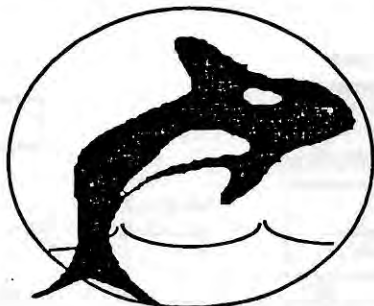


the
WET
SET

PACIFIC NORTHWEST ASSOCIATION
OF
MASTERS SWIMMERS



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THE PNA NEWSLETTER

VOLUME 9 - NUMBER 5

JUNE, 1990

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JUNE BOARD MEETING
FRANK NEWQUIST'S HOME
TUESDAY, JUNE 26 7:00 PM

* * * * *

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.

* * * * *

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 \$ 6.50	TOTAL FEE \$ 18.50
----------------------	---------------------	-----------------------

SENIORS (85+): \$15.50

CLUB (NATIONAL LEVEL ONLY)

PNA HUSKY SEQUIM 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

YOU NEED THIS !!
 " The Faster Master "
 A Mini-Guide to
 more effective
 Masters Swimming

Written by Bert Petersen (Oregon)

\$9.95 postage paid

Send to: Bert Petersen
 2051 NE 137th Ave
 Portland, OR 97230

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

The meeting was called to order by Vice-President Steve Freeborn. Twelve people in attendance were: Forest Brooks, Kathy Casey, Steve Freeborn, Gordon Gray, Karen Jost, Jan Kavadas, Watson Lawrence, Hugh Moore, Jane Moore, Frank Newquist, Walt Reid, and Tom Taylor. Seven teams represented were: Cascade, Federal Way, Fort Steilacoom, Highline Swim Club, OOPS, Sequim Masters, and Tigers.

1. **Minutes** - The minutes of the last meeting were read and approved with the following addition: (3.C. Records and Top Ten) "Orca's July 1989 meet will be put on a disk and sent in."

2. **Treasurer's Report** - Jane Moore reported a current balance of \$9163.70. Year-to-date income is \$17778.52 and year-to-date expenses are \$11221.45. Lynnwood paid \$55.00 and Federal Way paid \$1465.00 for PNA meet fees.

3. **Committee Reports**

A. **Membership** - Hugh Moore reported that there are currently 611 members as compared to 551 members at the same time last year. The results of the interest/fitness survey that was included in the welcome packet for all swimmers at the Region XII Championships will be published in the July "Wet Set".

B. **Meets** - The Region XII Championships was an excellent meet. 545 swimmers entered that meet. **Meet bids are due to Jan Kavadas by June 15.** Jan will work on scheduling novice events at a Seattle meet. Other suggestions were "host a new swimmer" and unusual relays. The July 1 meet really is a long course meet.

C. **Records and Top Ten** - Nancy Lawrence, Gordon Gray, Steve Peterson, Walt Reid, and Watson Lawrence met to work on the results of the Region XII Championships. There were very few errors; a handful of one-watch times and the normal number of incorrect calculations of official times. They will do the results of the relays for that meet next. The results of the PNA Championships will be in the June "Wet Set" and the results of the Region XII Championships will be in the July issue. ORCA needs to submit the results of their May meet before the end of June. **The board approved the allotment of \$100.00 to print 50 copies of the PNA Records & Top Ten book and sell them at cost.**

D. **Newsletter** - Karen Jost will publish a regular column on performances at PNA meets (personal bests, interesting tidbits, etc.). Swimmers are asked to give Karen such information on their swims or others' swims.

E. **Awards** - Tom Foley won the Dawn Musselman Inspirational Award. Frank Newquist will write an article about that presentation for the "Wet Set". Frank and his committee (Steve Peterson and Susan Dearborn) are preparing a notebook on the Dawn Musselman Inspirational Award that will include her biography and a list of the winners. **The board approved the establishment of an ad hoc Dawn Musselman Inspirational Award Committee to accept nominations, choose the winner, present the award, and update the notebook each year.** The board further approved the appointment of Frank Newquist as chairman of that committee. Steve Freeborn will contact Del Hanson about presenting the Dawn Musselman Award to the winner of the women's 60-64 100 meter freestyle at Long Course Nationals in The Woodlands, Texas, this August. Steve will make that presentation at Nationals. (We have two separate awards as described above.)

F. **Officiating** - Walt Reid reported that the officiating at Regionals was excellent.

G. **HOST/Sunshine** - Seven visiting swimmers were hosted by PNA swimmers for Regionals.

H. **Computer** - Gordon Gray is converting other meet results into the PNA format.

I. **Publicity** - There was television coverage of Regionals as well as coverage by the Federal Way News. KIRO television has an evening news magazine that might feature one or more masters swimmers. PNA could submit several swimmers' profiles for consideration. Gordon Gray and Tom Taylor will follow up with Carter Bannerman on this possibility. The "Wet Set" will ask teams to contribute swimmer profiles.

4. Old Business

A. **Clinic** - Frank Newquist reported that the clinic will be a fitness clinic not a stroke clinic. He met with Jane Moore to discuss possible topics; physical testing, nutrition, flexibility, stretching, weight lifting, and prevention and cure of common swimmer injuries. The clinic will be sometime in October in Federal Way. Submit any ideas and names of people who could help staff the clinic to Frank Newquist, 2210 - 6th Ave., #2B, Milton, WA 98354 (922-3405). Frank will continue as chairman.

C. **Bumper sticker** - The board selected the slogan, "Masters Swimming for the Health of It". Watson Lawrence will work on the bumper sticker.

D. **92 Long Course Nationals** - The board approved (by a vote of 10-yes, 1-no, 1-abstain) the establishment of an ad hoc National Meet Organizing Committee to prepare a bid for 1992 Long Course Nationals, make preliminary plans for committees to run the meet, and prepare a budget for producing the meet. The Committee (NMOC) will include the Meet Director, Assistant Meet Director, and chairs of various meet subcommittees as recommended by the NMOC and approved by the PNA board. Members of the various meet subcommittees will be appointed by the NMOC. The board approved a budget of \$200.00 to produce the bid. As approved by the board above, if the PNA is awarded the bid, the Committee will be responsible for implementing the previously established plans for running the meet. The Committee will have the right to conduct necessary business without prior approval of the PNA board, including entering into agreements with other organizations and financial transactions within budgeted amounts. The Committee will report significant decisions, financial transactions, and any other agreements with other organizations at regular PNA board meetings. The PNA board will make recommendations to the ad hoc Committee as necessary. The board approved the following NMOC appointments: Hugh Moore - Meet Director; Lee Carlson - Assistant Meet Director; and Karen Jost, Mark Freitas, Tom Taylor, Steve Freeborn, Frank Newquist, and Jane Moore - all chairs of various meet subcommittees. The board approved a policy allowing non-PNA members to chair a subcommittee and have a vote on the NMOC.

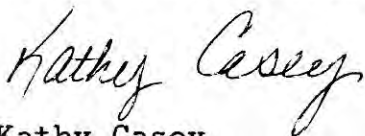
5. New Business

A. **Convention** - The board appointed Hugh Moore and Bobby Gallegos as delegates to Convention 1990 and appointed Jan Kavadas as alternate.

B. **Next Board Meeting** - will be Tuesday, June 26, 7:00 p.m., at the home of Frank Newquist. We need all Team Reps!!!!!!

(Minutes are subject to approval by the board.)

Respectfully submitted,



Kathy Casey

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, 31908 3rd Lane SW #M101, Federal Way, WA 98023 Telephone: 839-6161

* * * * *

HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS

06/16 Doug Portelance	06/25 Thomas Dunning	07/07 Karin Fosberg
06/17 Chris Roderick	06/26 Gil McNabb	07/08 Suzanne Tomlinson
Steve Engel	Wayne Methner	Dean Behse
06/18 James Davies	06/28 Lynn Dee Watkins	Kenneth Faw
06/19 Jeffrey Wnuk	Scott Lewis	Ann Perko
Norma Dahlby	Shawn Rasmussen	07/09 Paul Von Destinon
06/20 Polly Willis	06/29 Brad Williams	07/10 Katrin Nelson
David Demorest	06/30 Nancy Anderson	07/11 Barbara Smith
Becky Carr	Cathy Scigliabaglio	Joy Ross
06/21 Jeffrey Olliffe	07/01 David Mullens	Lowell Johnson
Sally Parry	07/03 Sharon Belk-Krebs	Wade Praeger
Steve Schufreider	Carl Rutherford	07/12 Keith Oslin
06/22 Gordon Gray	07/04 Ben Dotson	Chris Reese
Thomas Foley	Timothy Peters	07/13 J. Vallandigham
06/23 Brian Rickert	07/06 Russell Knudsen	Ralph Moore
Pat Matthiesen	Michael McKinlay	07/14 Kevin Connolly
Leslie Babbitt	James Worrel	07/15 Lois Miles
06/24 Frederick Leatherman	07/07 Paul Sherman	Mark Shimada
Ilan Caron	Robert Rankin	Deborah Addleman

* * * * *

WELCOME TO THE PNA

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

David Blaney	Kenneth Faw	Marianne Fromuth
Candace Kovner	Dan Nellis	Patricia Nellis
Nicholas Parry	Sally Parry	James Stretch

* * * * *

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 98023

* * * * *

PNA BOARD SURVEY RESULTS

The PNA board thanks the 26 swimmers who responded to the survey that was distributed at the Region XII Championships. The following paragraphs summarize the results of the survey. Comments about the summary are welcome. You may still send your survey to Hugh Moore 29920 2nd Pl SW, Federal Way 98023.

Primary interest in swimming: 6 competitive, 9 fitness, and 11 both.

What programs could the PNA offer to keep you interested in swimming?

Competitive:

stroke clinics (3)
variety of meets
local year round meets
guest speakers
good meets & newsletter
Canadian meets

Recreational

Mileage tables
stroke clinics
family swims concurrent with meets
open water swims

What would make swim meets more interesting:

special meets; require relays for each team
keep meets short; odd events; funny and special awards
pot lucks; 150 yard relays & relays with odd events

What would make you attend more meets?

Closer to home (Seattle/Bellevue) (3); Friday night meets
meet entry in more than one Wetset
more long distance; all of favorite events in 1 day

Do you prefer Saturday or Sunday meets? Sat 11; Sun 2; Either 7

Would you be interested in meets held in the afternoon/evening on Saturday or Sunday? Yes 12; No 11

What activities besides meets would you like the PNA to provide?
Clinics 17 Practices 6

Would you attend social events? (if yes, What type?)
Awards banquet (2); Workshop; Picnic; No (4)

What other events would you like the PNA to provide?
novice class for 1st time swimmers; long distance lake swims;
technical training information; reduced rates to athletic events

What other suggestions or comments do you have?

Electronic Timing; small meets; officials clinics;
fund raising dinner/dance; Stroke lanes in warmup;
meets that don't conflict with Sunday morning church activities;
The group is well organized with a dedicated board. The group is
equally friendly to occasional as well as regular attendees;
The newsletter is really helpful to keep us informed. Keep up the
good work, Karen; National meets need time standards;
host one hour swims; meets divided by age groups;
The PNA is doing a great job. I like the idea of housing visiting
swimmers, although I haven't become involved to date.

* * * * *

P N A MEET SCHEDULE

July 1 Fathoms O'Fun - South Kitsap

* * * * *

OREGON MEET SCHEDULE

June 24 Corvallis Long Course Meet
July 7-8 MAC Club State Games of Oregon (Portland)
July 21-22 Mt. Hood Community College
Aug. 3-5 Region XII Long Course Champs (Tualatin)

* * * * *

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. 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

* * * * *

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	

* * * * *

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 _____

* * * * *

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
 Samana 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
 BURLEN
 Evergreen, 606 SW 116th, Burien 296-4410
 lap swim: MMF: 6-7:30 AM/M-F: 8-9 AM 11:30-1 4:30-5:30 PM 8-9 PM/SAT 11-11
 Burien Swim Club, 626 SW 154th, Burien 433-7900
 DES MOINES
 Mt. Rainier, 22722 19th Ave. S., Des Moines 296-4278
 workouts: T/TH/F: 6-7 PM contact: Karen Jost 824-3377
 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 839-1000
 lap swim: M-F: 6 AM - 1 PM / Sat 12-1 PM
 King County Aquatic Center 650 SW Campus Drive, Federal Way 296-4444
 workouts: M,T,TH,F 6:00 - 7:30 AM contact: Hugh Moore 941-3100
 lap swim: M-F: 6-8 AM; 11:30 AM - 1:30 PM; 6-8 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 Pool, 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 & 1-2:30 PM
 M-TH: 2:45-3:45 PM & 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
- POULSBRO 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 Hoguham 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 362-5344
 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
 workouts M,W: 7-8:30 PM/Sat 9-10:30 AM contact Allison Beebe 325-6412
 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: 6:30 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-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 935-6000
 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 683-6699
 lap swim: M-F: 6-9 AM, 10 AM-3:30 PM, 6-8:45PM/SS 12-1:30 PM
 SUMNER
 Sumner High School, 1707 Main, Sumner 863-8110
 workouts: M,W,F: 5-6 PM contact: Vicki 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

THE JUNE BOARD MEETING will be held at Steve Freeborn's home in Federal Way on June 26th at 7:00 pm. Contact Kathy Casey for directions. Highlights of business to be conducted will include review of bids for 1990-91 swim meets. If you have strong feelings about the locations or types of meets that are being sanctioned, you need to attend this meeting!

GET INVOLVED --- START ATTENDING THE BOARD MEETINGS. ASK YOUR TEAM REP WHAT WENT ON IF YOU CAN'T. TEAM REPS SHOULD BE AT THE MEETINGS!!!

THE USMS COACHES COMMITTEE IS DOING A STROKE DRILL BOOKLET - Contribute your drills by sending: 1) description of the drill, 2) purpose of the drill, and 3) diagram of the drill to; Jim Miller, M.D., 1471 Johnston-Willis Dr., Richmond, VA 23235.

IF YOU HAVE NOT YET RECEIVED ALL OF YOUR REGIONAL AWARDS, send a self-addressed stamped envelope to Steve Freeborn, 29925 2nd Ave SW, Federal Way, WA 98023. Indicate the events you need awards for, and if on a relay, please indicate at least one or two of your teammates names, as the names were difficult to read on some of the cards!!

BID PACKETS FOR THE 1990-91 SEASON have been distributed. Bids are due June 15th, and will be reviewed on June 26th at the PNA Board Meeting. Packets may be obtained by contacting Jan Kavadas, 217 Alder Street #305, Edmonds, WA 98020.

THE 6TH ANNUAL EMERALD CITY OPEN WATER SWIM will be held Saturday, August 18, 1990. This one-mile course is held off Seward Beach on Lake Washington, and is open to ages 16 and up. The race begins at 9:30 am. For more details on the race, and to request a race entry form, contact the Seattle Department of Parks and Recreation 684-4075, or pick one up at a city pool in Mid-June. The Seattle Department of Parks and Recreation also has several lap swims available at city beaches, special distance swims at Seward Beach, and an Open Water Swimming Clinic to be held this summer. Contact the Department and ask for a copy of their Open Water Swimming Program schedule for more details!!

SO, DO YOU KNOW OF SOME FOLKS OUT THERE WHO SWAM WELL, ACHIEVED SOME PERSONAL GOALS, OR SIMPLY MOTIVATED YOU TO DO MORE?? I would like to include some more personalized notes in the newsletter, but with an organization of 600+ (yes, we're that bit!) people, it's difficult to keep track of everyone. Congratulations go out to Greg Harrison, who swam some recent best times at Regionals in Federal Way. Greg swam the 200 breast in 2:13.68, and the 200 IM in 2:10.86. Also to Tom Taylor from Federal Way, who achieved several best times in the meet (one of few from the Federal Way contingent hosting the meet who obviously had any adrenalin or speed left that weekend!). Please, send me any wishes or congratulations that you would like to extend. Thanks!

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1990 CANADIAN MASTERS SWIMMING CHAMPIONSHIP RESULTS (PNA SWIMMERS)
Short Course Meters, May 11-13, 1990

Forest Brooks (40-44)

5th 1500 Free 36:14.98
7th 200 Back 5:56.12
9th 100 Back 2:48.40
9th 50 Back 1:17.39
11th 200 Free 4:23.43
11th 400 Free 9:08.18
13th 100 Free 1:59.16

Catherine Brooks (40-44)

1st 400 IM 6:39.11
1st 200 Breast 3:25.08
1st 100 Breast 1:36.36
1st 100 Back 1:29.23
2nd 200 IM 3:09.75
3rd 200 Fly 3:36.20
3rd 200 Back 3:16.08

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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) 391-7244

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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TOM FOLEY RECEIVES 1990 DAWN MUSSELMAN AWARD

Tom Foley was the recipient of the 1990 Dawn Musselman Award. The presentation was made at the recent Regional Meet at the King County Aquatics Facility. Previous recipients include Dawn Musselman (1986), Marlene Holmes (1987), Maxine Carlson (1988), and Jim Penfield (1989). Following is the letter presented to Tom in addition to an award trophy.

Dear Tom:

Congratulations on being named as the 1990 recipient of the Dawn Musselman Award. This is an award given annually to a PNA Swimmer who serves as an inspiration to other swimmers.

We deeply appreciate that you helped to found the PNA some eighteen years ago and the fact that you have participated in every PNA swim meet ever since; either one a remarkable achievement in and of itself. However, we also thank you for your ever-present attitude of enthusiasm, optimism, and good humor. Your encouragement of other swimmers' efforts has helped foster a real sense of community among the meet participants.

We hope you take a measure of personal pride in your heroic accomplishments in your signature event, the 200 Fly. You have certainly inspired a handful of other half-crazed swimmers to follow in your flipper-prints. (If they weren't half-crazed before the 200 Fly, they are now.)

Congratulations and best wishes.

Signed by members of the PNA Board - Bobby Gallegos, Steve Freeborn, Kathy Casey, and Jane Moore; and members of the selection committee - Steve Peterson, Susan Dearborn and Frank Newquist.