

WET SET

PACIFIC NORTHWEST ASSOCIATION OF MASTERS SWIMMERS



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THE PNA NEWSLETTER

VOLUME 9 - NUMBER 2

FEBRUARY, 1990

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FEBRUARY BOARD MEETING
WOODMONT PHYSICAL THERAPY - 26234 PACIFIC HIGHWAY SOUTH
KENT, WASHINGTON
TUESDAY, FEBRUARY 27 7:00 PM

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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.

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Hi.

Since I missed last month's "Wet Set", I've got some catching up to do. I was in San Diego on a working vacation. This time, unlike last, I didn't find a Masters team to swim with. Although I did find time to dip into the Submarine Station Point Loma outdoor pool every day. Working 12 hours a day left little time for anything else... so I'll have to apologize for not writing to you.

Enumclaw and Anacortes were two extremely well-run meets. Ninety-plus bodies signed up for each, and alot of fun was had by all. You age group people run great meets. Thank you very much.

Short Course season is winding down. Team Seattle, South Kitsap, PNA Champs (hosted by Husky). Then our, or should I say Federal Way's, grand finale Region XII meet at the new King County Aquatics Facility. Hugh Moore and his group are planning a real class celebration. Special awards... and the distinct honor of holding the first swimming meet at that pool. Wow, I'm getting really hyped up. I can't wait to get done with this letter and into the pool.

All in all, with the exception of Lynnwood, we've had a lot of support at the meets. Thanks to all of you who send in your entries. The teams you support are all very worthy, and make a great contribution to the advancement of a lifelong fitness lifestyle... Masters swimming. Everyone is working hard to (and I'm sure they will) make this one of the best seasons ever. Make sure that you set some time aside to be part of it.

This year we're not planning an awards Banquet as such. What we would like to do is hold an informal get-together following one of the days swimming at Champs. Details haven't been worked out yet but hopefully this kind of happening will attract more of you fine folks than usual. A pizza parlor atmosphere has been suggested. Anyone who knows of an appropriate place near the Foster Pool... please let me know.

Looks like I'm going to have to break my commitment concerning my attending workouts with every team. Travel time, local commitments and logistics make this unrealistic at this time. Although, if a team were to invite me to a workout, I will find the time. Any takers??

One final note. Don't forget to note the date change for the SK meet. It's Sunday March 11. Also, I've been approached by the Fathoms 'O Fun Festival and will be holding a long course meet on July 1. Nuff for now, so get in the pool and get fit. See ya soon.

Bobbi

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FITNESS NOTES

DON'T FORGET TO RETURN YOUR SWIMMING QUESTIONNAIRES TO IAN THOMPSON, THIS IS THE LAST MONTH WE WILL RUN THIS SURVEY. YOUR INPUT IS MUCH APPRECIATED !!!

DAWN MUSSELMAN SWIM AGAINST CANCER ENTRIES ARE TO BE SUBMITTED TO IAN THIS MONTH, DON'T DELAY.

THE \$5.00 ENTRY FEE FOR THE SWIM ACROSS THE PNA WAS INADVERTENTLY OMITTED FROM THE ENTRY FORM. PLEASE MAKE A NOTE OF THIS, AND INCLUDE YOUR ENTRY FEE WITH YOUR ENTRY. ENTRIES ARE DUE APRIL 8, 1990 TO IAN.

* * * * *

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

The meeting was called to order by President Bobby Gallegos. Sixteen people in attendance were: Beth Brenner, Forest Brooks, Kathy Casey, Marcio Fajardo, Steve Freeborn, Jeff Gross, Bobby Gallegos, Greg Harrison, Karen Jost, Jan Kavadas, Paul Kavadas, Hugh Moore, Jane Moore, Walt Reid, Ian Thompson, and Pinky Walker. Twelve teams represented were: Best, Cascade, Federal Way, Fidalgo Island Seahawks, Fort Steilacoom, Highline Swim Club, Husky, Mt. Baker Masters, ORCA, South Kitsap, Tigers, and unattached.

1. **Minutes** - The minutes of the last meeting were approved.
2. **Treasurer's Report** - Jane Moore reported a current balance of \$4923.01. Income totals \$2316.38 and expenses total \$7016.97. The balance at the end of 1989 was \$4721.52.

3. **Committee Reports**

A. **Membership** - Hugh Moore reported that there are currently 377 members as compared to 438 members at the same time last year. The board approved a motion allowing Hugh to include meet information in the renewal notices that will be sent out. Federal Way Masters will bear the additional cost. Membership trends were discussed. To prevent a decrease in membership marketing strategies may need to be developed. To this end PNA's growth or lack of growth will be monitored.

B. **Meets** - Enumolaw hosted a good meet. The board approved a motion increasing the surcharge for championship meets to \$5.00. The \$5.00 championship surcharge will include \$1.00 for electronic timing, an additional \$1.00 for a 3-day format, and a \$1.00 PNA surcharge. (The surcharge for a championship meet that does not have electronic timing would be \$4.00.) The board approved a motion to purchase ribbons to be distributed free of charge for first through sixth places at the PNA Championship meet. The cost for last year's ribbons was \$360.00. Jan Kavadas will investigate the cost of time cards for meet hosts who wish to use them. The board approved a motion setting the surcharge for the 1990 Short Course Region XII Championships at \$9.00. Of that \$9.00 surcharge \$4.00 will go to Federal Way Masters for the commemorative plaques they will purchase for awards, \$1.00 will go to PNA, 80% of the remainder will go to Federal Way Masters, and the remaining 20% will go to PNA. Bobby Gallegos will contact the other presidents in the region regarding this motion. The Federal Way Executive will be the meet headquarters. A block of 20 rooms will be available Friday night and a block of 50 rooms will be available Saturday night. Special design T-shirts will be on sale at the meet. Further information regarding lodging for Regionals will be sent out February 2 or 3. The board voted on proposed plaque designs: #1 - 7 votes, #2 - 0 votes, #3 - 4 votes, #4 - 1 vote.

C. **Records and Top Ten** - The statement of policy was tabled until the next meeting.

D. **Newsletter** - The board approved the following policy regarding meet ads in the newsletter: All hosts of meets solicited by PNA may run a half-page meet promotion in the "Wet Set". The issue that it is to be printed in is to be arranged with the newsletter editor. The board further approved publicizing in the newsletter the special program available through Foss High School for jobs such as folding, stapling, labeling, and mailing this newsletter as a community service available at very reasonable rates. Pacific Northwest Aquatics was granted permission to put a relay entry form* in the newsletter.

E. **Awards** - The board approved the purchase of new PNA medals with a new design similar to that of the the 1990 Short Course Regional design. The decision on a price to charge for each medal was tabled until the board knows the actual cost of the medals.

F. **Social** - Karen Jost will investigate the possibility of reserving a room at a pizza parlor for an informal banquet after the PNA Championships. PNA still needs a social chairman.

G. **Officiating** - Bobby Gallegos sent copies of the USS/PNSA officials' certification test to Jan Kavadas and Walt Reid. Future certification of officials was discussed.

H. **Fitness** - There have been 20 responses to the "Swimming Questionnaire" (published in the January "Wet Set"). The entry fee for the "Swim the PNA" is \$5.00. That information was omitted from the entry form.

I. **HOST/Sunshine** - HOST housing will be used for the Region XII Championships in April.

J. **Computer** - Gordon Gray has been able to convert Meet Manager disks for use with his meet results program.

K. **By-laws** - Kathy Casey will secure a copy of the updated by-laws. Currently a quorum is 55% of the eligible voting members or eight or nine people.

L. **Publicity** - Gordon Gray is doing publicity for the Peninsula area.

4. Old Business

A. **Goodwill Games** - Neville Johnson (USS) is the chairman of the officials committee for swimming. Dan Tripps is accepting applications for officials for the Goodwill Games.

B. **Bumper Sticker Information** - The logo for the awards at the Short Course Region XII Championships will be used as the design for the bumper sticker. Board members are to submit slogan ideas for the bumper sticker at the next meeting.

C. **Long Course Nationals** - Federal Way Masters are meeting monthly regarding a potential bid. There are currently seven members working on it. The Federal Way Chamber of Commerce is willing to help. Oregon masters who have hosted nationals are willing to share information with the Federal Way group.

D. **Letterhead** - Bobby Gallegos is working on a PNA letterhead similar to the USMS letterhead.

E. **Team Registration** - Registration forms for teams will appear in the "Wet Set". Hugh Moore will receive those registrations.

F. **Standing Policies** - Hugh Moore will give Kathy Casey a copy of PNA standing policies to update.

5. New Business

A. **Rule Books** - PNA will order one 1990 USMS Rule Book for the President and two for the Officials Committee.

B. **International** - Walt Reid reported on a masters meet to be held in Russia the end of June.

C. **Convention** - Hugh, Jane, Kathy, or Walt will make reservations for PNA delegates to Convention 1990 as soon as the information is available since there will be a shortage of rooms.

D. **Ransom J. Arthur Award** - Nominations for the award will be solicited in the "Wet Set".

E. **Non-profit** - Steve Freeborn and Jane Moore will file for non-profit status with public benefit.

F. **Insurance** - Teams are reminded that USMS insurance requires coaches to be registered with USMS or USS.

G. **Next Board Meeting** - will be Tuesday, February 27, 7:00 p.m., at Woodmont Physical Therapy, directions on the announcement page.

(Minutes are subject to approval by the board.)

Kathy Casey

running wild

George Sheehan, MD

At the Back of the Pack



Age has caught up with me. Time's winged chariot is leaving me in its wake. When I race these days, I am no match for what I was a few short years ago.

Running—which has taught me many things—is now teaching me how to deal with age. For one thing, running has put age beyond denial. I realize that I am finally and irrevocably old. I am not and never again will be the runner I was a mere three years ago, and that runner was not the one I was a decade ago.

Last summer I ran in the Asbury Park (New Jersey) Classic, a 10-km event. I came to the halfway mark in just under 25 minutes, almost one minute per mile slower than I had run the year before. In fact, I was running at my previous year's training pace.

At a runners' clinic I was asked about my declining performance: "How does it feel to be setting personal worsts every time you run?" My answer then was, "Embarrassing." My impulse now is to say something about what can be expected from a 69-year-old runner who is taking medication for cancer.

The truth is, I expect a great deal more. Running has been my fountain of youth, a bottomless spring that has renewed me every year. Soon after I began running at age 45, I felt as if I were only 32 years old; only lately have

I felt any older than that.

I still control my body. I know how to get the most out of it, but that most is constantly becoming less. The number on the card I am given at the finish line is several hundred higher than it used to be. And in the published results I am far down in the list.

The actual running of the race is the same for me—the pain, the shortness of breath, the dread of what is to come, the draining last drive to the finish. The main difference is the time on the digital clock as I enter the chute.

My race pace now is what it used to be a few years back in a conversational run with a friend. I am right at the edge of all I can do. Someone passes me and I try to keep up, but my lungs and legs immediately protest.

Fortunately the good things are there as well—my body responding to the demands I put on it; the moments of triumph when I crest a hill; those brief periods when I am in charge, full of speed and strength. In a race where no one calls out the times at the various mile marks I feel like the runner I have always been.

The other difference, aside from the time, is my fellow runners. Although I have always described myself as a middle-of-the-pack runner, I really was an elite runner. I rarely came home without a trophy, and I usually finished with people who were likely to win something.

Now I am back with those who are known as runners only to their closest relatives. Few, if any, have ever won a medal or a trophy. None has made the

summaries in the next day's paper. Yet all around me are runners trying as desperately as I am. In the past I thought those at the back were jogging along, chatting and enjoying the scenery. I discovered at Asbury Park that from the leader to the last runner, all are running at the fastest pace they can maintain for the distance.

The eight-minute milers do not, as I once suspected, lollygag along, engaged in conversation about last night's pasta party. They may not have the maximum oxygen capacity of those averaging two and even three minutes per mile faster, but the race costs them the same amount of effort and pain as the faster runners. Gaining ground in this slower flow was just as difficult for me as it had been a year or so before at a much faster pace.

Running at the back of the pack affirmed for me that all runners are indeed equal; only their times are different. Talent may separate us in a race, but as William James said, "Effort is the measure of a man." (Of a woman also, I would add.)

Being a winner means doing one's best. When I finished at Asbury Park I had run ten minutes slower than I had two years before, but I still crossed the line with pride, not embarrassment, knowing I had run a great race. Then I remembered something the aging Robert Frost said: "It never gets any easier to save your soul." Fortunately, it doesn't get harder, either. The race asks what it has always asked—no less and no more—simply for everything I've got. **PSM**

Columnist Sheehan, after almost 40 years of medical practice, now spends his time writing, running, and lecturing.

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HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS

02/18 JUANITA CORREA	03/04 MURIEL FLYNN	03/10 DARRYL SWENSON
02/22 PATRICIA NESS	LISA FARIN	DAVID HANNULA
ROBERT STUART	CURT TROUPE	P. CAROL ANNING
02/23 GREGORY MILLER	03/05 CYNTHIA PRATT	03/12 RACHID ROMDANE
02/25 PEGGY POMEROY	03/06 TOM ROBERTSON	MARY HAMILTON
02/28 JEFF GROSS	03/07 MATTHEW LIND	03/14 NANCY KALINSKI
03/01 ROBERT KING	03/08 ED WEIL	JOHN CROWLEY
03/02 DOUGLAS CHRISTENSEN	03/09 HELEN ELDRED	DONALD LAHTI
MARION MUELLER	MARY LOARIE	LINDA NELSON
		03/15 EMMETT GUISE
		ROBERT HALE

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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

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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!

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As a reminder to all of you who workout in an organized group, I am printing part of the USMS insurance policy related to individual registrations. Please take careful note of the highlighted and underlined portions!!

Secondary Personal Accident Insurance

Accident/Medical Insurance covers the registered athlete in sanctioned and approved events and during supervised practice. In sanctioned events ALL competitors must hold current USMS registration. At supervised practices, ALL participants must be registered with USMS or United States Swimming, Inc. (A thirty (30) consecutive day grace period is allowed for "try out" participants to satisfy this requirement, but no coverage is afforded to them until they are registered), AND the coach must hold a USMS registration or United States Swimming, Inc. certification.

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

OFFICIAL USE ONLY

THANK YOU

PLEASE PRINT OR TYPE INFORMATION

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

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

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

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

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

* * * * *

P N A MEET SCHEDULE

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

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

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 Contact: Ed Bartsch/ Darrell Fick, Heritage Hall 203-B Los Angeles 90089 (213)743-7770
Aug. 7-13	1990 3rd FINA/MSI World Championships Rio de Janeiro, Brazil
Aug. 17-20	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

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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	

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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

\$ 5.00 entry fee
(for awards!)

ANNOUNCEMENTS ANNOUNCEMENTS ANNOUNCEMENTS

THE FEBRUARY BOARD MEETING will be held at Woodmont Physical Therapy/Sports Clinic, 26234 Pacific Highway South on Tuesday, February 27 at 7:00 pm. Take the 272nd exit off I-5, west on 272nd to Pac. Hwy., turn north (right) on Pac. Hwy, approx. 1/2 mile north on the right, just next to the "Dairy Queen".

KEEP SWIMMING! The Swim Across the PNA ends March 31, 1990. Keep track of your mileage and submit your entries to Ian Thompson by April 8, 1990. Entry form is in this issue. Note the addition of the \$5.00 entry fee to the form.

RELAY ENTRY FORMS FOR REGION XII CHAMPIONSHIPS AND SHORT COURSE NATIONALS will be printed in the March issue. Plan now to attend these meets and support your clubs at the Regional and National levels. Anybody can volunteer to swim these relays, your skill level is not as important as your desire to have a good time out there!!!

NOMINATIONS FOR THE RANSOM J. ARTHUR AWARD must be submitted to the nomination committee by March 1st. Please contact Bobby G. if you would like to nominate someone. This award goes to the individual who has contributed the most to Masters swimming in the past year.

SWIM MEET ENTRY FORMS ARE PRINTED IN ONLY ONE ISSUE OF THE "WET SET". Please remember to remove meet entry forms before you "file" the rest of your newsletter!!

TEAM REGISTRATION FORMS FOR PNA CHAMPS are in this issue of the "Wet Set". In order to be eligible for a team award, your team must be registered. Get your registration in now, and start getting your swimmers excited and ready for the team competition!!

Procrastinator's Corner

- *1* Entries for PNA Championships must be postmarked by March 15, 1990. Please note that LATE ENTRIES WILL BE RETURNED. You may be allowed to enter exhibition only, at the discretion of the meet director if your entry is returned to you.
- *2* Entries for Oregon Masters Championships must be postmarked no later than March 26, 1990. NO LATE ENTRIES WILL BE ACCEPTED.
- *3* Entries for Region XII Short Course Championships are due April 12, 1990.
- *4* Entries for the South Kitsap meet are due 2-27-90.
- *5* Dawn Musselman Swim Against Cancer forms were in the December issue. The swim is to be done Jan. 1 through Jan. 31, 1990. Entries are due 2-16-90.

* * * * *
WELCOME TO THE PNA

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

WILLIAM ALLEMANN	SUSAN ALLEN	VALERIE ANDERSON	DON ASHTON
SUSAN BENNER	MARK BONN	DOUGLAS CHRISTENSEN	SALLY DOBBIN
DONALD ENGELBACH	STEPHEN JACK	PATRICK KELLY	GARY LADD
E LE MOAL	MARY LOARIE	ALDO MELCHIORI	MARTHA MUNROE
ERIC RAMHORST	CHARLOTTE SNOW	SHELDON SWEENEY	CLARE VILA
LAURIE WESTPHAL	PAULINE (POLLY) WILLIS		

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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?
