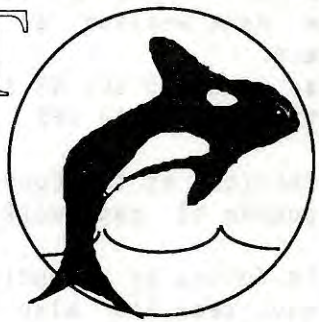


the PACIFIC NORTHWEST ASSOCIATION OF MASTERS SWIMMERS

WET SET



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 11

NOVEMBER, 1989

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REGISTER FOR 1990 NOW !! You must be registered for 1990 to swim in November and December meets, and to receive any more newsletters!! This is your **FINAL ISSUE** of the 'Wet Set' until you send in your 1990 registration.

* * * * *

NOVEMBER BOARD MEETING
 THE FOURTH TUESDAY OF THE MONTH - NOVEMBER 27, 1989
 7:00 P.M.
 FEDERAL WAY LIBRARY 848 SOUTH 320th

* * * * *

Hello again,

You guys missed a great meet at Lynnwood. I'm disappointed that there were only 40 swimmers there. We should have had more even though there were meets elsewhere. Thanks to Brian Langlais for bucking up to the adversity. My apologies to Canada for having a meet the same weekend as theirs. We'll do what's necessary to avoid that in the future.

Apologies also to Jan Kavadas who also attended the US Aquatics Convention in Portland. Jan pulled double duty attending both USS and USMS meetings. Sorry, Jan.

The newsletter will be publishing reports of the Convention (December). Anyone wishing to see my four-and-a-half pounds of paperwork is encouraged to do so. I'll bring the package to meets.

I'll be reaching out to teams in the future by attending workouts. I'll be looking for the cohesive force behind each team and also will be searching for ways of prodding participation at the LMSC level. Your input will be expected. Tell it like it is.

To those who send info to Karen for publication in the newsletter, I strongly suggest proofreading measures be taken so information is accurate and complete.

Let's all get into the swim of things. We're not getting any younger but we sure as heck can hold our own. You can't have the goodies until you pay for them. See ya at North Kitsap. Good Luck!

Bohny L.

UNITED STATES MASTERS SWIMMING, INC.
REGISTRATION APPLICATION - NOV 1, 1989 to OCT 31, 1990

OFFICIAL USE ONLY

THIS IS A RENEWAL MY 1989 USMS NO. IS _____ NEW REGISTRATION

THANK YOU

MAKE CHECK PAYABLE TO: PNA MASTERS SWIMMERS

MAIL TO: HUGH C. MOORE
29920 2nd Place SW
Federal Way, WA 98023
(206) 941-3100

USMS FEE \$12.00	LMSC FEE \$13.00	TOTAL FEE \$25.00
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SENIORS (65+): \$19.00

PLEASE PRINT OR TYPE INFORMATION

PLEASE NOTE THE CHANGE(S) FROM MY 1989 REGISTRATION:
 ADDRESS NAME CLUB/DIST. (PREVIOUS)
 OTHER

LAST NAME FIRST NAME INIT

STREET ADDRESS

CITY STATE ZIP CODE

AREA CODE + TELEPHONE DATE OF BIRTH AGE SEX

LOCAL AFFILIATION DATE OF APPLICATION

TEAM UNATTACHED

CLUB (NATIONAL LEVEL ONLY)

PNA HUSKY TRITONS UNATTACHED

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damages arising out of participation in the Masters program or any activities incident thereto against United States Masters Swimming, Inc., the Local Masters Swimming Committees, the clubs, host facilities, meets sponsors, meet committees or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming.

APPLICANT'S SIGNATURE

Nationally registered clubs represented by this LMSC are:
Pacific Northwest Aquatics
Husky Masters
Maranha Tritons

The meeting was called to order by President Bobby Gallegos. Twelve people in attendance (once they found Bobby's house - secretarial error in directions) were: Forest Brooks, Kathy Casey, Art Farash, Bobby Gallegos, Gordon Gray, Rob Gjertsen, Marietta Hunziker, Karen Jost, Greg Miller, Hugh Moore, Jane Moore, and Frank Warner. Six teams represented were: Federal Way, Fort Steilacoom, Highline, OOPS, South Kitsap, and Tigers.

1. **Minutes** - The minutes of the last meeting were approved as ammended: change the directions to Bobby's house from "fourth house on the left" to "fourth house on the right".
2. **Treasurer's Report** - Jane Moore reported a current balance of \$3000.00. The balance at the end of the fiscal year, September 30, 1989, was \$2,581.63. The annual PNA financial report will be forwarded to the USMS National Office.

3. **Committee Reports**

A. **Membership** - Hugh Moore reported that there are about 100 members for the new registration year. PNA ended the 1989 registration year with 580 members. The board approved a motion to appropriate \$100.00 for printing "The Role of the Medical Exam" and an information letter about the PNA to be distributed with registration cards.

B. **Meets** - It was noted that Jan Kavadas attended the 1989 Convention in Portland. The 200 IM was left out of the order of events for the North Kitsap meet. Swimmers can enter the 200 IM by writing it on their entry forms as event #19. Swimmers who are not aware of this at the time they enter the meet and wish to swim the 200 IM can scratch one event at the meet and sign up for the 200 IM. Gordon Gray is amenable to making that change for those swimmers at the meet. Everybody will let their teams know they can enter the 200 IM.

Forty people swam the Lynnwood meet. In light of the low attendance the board will consider the following issues: judging the necessity of an October meet, soliciting bids and awarding them earlier, and checking the date of a Vancouver, B.C., meet and any limit to the number of entrants.

There will not be a meet at Stadium High School.

C. **Records and Top Ten** - Rob Gjertsen has received the Lynnwood results, and he has turned in the PNA Long Course Top Ten to the National Recorder.

D. **Newsletter** - Karen reminded submitters that they are responsible for the accuracy of the material submitted. The new waiver statement has been added to the registration form in ten point bold type by Dave Addleman. Karen reminded everyone to submit contributions by the first of the month because contracting the newsletter to Foss High School for folding, stapling, labeling, and mailing adds two to three days to the processing time. The newsletter will be dated by month and year only. The Convention report will be in the December newsletter.

THIS NEWSLETTER WILL BE YOUR LAST UNLESS YOU REGISTER FOR 1990!!!

E. **Awards** - We are running out of first place medals. Steve Freeborn will order more.

F. **Officiating** - Future certification of officials was discussed.

G. **HOST/Sunshine** - Marietta Hunziker will send a condolence to Earl Walter.

H. **Computer** - Gordon Gray reported PNA computer applications to be "computing right along".

4. **Old Business**

A. **By-laws** - Considering publishing the by-laws for all team reps was tabled until the next meeting. A quorum will be determined.

B. **Phone Tree** - Bobby Gallegos is in charge. Contacting unattached swimmers creates a problem. The phone tree will be operational by the next meeting.

C. **Goodwill Games** - A phone number for volunteering to work at the Goodwill Games will be in the next newsletter.

D. **92 Long Course Nationals Bid** - A group of eight people is interested in working on a potential bid for the 1992 Long Course National Championship Meet. It is possible that Federal Way Masters may do the bid rather than the PNA. The board was encouraged to read Oregon's report on the 1986 Long Course Nationals prior to endorsing a bid.

E. **Bumper Sticker Information** - was tabled until the next meeting.

5. **New Business**

A. **PNSA** - Bobby Gallegos reported on the last PNSA board meeting. He will be attending those meetings.

B. **Coaches' Safety Training** - A class will be held at Lakes High School December 9. Hugh Moore will investigate other coaches' safety training courses for Masters.

C. **Next Board Meeting** - will be Tuesday, November 28, 7:00 p.m. in Federal Way (location to be announced). The January board meeting will be after the Anacortes swim meet.

(Minutes are subject to approval by the board.)

Respectfully submitted,

Kathrine J. Casey

THIS NEWSLETTER WILL BE YOUR LAST UNLESS YOU REGISTER FOR 1981!!!

E. Avaris - We are running out of first place medals. Steve Thompson

F. Officialing - Future certification of officials was discussed

 160+
 BETH BRENNER 36 # 4 2:09.27
 JANE MOORE 38
 FRANK NEWQUIST 51
 HUGH MOORE 35

RELAYS-MIXED 200 M. MEDLEY

160+
 BARBARA GUNDRED 37 # 2 2:13.59
 GREG HARRISON 37
 BETH BRENNER 38
 FRANK NEWQUIST 51

200+
 JANE MOORE 38 3:15.94
 JANET KAVADAS 58
 THOMAS TAYLOR 58
 JIM PENFIELD 81

TALES OF THE MAUI CHANNEL
 compliments of Kathy Casey

I swam the Maui Channel Relays on Labor Day Weekend. I saw Mike Heather (SPMA) and Bill Barthold (PMS) there. There were several teams from California including a couple teams from Walnut Creek (Kerry O'Brien's club in PMS). At the start I met Barbara, the lead swimmer from the "Stud Muffins", a women's team from San Francisco. The race started out normally enough. I swam 30 minutes, found our boat, and traded with the next swimmer. There were lots of other boats around and we were even ahead of some. But "normal" ended after the second swimmer. We got into a squall and eventually there were no other boats around. Our boat captain told us we were in 15-foot waves and 35 mile-per-hour winds. Normally the swimmers follow the guide boat, but our boat followed us. Often all we could see from the top of one wave was the next wave coming. Our captain told us that if we couldn't swim in the right direction we'd have to quit. I think our boat captain was commandeered at the last minute. Once under way we learned that he had a scuba charter at 1:30 that afternoon. We, however, did not finish until 4:30 that afternoon. Later we learned that many of the boats had gone way to the south avoiding much of the squall and swimming along the calmer Maui shoreline. We, instead, had gone straight across the channel right into the middle of it. In the midst of the squall we told him that if he wanted to pack us in and catch his scuba group that was fine with us, but he said he'd stick with us, so we kept plugging along. For a while he thought we were slipping backwards

toward Lanai. Then he told us, "Just swim toward Maui. It doesn't matter where on Maui. Just swim toward Maui." We did our best. Eventually he said, "I have to hand it to you ladies. You are really hard core...swimmers. If I had a dive group out here, they would have given it up a long time ago. The locals wouldn't swim in this stuff." (With good reason!) Then he decided we were making some forward progress, slowly but surely. But we still weren't his favorite charter, "Don't call me. I'll call you," and "If you call me next year, I'll refer you to somebody I don't like." In spite of that we knew he had gained some respect for us as we made our way out of the storm. At last we swam to the finish and who should be there in a gorgeous yacht sunning themselves but one of the fastest men's teams, who promptly grabbed their bull horn and congratulated us across the waters for arriving before dark. We came in dead last. We weren't even sure anybody would be left on shore to take our finish time, so we had put a watch on our last swimmer so she could get the finish time. Out of 48 teams, 42 had finished (and we were 42nd). We were embarrassed to go to the banquet, but we had paid our money so we went. Once there Barbara from "Stud Muffins", the winning women's team, found me and said, "Congratulations!" I said, "What for?" and she said, "For finishing!" I told her how embarrassed we were about our time, but she assured me it was really rough out there and we were to be commended for hanging in there. And that is what we kept hearing. We were still worried about the awards ceremony though because Ian announces every team time (horrors!). That time came. He presented 1st, 2nd, and 3rd, and announced that he had to tell about the 4th place women's team from the Pacific Northwest who took 7 hours and 14 minutes to swim across. He made us go up front and we received a standing ovation (amid the hilarity). As Susan explained to the crowd, our team was different from the other women's teams because we ranged in age from 26 to 67. The other teams were much younger. Thank goodness we went to that banquet! In our embarrassment we had forgotten about the spirit of Masters. No matter how you finish, Masters swimmers commend your best efforts. It was a wonderful experience.

Kathy's now infamous teammates included Terri Highland, Sherry Grindeland, Susan Dearborn and her daughter Sally, and Marion Chadwick. (Wow !! What a trip that must have been! -ed.)

SWIM the P.N.A.

Celebrate Washington's Centennial

PARTICIPATE in the annual P.N.A. fitness event!

SWIM in your own pool at your regular workout time. To reach the centennial year, you'll need to average 1350 yards per day, or 7000 yards per week.

KEEP a log of the number of yards you swim from October 1, 1989 through March 31, 1990.

RECEIVE an award! All participants will receive an award. Results will be listed in the newsletter.

THIS YEAR the goal is to celebrate Washington's centennial and swim to the future. Record below the date you complete each mile. One mile puts you one year closer to the present. After 100 miles, you'll reach 1989. But don't stop! Swim to the future!

Miles	Year	Date completed	Miles	Year	Date completed	Miles	Year	Date completed	Miles	Year	Date completed
1	1889										
2	1890										
3	1891										
4	1892										
5	1893										
6	1894										
7	1895										
8	1896										
9	1897										
10	1898										
11	1899										
12	1900										
13	1901										
14	1902										
15	1903										
16	1904										
17	1905										
18	1906										
19	1907										
20	1908										
21	1909										
22	1910										
23	1911										
24	1912										
25	1913										
26	1914										

(continue miles and years on next column)

Return by April 8 to:
PNA Fitness Committee
c/o Ian Thompson
1514 Fairview
Bellingham, WA 98226

P N A MEET SCHEDULE

Nov. 18-19 North Kitsap High School
 Dec. 9 Enumclaw
 Jan. 20 Anacortes (short course meters)
 Feb. 17 Team Orca (Mercer Island)
 Mar. 9-10 South Kitsap
 Mar. 30-31, Apr. 1 PNA Championships (HUSKY hosting)
 Apr. 27-29 Region XII Championships (Federal Way)

* * * * *

OREGON MEET SCHEDULE

Dec. 2 Newberg - Chehalem Aquatic Center
 Jan. 13 Beaverton - Swimcellar Pentathlon
 Feb. 10-11 Newport YMCA
 Mar. 2-4 Portland State U. (short course meters)
 Apr. 6-8 Oregon Assoc. Champs (Grants Pass YMCA)

* * * * *

INLAND EMPIRE MEET SCHEDULE

Nov. 18-19 Sandpoint West Athletic Club
 Jan. 13-14 Spokane Masters (Shadle High)
 Feb. 10-11 Fairchild AFB (Spokane)
 Mar. 10-11 Central Washington Masters (Yakima)
 Apr. 6-8 IEM Championships

* * * * *

NATIONAL AND INTERNATIONAL SCHEDULE

May 18-21 1990 Short Course National Championships
 Los Angeles, CA
 Aug. 7-13 1990 3rd FINA/MSI World Championships
 Rio deJaneiro, Brazil
 Aug. 24-27 1990 Long Course National Championships
 The Woodlands, TX
 October 1990 USMS Annual Convention
 Pittsburgh, PA
 May 16-19 1991 Short Course National Championships
 Nashville, TN
 Aug. 22-25 1991 Long Course National Championships
 Elizabethtown, KY

* * * * *

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 Ln
 Sherwood, OR 97230
 (503) 625-5747

IDAHO

Richard Cooke
 Sawtooth Masters
 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

CHANGE OF ADDRESS

IMPORTANT !! BULK MAIL IS NOT FORWARDED !!

FILL IN AND RETURN TO: Hugh Moore, 29920 2nd Place SW, Federal Way, WA 98023

NAME _____ USMS # _____

OLD ADDRESS _____ NEW ADDRESS _____

NEW PHONE NUMBER _____

* * * * *

HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS

11/16	BRUCE ERICKSON	11/29	JONATHAN BARNES	12/08	ROBERT WATKINS
11/20	MARY SUE GALVIN		SALLY CULVERWELL		RON STEVENS
	KENNETH WALKKY		VICKY RIDGE-COONEY	12/09	TAMARA (TAMI) BENNETT
	R SORENSEN		AL MURCH		ROBERT STONE
11/21	WILLIAM HUMPHRIES	12/01	PATRICIA RUSSELL		RAY FREDERICK
11/22	JOHN NETTLETON	12/02	PAUL CRAIG		BETH BURROWS
	WILLIAM PLEVICH	12/03	MARGARET LOVELLFORD	12/12	TED LEAVITT
11/23	NICK LECLERCQ	12/05	KIM VERDE	12/13	FRANK NEWQUIST
11/24	KIRK ADAMS	12/06	JAMES BUTLER		DONALD SCHAEBERLE
11/25	PETER LIEKKIO		GLENN MOFFATT	12/14	JAMES DAVIDSON
	D. KIKO KIMURA	12/07	CATHY FALLEN	12/15	PEGGY LEONARD
11/27	DAVID SCHULZ		DEBORAH WALKER		ROBERT SELTZER
	RUEDI RISLER				ROBERT DELLWO

* * * * *

WELCOME TO THE PNA

THE FOLLOWING SWIMMERS HAVE JOINED THE PNA IN THE LAST MONTH:

MARGIT BANTOWSKY, ELIZABETH (LIZ) CAMPBELL, KEVIN CONNOLLY, ZDENEK DONDA, CHERYL ELINSKY, BRUCE GLEASON, ANDREW HOLDEN, ERIC JOHANSON, JOHN MC JUNKIN, GEORGE NELSON, JOHN NETTLETON, RICK NICHOLS, KAREN O'DONAGHUE, PATRICIA RUSSELL, CATHY SCIGLIBAGLIO, PAUL SHERMAN, JAMES SLOAN, R SORENSEN, KENNETH WALKKY, FRANK WARNER, AND JEFFREY WNUK.

* * * * *

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 98198 Telephone: 824-3377

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	(206) 272-1854
	Marietta Hunziker	(206) 564-9517

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!

* * * * *

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

* * * * *

Dear PNA Swimmers,

Thank you very much for the 24 piece, misty blue, "Chivalry" set of glasses. Our tummies were especially touched upon finding half the glasses in the box filled with Hershey kisses, caramels, and little tootsie rolls! Thanks a million for the wedding present. We are thoroughly enjoying it!

Sincerely,
Kathy Casey & Walt Reid
(or Walt Casey & Kathy Reid)

PLACES TO SWIM IN THE PUGET SOUND AREA

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

- 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
- BELLEVUE
Eastside 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
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 296-4410
lap swim: MWF: 6-7:30 AM/M-F: 8-9 AM 11:30 - 1 4:30-5:30 PM 8-9 PM/SAT 11-1
Burien Swim Club, 626 SW 154th, Burien 433-7900
workouts: Mt. Rainier, 22722 19th Ave. S., Des Moines 296-4278
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
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 922-7665
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 296-4263
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 296-4275
lap swim: M,W,F: 6:30 - 7:30 AM/ T,TH: 8:00 - 9:00 PM
Tahoma, 18230 SE 240th, Kent 296-4276
KIRKLAND Juanita, 10601 NE 132nd, Kirkland 823-7627
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 1-3:45 & 5:45-6:45 PM
MERCER ISLAND Mercer Island District Pool, 8815 SE 40th 296-4370
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
North Thurston High School
workouts M-F 5:30-7 AM contact Neva Knott 352-8625
- POULSBO 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 296-2961
lap swim: M-F: 6:00 - 7:30 AM & 8:00 - 9:00 PM
- RENTON
Lindberg, 16740 128th SE, Renton 296-4335
lap swim: M-F: 11:30 - 12:30
Hazen, 1101 Hoquiam Ave. NE, Renton 235-2227
- SEATTLE
Ballard, 1471 NW 67th, Seattle 783-7176
Evans, 7201 E. Green Lake Dr. N., Seattle 684-4961
workouts: M-F: 5-6 AM contact: Robin O'Leary 525-7725
Helene Madison, 13401 Meridian N., Seattle 684-4979
workouts: M-F: 5:30 - 6:30 AM contact: Jan Kavadas 775-5814
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 386-1944
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
Sandpoint Naval Station, 7500 Sandpoint Way, NE, Seattle 526-3531
lap swim: 6-7 AM Note: Military personnel only
Shoreline, 19030 1st Ave. NE, Seattle 363-4845
South Central, 4414 S 144th, Seattle 296-4487
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 (10 workouts/\$20)
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.)
Seattle University 14th & Cherry, Seattle
workouts M,W,F: 5:30 - 7 AM contact Barbara Thorp 363-9951
View Ridge Club, 5815 NE 77th, Seattle 524-3500
Wedgwood, 7727 28th NE, Seattle 523-8211
West Seattle YMCA, 4515 36th Ave SW, Seattle 935-6000
workouts: M-F 5:35 - 6:30 PM contact Mike Dale
SEQUIM Sequim Aquatic Recreation Center, N 610 5th, Sequim 683-6699
workouts: T/TH 8:45 - 10:00 PM / Sun. 7:45-9 PM
contact: Kevin Johnston PO Box 1671 Sequim 98382 683-6699
lap swim: M-F: 6-9 AM, 10 AM-3:30 PM, 6-8:45PM/SS 12-1:30 PM
SUMNER Summer High School, 1707 Main, Sumner 863-8110
workouts: M,W,F: 5-6 PM contact: Vicky Gill 845-7318
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
Pierce College, 9401 Far West Dr. SW, Tacoma 964-6678
workouts: M-F 5-6:30 PM 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

ANNOUNCEMENTS ANNOUNCEMENTS ANNOUNCEMENTS

DON'T FORGET TO RE-REGISTER !! This will be your last issue of the "Wet Set" until you register for 1990. Don't delay any longer, do it now, registration form is on page 2 of this issue!!

INTERESTED IN VOLUNTEERING FOR THE GOODWILL GAMES?! The organizing committee is looking for over 10,000 volunteers. Call 554-6500 for more details.

ENTRY FORM FOR THE DECEMBER MEET IN ENUMCLAW is in the October "Wet Set". The meet is Saturday, December 9. Contact me (editor) if you need a copy of the entry. This is their first Masters meet, let's show some support!!

MASTERS SWIM CAMP: I have received information on Masters Swim Camps for 1990 in Florida. If you would like information on these, contact me and I'll send you a copy.

✓ *Procrastinator's Corner* ✓

- *1* Entries for Enumclaw are due to the Meet Director November 30.
- *2* Registration for USMS 1990 must be completed prior to swimming in November and December 1989 meets, and to receive any more "Wet Set's". Have we said it enough times yet??
- *3* Entries for Anacortes are due to the Meet Director January 9. Remember, this entry form will not be printed in the December issue!!

* * * * *

I have received many requests from people to start publishing workouts and various sets in the newsletter. If you have a workout or set that you would like to share, please send it in!

Following is a set for those of you who like to work on all strokes! It can be easily modified for 100's. Pick an interval for each set of 50's that will give you approximately 15 seconds rest.

4 x 50 butterfly on _____ ; 1 min. rest
4 x 50 (25 fly, 25 back) on _____ ; 1 min. rest
4 x 50 backstroke on _____ ; 1 min. rest
4 x 50 (25 back, 25 breast) on _____ ; 1 min. rest
4 x 50 breaststroke on _____ ; 1 min. rest
4 x 50 (25 breast, 25 free) on _____ ; 1 min. rest
4 x 50 freestyle on _____
(1400 yards/meters)

Posture and Postural Correction in Swimmers

Posture is the relative position of all joints in the body at one time. This article will discuss neck, upper back and shoulder posture as it relates to swimming and offer stretching and strengthening exercises to correct the more common postural faults.

In brief, ideal posture from the side view demonstrates a vertical line that intersects the ear lobe and the shoulder joint, falls slightly behind the center of the hip joint, slightly in front of the center of the knee joint, and slightly in front of the lateral malleolus (the bony prominence on the outside of the ankle). The abdominal muscles (trunk flexors) and back extensors, as well as the hip flexors and extensors support the posture of the lower back and lower extremities. The upper back, shoulders and neck are supported by the shoulder adductors (pectorals, latissimus dorsi and teres major), cervical spine flexors, the interscapular muscles (rhomboids, trapezii, upper back and neck extensors) and serratus anterior (a little-known muscle which helps to bring the shoulder blade forward).

Observation of any abnormal posture reveals shortened muscles on one side and lengthened muscles on the opposite side. Those that are shortened are generally stronger than the opposing muscles which tend to be slightly weakened. Correction of abnormal posture involves stretching shortened muscles and strengthening the lengthened muscles.

Probably the most common postural faults found in swimmers include the forward head (ear lobe falls in front of the vertical line) and forward shoulders (shoulder joints falls in front of the vertical line), often associated with a thoracic kyphosis (rounded upper back). In the case of the forward head, the neck extensor and upper trapezius are shortened and the neck flexors are lengthened. The forward shoulder posture reveals shortened pectoralis minor, serratus anterior and upper trapezius, and lengthened middle and lower trapezius muscles. Thoracic kyphosis demonstrates shortened shoulder adductors and pectoralis minor and lengthened upper back extensors and middle and lower trapezius.

Looking at the combination of all three abnormal postures will show that the neck extensors, upper trapezius, shoulder adductors, pectoralis minor, and serratus anterior need to be stretched, while the neck flexors, upper back extensors and middle and lower trapezius need to be strengthened. Following are exercises designed to correct each of these problems.

Stretching the neck extensors can be done with chin tucks. These are most easily learned while lying down on a firm surface. Using the muscles on the front of the neck and chin, try to flatten the cervical spine. You may feel a stretching sensation in the upper part of the back of your neck. As with any stretch, do not bounce or force the stretch. Once you are able to feel a good chin tuck, this exercise can (and should) be done in sitting and standing positions.

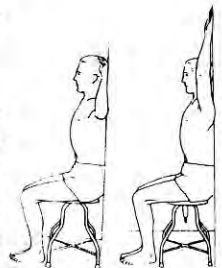
The upper trapezius can be stretched by drawing the shoulder blades together and down, and tilting the head to the left (to stretch the right upper trapezius) and then to the right (to stretch the left upper trapezius). Drawing the shoulder blades down and back also stretches serratus anterior.



Stretching the shoulder adductors is done while lying on the back with knees bent and feet flat on the floor. Flatten your back (posterior pelvic tilt) against the floor. With palms up, bring both arms out to the side and over your head, trying to touch the length of both arms to the floor throughout the movement. If, at any point during the movement, you are unable to keep the entire arm on the floor, you need to stretch in this position. With the arms straight overhead and close to the head, you are stretching latissimus dorsi and teres major, and with the arms diagonally overhead, you are stretching the pectorals. The low back must be kept flat on the floor throughout this exercise, and if you notice your chest rising, you are not maintaining this position.

The neck flexors can be strengthened in part with the chin tuck exercise above. Additional strengthening may be done by applying gentle resistance to the forehead as you try to lift the head off the floor.

Strengthen the upper back extensors and middle and upper trapezius with the wall-sitting and wall-standing exercises. Wall-sitting is done while sitting on a stool with your back to the wall. The hands are slowly placed overhead with elbows and forearms touching the wall, or the entire arm raised overhead and in contact with the wall. The first position strengthens middle trapezius and the second strengthens upper trapezius. While maintaining this position, straighten your upper back and tuck your chin. Flatten your lower back against the wall by pulling your abdominal muscles up and in. Hold this position 10 seconds, relax and repeat.



Wall-standing is the same as wall-sitting, except you are standing with your back to the wall and your heels approximately three inches from the wall.



This article has discussed common postural faults found in swimmers and offered stretching and strengthening exercises to correct these faults. As with any exercise program, if any exercise causes pain, it should be discontinued. If you feel that you do have postural problems that you are unable to correct independently, and they are interfering with your day-to-day function, your physician may refer you to a health professional trained to assist you in postural correction. The most important implication of these postural faults with respect to swimming is the repetitive overhead movements of the swimming strokes, and the tendency for swimmers to develop impingement syndromes. When the shoulders are forward, the normal biomechanics of the shoulder are impaired, and the tendons of the shoulder and rotator cuff tend to get "pinched" between the head of the humerus and the acromion of the scapula (the bony tip of the shoulder blade at the end of the clavicle). Repeated impingement without rest or correction leads to impingement syndrome.

Karen Jost, PT