

the
WET
SET

PACIFIC NORTHWEST ASSOCIATION
OF
MASTERS SWIMMERS



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THE PNA NEWSLETTER

VOLUME 8 - NUMBER 12

DECEMBER, 1989

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JANUARY BOARD MEETING
FOLLOWING THE ANACORTES MEET - JANUARY 20, 1989

THERE WILL NOT BE A DECEMBER MEETING

* * * * *

United States Masters Swimming, Inc., is now, as it always has been, concerned for the safety and health of its members. It will continue to disseminate such information concerning swimming safety and health as comes to its attention. However, United States Masters Swimming cannot and does not accept responsibility for the content of any information or material not authored by United States Masters Swimming, Inc. All opinions stated in any such material are solely those of the author(s) and not necessarily those of United States Masters Swimming, Inc.

Greetings.

I haven't too much to say this month. North Kitsap was alot of fun and well attended. I was very happy to see all the people there...friends I hadn't seen in a while and new friends I've made. Thanx to Marilyn Gindrod. By the time you read this, Ellensburg will be history. I'm sure it was also alot of fun and also well attended.

I'm going to give the board a break for the holiday season. Our next meeting is scheduled to be at the Anacortes meet. In the mean time please direct all comments, questions, and concerns to me. From then on through regionals we'll be working hard to make the PNA more solid, efficient, and an organization you all will be proud to be a part of.

With that I'd like everyone to make this holiday season a time of comfort for those close around you, and be forgiving and gracious to the rest. God bless you and keep you. ...By the way...bet you didn't know that Santa was a swimmer....

Happy holidays.

Bobby G.

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

OFFICIAL USE ONLY

[Empty box for official use]

THANK YOU

PLEASE PRINT OR TYPE INFORMATION
THIS IS A RENEWAL MY 1989 USMS NO. IS _____ NEW REGISTRATION

MAKE CHECK PAYABLE TO: PNA MASTERS SWIMMERS

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

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

LAST NAME FIRST NAME INIT
[Empty boxes]

STREET ADDRESS
[Empty box]

CITY STATE ZIP CODE
[Empty boxes]

AREA CODE + TELEPHONE DATE OF BIRTH AGE SEX
[Empty boxes]

LOCAL AFFILIATION DATE OF APPLICATION
TEAM UNATTACHED [Empty box]

USMS FEE \$12.00	LMSC FEE \$13.00	TOTAL FEE \$25.00
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SENIORS (85+): \$19.00

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

The meeting was called to order by President Bobby Gallegos. Nine people in attendance were: Forest Brooks, Kathy Casey, Marcio Fajardo, Steve Freeborn, Bobby Gallegos, Jan Kavadas, Hugh Moore, Jane Moore, and Walt Reid. Six teams represented were: Cascade, Federal Way, Fort Steilacoom, ORCA, South Kitsap, and Tigers.

1. **Minutes** - The minutes of the last meeting were approved.
2. **Treasurer's Report** - Jane Moore reported a current balance of \$5790.64. Income totals \$7035.68 and expenses total \$3851.67. The board approved a reimbursement of \$34.25 to the secretary for printing, postage, and envelopes.
3. **Committee Reports**
 - A. **Membership** - Hugh Moore reported that there are 290 members for the new registration year. The board approved a motion to appropriate up to \$75.00 to print and mail post card renewal notices in January. Hugh will contact the National Registration Chairman about a "nonsufficient funds" check for which the PNA has sent in the national portion of registration but the swimmer has not yet paid.
 - B. **Meets** - There were 110 entries at the North Kitsap meet. Jan Kavadas will investigate the cost of printing time cards due to requests from a few meet directors.
 - C. **Records and Top Ten** - Rob Gjertsen is working on the results from the last two meets. The board reviewed a statement of policy. Suggestions were made. It will be reviewed again.
 - D. **Newsletter** - The November newsletter was late due to the editor's illness and a holiday backlog at the printers. The board expressed its appreciation to Karen Jost for the wonderful job she's doing as newsletter editor. Hugh Moore will develop a policy statement regarding meet promotions in the newsletter for the next meeting. For the December newsletter, ORCA and Federal Way Masters may publish promotions of up to 1/2 page each for their upcoming meets subject to the editor's approval.
 - E. **Awards** - Steve Freeborn will investigate the cost of plaques with stick-on bars as place medals for potential commemorative medals at Short Course Regional Championships at the King County Aquatic Facility (Goodwill Games Pool) next April. Steve will also present a proposal for a new PNA medal design for the board's consideration at the next meeting. Swimmers wishing to purchase medals for swims at the North Kitsap meet may do so at future meets.
 - F. **Social** - PNA is seeking a volunteer to coordinate the PNA banquet.
 - G. **Officiating** - Bobby Gallegos will mail copies of the USS/PNSA officials' certification test to Jan Kavadas and Walt Reid.
 - H. **Fitness** - PNA will publish Ian Thompson's survey in the newsletter. Depending on the response, the survey may also be distributed at meets.
 - I. **HOST/Sunshine** - The board extended its congratulations to Kathleen Buck, the chairman of Oregon Masters, upon the birth of her baby girl November 15.
 - J. **Computer** - Gordon Gray will be referred to Hugh Moore for registration files.
 - K. **By-laws** - Bobby Gallegos will secure a copy of the updated by-laws.
 - L. **Publicity** - Frank Newquist has regular meet notices running in the Seattle Post Intelligencer, the Seattle Times, and the Tacoma News Tribune.

SWIMMING QUESTIONNAIRE

This questionnaire is designed to help understand what factors promote swimming as a life-long activity. It specifically addresses youth swimming experience as a promoter of masters swimming and as a source of initial and continuing motivational factors.

Thank you for your participation in this survey. Please return to: Ian Thompson, M.D.
1514 Fairview
Bellingham, WA 98226

A. General information age _____ sex _____

B. Youth swimming experience (check all that apply):

<i>Activity</i>	<i>Number of years participation</i>	<i>Level of achievement</i>
1. swim lessons		
2. summer league or other partial team		
3. USS/AAU year-round		
4. high school		
5. college		

C. Interim time (time between youth swimming and adult (masters) swimming)

1. Reasons for quitting youth swimming experience: _____
2. Number of years out of the water _____
3. Sports or fitness activities in the interim _____

D. Masters swimming experience

1. Number of years' participation in masters swimming _____
2. No. of days/week you swim _____ No. of weeks/year you swim _____ Average yardage on days you swim _____
3. Level of competition (please check)

<input type="checkbox"/> do not compete	<input type="checkbox"/> local meets	<input type="checkbox"/> regional meets
<input type="checkbox"/> national meets	<input type="checkbox"/> international meets	<input type="checkbox"/> national or world top ten

E. Motivational factors (check all that are applicable)

	<i>Keeps you swimming</i>	<i>Influenced return to swimming</i>	<i>Recognized while youth and influenced return</i>
health			
environmental (visual, smell, taste, feel, etc.)			
weight control			
friendship			
team membership and camaraderie			
stress control			
previous success			
expectation of continued success)			
exercise with low-injury risk			
aerobic benefit			
convenient time and location			
encouragement of friends and family			
exercise that can be done year 'round			
sense of well-being			
enjoy the feeling of hard workout			

F. What memory of youth swimming do you have that influenced you to continue or return to swimming as an adult?

1989 United States Masters Swimming Convention Report

The USMS national convention was held in conjunction with the United States Aquatic Sports Convention in Portland, Oregon on September 20-24th. This report was compiled by the following voting delegates who represented the PNA at convention: PNA delegates Bobby Gallegos and Hugh Moore; Oceana Zone Chair Kathy Casey; Records and Tabulations Chair Walt Reid; and Sports Medicine Chair Jane Moore. Jan Kavadas also attended as an observer. As usual, Oregon Masters' hospitality was outstanding. The morning workouts provided at Tualatin Hills as well as the general hospitality was appreciated by all who attended.

RULES - The following rule changes were approved:

Backstroke Start - For short course meters and long course meters events, the swimmer's feet including the toes must be under the surface of the water. (Toes may curl over the gutter for short course yards.)

National Championship Scoring - All National Championship Meet scoring and awards shall always be treated as if the meet is swum in a ten lane pool, regardless of the number of lanes available. (i.e. ten places)

National Championship Meet Program - At the option of the meet director and with the approval of the Championship Committee, the 1000/1650 yards and 800/1500 meters freestyle may be swum as the first day of the meet. (Approval of the Championship Committee was added.)

Certification of Meet Officials - For all Masters Swimming meets one of the key meet officials (Referee, starter, stroke and turn judge) should be a USS or YMCA certified official. (Approved last year, goes into effect this year)

LEGISLATION - The following changes were approved:

Liability Release - Effective January 1, 1990, all entry forms must contain a new liability release statement and be signed by the person entering the meet. Effective September 1, 1990, all registration forms must also contain the new liability release statement and be signed by the person registering for USMS.

Transfers - Swimmers transferring from one LMSC to another need not present a transfer from the previous LMSC. Swimmers need not serve 60 days unattached when transferring representation from one club to another if the transfer takes place at the time of annual registration.

LMSC Annual Meeting and Reports - Each LMSC shall hold an annual meeting open to all individual members registered with USMS through the LMSC and the secretary shall forward the minutes of the annual meeting and a copy of the LMSC's annual financial reports to the USMS National Office.

Sanction Statement - Entry blanks and programs must bear the statement, "Sanctioned by (LMSC name) for USMS, Inc. Sanction number: _____."

Registration Number on Entry Form - At the discretion of the meet director and exclusive of National Championship Meets, a swimmer may enter "number pending", so long as proof of registration is presented prior to the swimmer's participation in the meet.

ZONE COMMITTEE Charged with nominating USMS officers, the committee proposed the following: President - Dan Gruender (Arizona), Vice-President - Nancy Ridout (California), Secretary - Mel Goldstein (Indiana), and Treasurer - Suzanne Rague (New York). That slate was approved for 1989-1991.

CHAMPIONSHIP COMMITTEE The meet managers guide, bid information packet, and meet evaluation form have been revised. The current computer service will be used for the next year while other sources are investigated. A directory of acceptable facilities is being compiled. The committee's recommendation to adopt "entry" standards was rejected by the House of Delegates. 1991 Short Course Nationals will be in Nashville and Long Course Nationals will be in Elizabethtown, Kentucky.

OCEANA ZONE MEETING A postal Zone 25 Meter Championship will be held during the months of September, October, November, and December 1990. Each LMSC will designate one 25 meter meet during that period as an official meet for the 25 Meter Zone Championships. 1992 Long Course National bids are due from the West 30 days prior to Convention 1990. Delegates discussed proposed rule and legislation changes, a proposal to limit the size of Nationals, California State legislation regarding coaches and swim instructors on deck, and USMS committee representation. Kathy Casey was re-elected Oceana Zone Representative.

AD HOC RULE BOOK COMMITTEE The 1990 USMS Rule Book will be available January 2, 1990. Format changes include larger print, new page headings, turning the left-hand records page around, listing addresses only once in the appendices, etc. The committee selected a cover design by Steve Hogan, a masters swimmer from Potomac Valley. 1500 rule books will be printed. Rule books may be purchased for \$6.00 per book from the USMS National Office, 2 Peter Ave., Rutland, MA 01543, or from Kathy Casey (who chaired the committee).

RECORDS AND TABULATIONS The meeting was mainly a review of the requirements of tabulating a TOP TEN and documenting RECORDS. It was noted that World Records are kept for Long Course Meter and Short Course Meter competition and often the World Record is not as fast as the USMS National Record. So it is important to check both sets of records when reviewing the results of

your swim meet. There were no changes in the requirements for submitting a TOP TEN Tabulation or for submitting USMS National Records. A protest was filed against the World Relay Records in Brisbane due to lack of proper documentation. The committee will continue to push for more LMSCs to provide a computer interface with the National Chairman for compiling the TOP TEN. There are about 18 LMSCs currently providing this interface. Pacific Northwest (PNA) is one of the 18.

INTERNATIONAL COMMITTEE Three "Official" travel agents were selected for the 1990 World Championships in Brazil. They are VIP SUPERTRAVEL, PONTE VERDE TRAVEL, and AWAY TO TRAVEL. The upcoming Pan Pacific Championships were discussed. There was a problem with the \$1.00 surcharge pledged to MSI when FINA entered the picture and sanctioned the event. FINA does not allow any surcharges. The solution was to have the organizer of the Pan Pacifics give the surcharge to USMS who will "donate" it to MSI. We were reminded that the 1992 World Championships will be held in Indianapolis. Relations between USMS, MSI, and FINA were discussed at length. It was felt that with all the problems with FINA that maybe we should align with MSI and forget FINA. Those feelings were passed on to the delegates going to the meetings at the Pan Pacifics.

INSURANCE COMMITTEE New wording for the waiver and release of liability was proposed. (This can be found on the current registration form.) The cost of liability and accident insurance for the coming year should remain about the same as this year. There are currently four liability claims pending against USMS. Anytime an injury or medical problem occurs at a meet or practice, an insurance report should be completed and turned in promptly (within 60 days).

LONG DISTANCE SWIMMING Starting in 1992, a Postal 6000 yard swimming championship will be offered in addition to the current events. The Cable Swimming Guide will soon be available. Each LMSC will receive one copy.

1990 Championships:

D.C. Masters	One Hour Postal	January
St. Louis Masters	10K Postal	5/15-9/30
Seal Beach, CA	One Mile open water	7/21/90
Richardson, TX	1.5-3 Mile	9/15/90
San Pedro, CA	3.5-5 Mile	9/22/90
Seal Beach, CA	6+ Mile	7/21/90
Virginia Masters	2 Mile Cable	7/14/90

1991 Championships:

D.C. Masters	One Hour Postal
St. Louis Masters	10K Postal
Virginia Masters	One Mile open water
Niagara Masters	1.5-3 Mile
San Pedro, CA	3.5-5 Mile
Seal Beach, CA	6+ Mile
Coronado Masters	2 Mile Cable

SPORTS MEDICINE AND RESEARCH COMMITTEE The Role of the Medical Exam in Masters Swimming handout will be updated on a regular basis and continue to be distributed to all new swimmers. The committee will attempt to stimulate research by suggesting pilot studies to be done at national championship meets and contacting graduate schools. Work will continue on more educational brochures.

PLANNING COMMITTEE Growth/turnover - Dore Schwab will coordinate creation of a list of programs and ideas that clubs can use to help keep swimmers motivated. Meet Proliferation (national and international) meets was discussed. The committee urges that scheduling of international meet not conflict with national meets. A sub-committee was formed to produce a brochure for developers and community planners stressing the attractiveness of developing properly sized pool facilities.

REGISTRATION COMMITTEE Swimmers may transfer clubs when renewing annual registration without signing transfer form. A new liability waiver has been adopted. All swimmers will be required to sign beginning in September 1990. The "Role of the Medical Exam" will continue to be distributed to new swimmers. Bill and Diane Black were recommended by the committee and approved by the House of Delegates to be the new National Registrar beginning in September, 1990.

COACHES' AD HOC COMMITTEE The coaches' on-deck program at nationals has been very well received by swimmers and will continue. The lecture series at nationals will continue. Topics for the upcoming year include: "Open Water Training" at USC, and "Warmups and Warmdowns" at The Woodlands. The committee is preparing a stroke drill manual that will be available through the national office. The committee was changed to a standing committee by vote of the House of Delegates.

MARKETING COMMITTEE The International Swimming Hall of Fame is creating a Masters Swimming Wall in the ISHOF. 22,000 additional promotional brochures have been ordered. 9000 of 41,500 USMS decals remain. The USMS logo is in the process of being licensed. A tri-fold brochure has been developed to help with media contacts at the LMSC level. A pocket planner is being produced and will be distributed to all USMS swimmers prior to the end of 1989. \$3100 in ads were sold for the 1989 rule book. \$2000 has been collected for the 1990 rule book.

COMMITTEE APPOINTMENTS FOR 1990-91 PNA members have been assigned to the following committees for the 2 year term ending with Convention in 1991: Kathy Casey - Oceana Zone (Chair), ad-hoc Rule Book Committee (Co-Chair), and Zone committee; Walt Reid - Records and Tabulation (Chair), International, and ad hoc computerization; Jane Moore - Sports Medicine (Chair) and Insurance; Hugh Moore - Planning and ad hoc computerization; Bobby Gallegos - ad hoc fitness; Jan Kavadas - ad hoc officials.

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P N A MEET SCHEDULE

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)

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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)

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INLAND EMPIRE MEET SCHEDULE

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

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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 de Janeiro, 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

<u>INLAND EMPIRE</u>	<u>OREGON</u>	<u>IDAHO</u>	<u>BRITISH COLUMBIA</u>
Jerry Scheibner	Kathleen Buck	Richard Cooke	Denis Crockett
Route 1, Box 204	31925 NE Canter Ln	Sawtooth Masters	BC Masters
Spangle, WA 99031	Sherwood, OR 97230	1915 State Street	1531 W 4th Ave
(509) 245-3532	(503) 625-5747	Boise, ID 83702	Vancouver, BC V6J 1L6
		(208) 939-8289	(604) 736-7645
		(208) 336-0606	

Fourth Annual
Dawn Musselman
Swim Against Cancer

The Dawn Musselman Swim Against Cancer is a one-hour individual swim to benefit the American Cancer Society. Named in memory of Dawn Musselman, a nationally-ranked Masters swimmer from the Puget Sound area who died of cancer, the **Swim Against Cancer** is an annual event to raise funds to fight cancer.

WHAT: The **Swim Against Cancer** is a contest to determine the distance an individual can swim in one hour while raising funds for the American Cancer Society. It is organized as a swim-a-thon, with each participant collecting pledges for the distance he/she will swim. Participants swim in their local pools, and must have a timer/counter to verify the number of lengths swum by stopwatch. Results are mailed with pledged contributions.

WHERE: The **Swim Against Cancer** will take place in any 25-yard pool.

WHEN: The **Swim Against Cancer** is held anytime between January 1 and January 31, 1990. Entry forms with pledges and contributions are due February 16, 1990.

WHO: **YOU!** Any registered USMS athlete is eligible to participate. All participants will receive a certificate of appreciation. Team awards will be given in three categories – most yardage, most money raised, and greatest team participation. (A minimum of three swimmers is required for team award.) A minimum \$15 contribution is required for each entry.

WHY: All proceeds benefit the American Cancer Society. You can help defeat cancer in our lifetime.

The Dawn Musselman Swim Against Cancer is sanctioned by United States Masters Swimming (USMS) and the Pacific Northwest Association (PNA). Results will be printed in the WET SET. Swimmers are responsible for submitting receipts to donors. The event is sponsored by the PNA and the American Cancer Society.

TO ENTER

Send completed pledge sheet and collected contributions to:
Ian Thompson, M.D.
3217 Squalicum Parkway
Bellingham, WA 98225

QUESTIONS? Call Ian Thompson at 671-0070 (days) or 733-2338 (home).

CHALLENGE YOUR TEAMMATES! GAIN MORE YARDS THAN THE OTHER PNA TEAMS!
RAISE MORE MONEY FOR THE AMERICAN CANCER SOCIETY!

ANNOUNCEMENTS ANNOUNCEMENTS ANNOUNCEMENTS

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

YOUR CHANCE IS HERE!!! to enter a 25-meter meet and aim for the Top Ten ratings. Enter Anacortes' Masters meet on January 20th. Get those entries in by January 9th. You'll also have a chance to buy a 50-pound or 20-pound bag of Skagit Valley red potatoes from Thunderbird Aquatic Club. \$7.50 for 50 pounds and \$4.00 for 20 pounds. Visit the San Juans while you're there, and treat yourself to a San Juan weekend!

Procrastinator's Corner

- *1* Swimcellar Pentathlon entries must be postmarked 1-2-90. NO LATE ENTRIES. This looks like it will be a fun meet, and Oregon swimming is always happy to see PNA swimmers at their meets!!!
- *2* Entries for Anacortes are due to the Meet Director January 9. Entry form is in the December "Wet Set".
- *3* Newberg, Oregon entries must be postmarked 1-30-90. NO LATE ENTRIES.
- *4* Entries for the Team Seattle meet are due February 6.
- *5* Dawn Musselman Swim Against Cancer forms are in this issue, the swim is to be done Jan. 1 through Jan. 31, 1990. Entries are due February 16.

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HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS

12/16 JACK LYNCH	01/01 CAROL DEWELL	01/10 RICK NICHOLS
12/21 SANDRA VERMEULEN	01/02 DORA COFELT	DONALD RUCKMAN
12/25 L. (GENE) CROSSETT	ROBERT WALLACE	01/11 FRANK WARNER
12/27 HOPE SMITH	01/03 JOHN MC JUNKIN	MARK KROLL
12/28 JAMES SLOAN, JR	01/06 ED CLARKE	LYNN GEORGE
12/30 JOY ROGERS	01/07 JOHN (MIKE) MARSHALL	01/13 GRANT COOPER
12/31 FREDERICK WIGGIN	01/09 JACK AKAMINE	MARILYN GRINDROD
01/01 MARK OZANICH	ANDREW SHEFFER	01/14 JANE SWANSON
JULIE CORMAN		01/15 WALTER INGRAM

* * * * *

WELCOME TO THE PNA

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

WILLIAM ABBEY, GEOFFREY ANDERSON, NANCY BAGEANT, DEBBIE BENNETT, DONNA BURKHART, ILAN CARON, BECKY CARR, CLAIRE CLEMENS, BRENDA DAHLSTROM, ALLISON DILLOW, JANE EHLERT, JULIE GALLICHOTTE, LYNN GEORGE, JOHN GIBSON, RICHARD GOLDEN, ROBERT HALE, SUSAN HALE, MEGAN HAWGOOD, RONALD HIMSCHOOT, ERIC HUTCHINSON, LEIGH JOHNSON, JACULYN KIMPTON, JOHN KOLBAS, KATHLEEN KRESGE, DEBORAH LADD, DONALD LAHTI, BARRY LAWRENCE, LINDA MARIZ, MICHAEL MARRONE, GEORGE MARSHALL, MICHAEL MARSHALL, PAT MATTHIESEN, ANDREW MC KIM, SANDRA MCVITTIE, BRUCE MIXAN, ROBERTA MOORE, LINDA NELSON, TIMOTHY PETERS, JOHN PLOEGER, KATHARINE PLOEGER, ROBERT RANKIN, SHAWN RASMUSSEN, KATE REISS, SUSAN RICE, RACHID ROMDANE, MICHELE RUESS, KAREN SERESUN, ANDREW SHEFFER, THOMAS SHERRY, MARK SHIMADA, BARBARA SMITH, BEVERLY SORTLAND, NORA STAM, SONJA STENBERG, DAVID STERN, JANE SWANSON, ERIC SWARDSTROM, SANDRA VERMEULEN, ROBERT WALLACE, DAVID WILSON, AND MILES YANICK

* * * * *

COACHING POSITION AVAILABLE

Federal Way Masters is pleased to announce that the team will begin practicing in the new King County Aquatics Facility beginning in March. The team is currently looking for a coach who is interested in building a large program. The coach should be able to prepare workouts, provide motivation, and teach improved stroke mechanics for Masters swimmers ranging from the novice to national top ten ranked swimmers ranging in age from 19 to over 80. We anticipate expanding to three practices daily to accommodate over 100 swimmers by the end of 1990. The practice sessions may be divided between multiple coaches if necessary. Please send inquiries and/or resumes to Hugh Moore 29920 2nd Pl SW Federal Way, WA 98023.

* * * * *

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

* * * * *

HOUSE OUR SWIMMERS TONIGHT (H.O.S.T.)

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

* * * * *

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 _____

* * * * *