Steve Freeborn, Karen Jost, Jan Kavadas, Scott Lewis, Hugh Moore, Jane Moore, Sarah Moore (in a non-voting capacity), Frank Newquist, and Steve Peterson.

TREASURER: Jane reported a current balance of \$3795.09. The financial statement as of July 25, 1989 showed a budgeted income of \$12,875.00, actual income of \$13,077.91; budgeted expenses of \$12,875.00, actual expenses \$12,892.76.

FINANCE COMMITTEE REPORT: Jane also reported on the finance committee report that centered on the increasing newsletter costs and the need for increasing fees to meet the rising costs. The newsletter currently costs an average of \$1 per copy, approximately a 70% increase over the cost prior to January 1989. Further, the national registration fee charged by USMS will increase from \$9 to \$12 per swimmer beginning November 1, 1989. In addition, LMSC expenses currently amount to about \$3 per swimmer per year. It was estimated that operating expenses for the Pacific Northwest Association for 1989-1990 would run about \$27 per person. This included \$12 for the cost of the newsletter, \$12 for national registration, and \$3 for LMSC costs.

There was a discussion of reducing newsletter costs, such as preparing it bi-monthly, selling results of meets as a separate item, separating enrollment fees and subscription costs to the newsletter (allowing those who did not want to subscribe to exercise that option). Jane stressed the need to get a decision made on the fees. This matter was discussed later in the old business section.

MEMBERSHIP: Hugh stated that our current membership is 580. He can start accepting registrations for next year (1989/1990) on September 1.

MEETS: Jan reported that Oregon is having a short-course meet in September in Roseburg. The only bid that was formally accepted at the meeting was the North Kitsap bid for a swim meet on November 18 and 19. She has had no interest expressed for a meet in September by any of the pools to whom bids were distributed. Bids have been submitted for other dates, but nothing is confirmed at this point. We have open dates for September, October, and January.

Hugh suggested that we consider a two-day swim meet at one of the more distant locations such as Port Angeles or Hoquiam, and that we allow swimmers to enter five events each day. He feels this will encourage attendance and encourage swimming participation in those areas.

NEWSLETTER: Editor Karen discussed the problems and progress of getting the newsletter out. She has shopped around to several different printers, including schools. At this point, all of the printers have come in with higher bids than the current printer, Tacoma Quick Print. She has found a good deal in part of the operations process through Foss High School in Tacoma. They have agreed to fold, staple, spindle and mutilate our newsletter for 3¢ each.

July 25, 1989
Page 2

The inquiry was made if anyone in the PNA had any connections in the printing industry. As indicated previously, printing costs have risen considerably, and we need to find a way to get them reduced if we are going to hold down the fees for participation in the PNA. The specifics of the printing are that we put out a 26-page, double-sided paper, printing 535 copies a month. It must be camera-ready and will have one staple. Scott indicated he would check with a printer in Seattle that he thought might be of some help.

Coinciding with the rising cost theme, Hugh gave a brief history of national fees. He indicated that they were recently raised from \$6 to \$9 in response to rising insurance costs. The next move was to boost them to \$12 to help establish a reserve fund and, hopefully, eliminate any emergency rise in fees as occurred in the move to \$9.

OLD BUSINESS: Registration and meet fees were discussed. Forest suggested reducing costs that were affected by awards, convention expenses, newsletters, changing senior discounts. The newsletter and convention expenses are the biggest single items for expenses. There was considerable discussion of how to reduce costs.

As far as the convention expenses are concerned, the current estimates run from \$1500-\$2000 to cover the four people who regularly attend the convention. The suggestion was made to cut the expenditures in half and have the people going to the convention pay the other half. It was pointed out that there were numerous other expenses involved that the participants in the convention already had to take care of. Specifically, they are not paid for the time away from work. They have also done very well at room sharing, thus reducing the cost. There are a number of other costs that they pick up on their own during the convention. Further, they work very hard for the few days that they are at the convention. These are typically minimums of 12-hour days. It was pointed out that the PNA has been extremely well-served by our convention delegates and national committee chairpeople from the PNA. The PNA has had four votes at the convention because of the delegate status and the fact that two of our members chair national committees.

Expenses for the coming year are expected to be somewhat less, as the convention will be held in Portland, Oregon. It was stressed that we would like to have as many people from the PNA as are interested to attend the convention in Portland in September. Anyone who goes would be allowed to sit in on the meetings and to participate, giving your input at the national level. For further information, you should contact Bobby Gallegos or Hugh and Jane Moore.

A discussion was then held about raising the entry fees at swim meets in an effort to increase our association income. Jane pointed out that we only get 20% of the meet fees, and that it may not be worth it to simply increase the fees. Hugh then suggested a \$1 surcharge per meet per swimmer that would go directly to the LMSC. It was Hugh's suggestion that we raise the total fee to \$25, to include \$12 for national, \$12 for the newsletter, and \$1 for the LMSC charge. Various other rates were discussed. There was an additional and inclusive discussion of the option to have a separate newsletter subscription, thus reducing the total fee for those who would have no interest in the newsletter. Hugh made that a motion, it was discussed, and the motion was defeated

July 25, 1989
Page 3

five to four. Jan then made a motion to raise the total fee to \$25, to include \$1 surcharge for the LMSC. That motion was passed.

Forest then made a motion to raise the newsletter subscription rate for those living out of the PNA, non-PNA members, to \$12 and \$18 for the Canadians. The difference in price reflects the increased cost to PNA to mail to the Canadians. There was some discussion about this. Hugh made a motion to amend Forest's motion that the increased cost would go from \$8 to \$12 for everyone, including the Canadians. That was passed six to two. The next motion was to then raise the subscription rate for all non-PNA subscribers from \$8 to \$12. That was passed unanimously.

NEW BUSINESS: Bobby appointed Hugh as the second delegate to represent the PNA at the convention in Portland in September. Other people attending the convention will be Walt Reid, who is the committee chair for Top Ten; Jane Moore, who chairs the fitness committee; and Kathy Casey, who is queen of the Oceana Zone. That will give us five votes at the convention.

There was some discussion of expenses. It was understood that the registration fee of \$50 each would be paid for Bobby, Hugh and Kathy. The hotel expense for four nights for Kathy, Walt, Jane, and Hugh would also be paid. There was some brief discussion of how to get the forms for convention completed and sent in along with the entry fees. Jane got the matter resolved and cut to the chase by saying, "Hey, I know everything!"

Other new business was that Steve would transfer the bulk mail permits to Tacoma.

Next, the Dawn Musselman award was discussed. If I understood this right, Hugh Moore will handle it.

At this point, due to his need to catch the 9:15 ferry, Bobby was working like a tobacco auctioneer. As I got it, Bobby told Steve he needed to get together with him to help on a "telephone tree". The next meeting was set for August 22 at the Tacoma Y at 7 p.m.

A question came up of the feasibility of PNA buying our own electronic timing. That was quickly shot down as a far greater expense than the PNA could handle, along with the logistical problem of caring for and transporting the system.

Other than that, a few other topics, presumably not of critical importance, were all tabled.

The meeting was adjourned at 9:02 p.m.

Respectfully submitted,

Frank Newquist
Recording Secretary
(Acting for Kathy Casey, who is devoting
the summer to getting soft)

SALUTE TO LAP SWIMMING

How much swimming is necessary to improve health? A recent article in the Journal of the American Medical Association infers that comfortable, low pressure lap swimming may be completely sufficient to improve overall health.

The article, "Physical Activity Counseling", in JAMA, Volume 261, No. 24, deals with exercise in general, but can be applied specifically for swimming. It states that only 20% of adults get enough exercise to improve their cardio respiratory systems. Forty percent get some exercise, and 40% of adults are completely sedentary. Probably the people who need exercise most are the ones least likely to exercise. And the inactivity risk factor for heart disease is the same as the risk factor for smoking, having high blood pressure, or having elevated cholesterol levels.

What diseases can exercise affect? Clearly heart disease is reduced, especially in men up to age 75, by physical activity. This is especially true in people who may have high blood pressure or are overweight. There is evidence that there is a 35% to 50% higher risk of having high blood pressure if a person is inactive. Exercise might reduce the risk of the type of diabetes that doesn't require insulin. Physical activity reduces osteoporosis (several PNA swimmers participated in a study several years ago which showed swimming reduces osteoporosis). Exercise is becoming increasingly recognized as necessary for the treatment of obesity. Finally, there is suggestive evidence that exercise has a positive affect on mental health (mood, depression, and anxiety). There is clear evidence that self esteem is increased with exercise.

The next question is, "How much exercise is necessary?" Most of the information to answer this question relates to heart disease risk. Evidence seems to indicate that only those persons currently active will be improving their health. Regular, year-round activity is better than seasonal activity. Over a large range of physical activity, the greater the person's activity, the greater the health benefit, at least up to a certain point. However, the finding also implies that even very low levels of physical activity do result in some improvement in health. Studies have also indicated that there is a limit past which heart disease risk remains unchanged as physical activity increased. For heart disease, it is felt that the minimum amount of exercise needed for health is

Salute to Lap Swimmers - Cont.
Page Two

20 minutes three times a week, with exercise performed at 60% of maximum heart rate. Health benefits for other diseases may require more intense physical activity, and other health benefits may not require even this much. Other researchers believe the greatest heart benefit occurs with an intensity of exercise at least 75% of maximum heart rate, at least four times a week for up to one hour. Somewhat less intense work (lap swimming) for longer periods of time may be more beneficial than short bursts of high speed activity for shorter periods of time (sprints). This is especially relevant for beginners since the less intense work will promote the greatest improvement with the least stress.

Compliance remains a significant problem in all types of exercise plans for health benefit. Although nearly everyone knows the importance of exercise for health, at best only 1/3 of people actually do anything about it, and of those who do, 50% of people drop out within the first six months (This is consistent with the high turnover rate we see in the PNA Masters Swim program).

The question then is how to encourage continued participation. The article states that if exercise is too hard, people will not continue. This should be a caution to all coaches to tailor workouts to the goals of the swimmers, i.e., gentle lap swimming for those seeking health improvement versus high intensity interval training for those preparing for majorswim meets. Encouragement, especially from medical personnel, keeping costs of exercise down, making swimming convenient in terms of time and location will all help. Swimming with a team or group can certainly play a major role in promoting continued exercise. This allows encouragement, structure, support, and, most important of all, as our motto says, "fun and fellowship" to go with the fitness.

A note from the editor: As we continue our attempts to reduce printing costs, you will notice some changes in the format of the "Wet Set". The first change that it is **very important** that you be aware of, is that **meet entry forms will be printed one time only**. We will make every attempt to get the entry into the newsletter two months prior to the entry deadline. The subsequent issue of the newsletter will contain reminders regarding entry deadlines (Procrastinator's Corner), and information on where to locate a copy of the entry form. Should you misplace an entry form, or an issue of the newsletter with the entry you need, send me a request for that entry with a self-addressed, stamped envelope, and I will be happy to send you another copy.

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 \$12.00, 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 98203 Telephone: 941-3100

NAME _____ USMS# _____

OLD ADDRESS _____

NEW ADDRESS _____

NEW TELEPHONE NUMBER _____

P N A MEET SCHEDULE

Nov 18-19 NORTH KITSAP HIGH SCHOOL
 a

OREGON SWIMMING MEETS

Sept 16-17 UMPQUA COMM. COLLEGE - ROSEBURG, OR
 a

NATIONAL AND INTERNATIONAL MASTERS SCHEDULE

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

a a

FOR INFORMATION ON OUT OF PNA MEETS, UNLESS OTHERWISE STATED

INLAND EMPIRE
 Jerry Scheibner
 Route 1, Box 204
 Spangle, WA 99031
 (509) 245-3532

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

WELCOME TO THE PNA

The following swimmers have joined the PNA in the last month:

David Condon Chuck Kriebler Del Landicho Stan Whittemore
 * * * * *

HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS

8/16 Robert Baucke	8/23 Michael Crockett	9/05 Paul Senuty
David Tempest	8/24 Margaret Harris	Dennis Anderson
Dick Chapman	8/25 Bryan Lincoln	9/06 Barbara Gundred
Karin Schanzle	Daniel Robinson	9/07 Roy Regis
Theresa Goetz	Del Landicho	9/08 Rondi-Beth White
8/17 Margaret Ranes	8/27 Michael Jackson	James Brown
Jennifer Shoup	James Curtiss	Brant Butte
8/18 Karen Jost	8/28 Kelly Downey	9/09 Ron Carlsen
8/19 Claire Gordon	8/30 Barton Daniel	Kate Johnson
8/20 Kari Rannestad	Dennis Morgan	9/10 Judy Hawksworth
Tom David	9/01 Rollie Roberts	9/11 Charles Hoehner
8/21 Marvin Wood	9/02 Linda Harmon	9/12 Hugh James
Michael Jacobs	9/03 Frances Brown	Judy Hills
8/22 Sten Tjaden	Patti Matthew	9/13 Forest Brooks
Terri Highland	9/04 John Maher	Lyle Rudensey
8/23 Dale Herter	George Grant	9/14 Pinky Walker

* * * * *

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 H (206) 254-9916 W
Southern Oregon	Terry and Judy McCurdy	(503) 673-3673
Corvallis, Oregon	Mark and Laura Wordon	(503) 753-9352
Snake River	Janet Wood	(208) 345-8843 H (208) 339-7229 W
PNA	Ann Gindroz Marietta Hunziker	(206) 272-1854 (206) 584-9517

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

ANNOUNCEMENTS ANNOUNCEMENTS ANNOUNCEMENTS

ATTENTION LONG COURSE NATIONALS SWIMMERS!! No PNA Relays were entered due to lack of entries submitted to Tom Taylor. Relays can still be deck-entered for \$1.00 extra. Tom can be contacted at (218)751-1806 from August 10-16, and at (701)772-6138 after the 16th in Grand Forks. **Please call him as soon as possible if you would like to enter a relay.**

ASSOCIATION DUES ARE BEING RAISED - Effective November 1, USMS/PNA registration will be \$25.00 per year. This change was discussed at the July Board meeting, minutes for the meeting are included in this issue of the 'WET SET'.

LOOKING FOR A PLACE TO WORKOUT IN A 50-METER POOL? Colman Pool at Lincoln Park in West Seattle has Adult Lap Swim/Master's Workout available 5:30 to 7:00 pm Monday through Friday, as well as some lap swim times on weekends. Call 684-7494 for details. Workouts are run by the pool staff and are drop-in. The PNA/USMS are not associated with the workout.

Titlow Beach Pool (564-4044) in Tacoma has lap lanes available 1pm to 5:30pm and 6pm to 8:45pm (weather permitting) seven days a week.

South End Pool (474-3821), 402 E 56th in Tacoma, has lap lanes available 1pm to 5:30 pm and 6:30pm to 8:45pm (weather permitting) seven days a week.

South Kitsap Pool in Port Orchard (876-7385) is open for 50M swimming 6am to 7:30am Monday through Friday.

USMS CONVENTION COMING UP - September 20-24 in Portland, Oregon. The PNA Delegates are Bobby Gallegos and Hugh Moore. Kathy Casey (Oceana Zone Representative), Jane Moore (Sports Medicine and Research Committee), and Walt Reid (Records and Tabulation Committee) will also be attending. All other PNA members are encouraged to attend, or contact these people with any concerns you would like to have voiced.

NOVEMBER SWIM MEET AWARDED TO NORTH KITSAP - To be held November 18-19 at North Kitsap High School. Entry form will be available in the September issue of the 'WET SET'.

✓ *Procrastinator's Corner* ✓

(A 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!)

Not much for us procrastinator's to put off this month.

Entries for the Oregon meet in September (entry form in this issue) must be postmarked by 9-5-89. No late entries will be accepted.