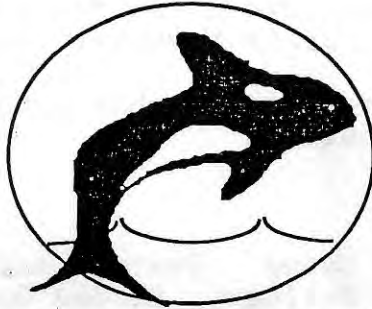


the  
WET  
SET

PACIFIC NORTHWEST ASSOCIATION  
OF  
MASTERS SWIMMERS



PRESIDENT

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THE PNA NEWSLETTER

*Karen - Pete Capano. Idaho  
(before that Bill Von Tegen - 2yrs)*

VOLUME 9 - NUMBER 7

JULY, 1990

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JULY BOARD MEETING  
TOM TAYLOR'S HOME - FEDERAL WAY  
TUESDAY, JULY 17 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.

\* \* \* \* \*

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

The meeting was called to order by Kathy Casey. Twelve people in attendance were: Forest Brooks, Kathy Casey, Bobby Gallegos, Gordon Gray, Jan Kavadas, Watson Lawrence, Hugh Moore, Jane Moore, Frank Newquist, Steve Peterson, Walt Reid, and Tom Taylor. Seven teams represented were: Cascade, Federal Way, Fort Steilacoom, OOPS, Sequim Masters, South Kitsap, and Tigers.

1. **Minutes** - The minutes of the last meeting were read and approved. President Bobby Gallegos will send out the August agenda.
2. **Treasurer's Report** - Jane Moore reported a current balance of \$7250.20 with approximately \$135.00 in bills yet to be paid and \$670.00 in checks to be deposited. Convention expenses were discussed.
3. **Committee Reports**
  - A. **Membership** - Hugh Moore reported that there are currently 630 members as compared to 570 members at the same time last year. Hugh distributed an updated board member list. If PNA wins the bid for 1992 Long Course Nationals, Hugh will resign as registrar. The board needs to be looking for a new registrar.
  - B. **Meets** - Bobby Gallegos reported that the July 1 meet at South Kitsap was cancelled. An ad hoc committee was formed to address the problems causing low entries at meets. Jan Kavadas will chair that committee. Frank Newquist is one of the members. Suggested reasons for a low number of entries were: marketing, fitness trend rather than competition, and the lack of a guaranteed revenue for the meet host. Jan Kavadas presented the meet bids for the 1990-1991 short course season. The board approved the following schedule: Port Angeles, September 16; North Kitsap High School, November 17-18; and Enumclaw, December 8; with the recommendation that Port Angeles consider moving their meet to October for a potentially higher number entries and a savings to swimmers on entry fees since they could register for the new year during that month. The board also approved: TAC Masters (Anacortes), January 19; and ORCA, February 8-9; encouraging TAC Masters to host a 25 meter meet. The board further approved the PNA Championships at the King County Aquatic Facility, April 12-14, hosted by Federal Way Masters. Efforts will be made to secure a March meet, long course meets, and some novice events at meets. Sanction fees were discussed. The sanction fee for meets not sponsored by PNA is \$10.00. Jan Kavadas will work on a sanction fee proposal.
  - C. **Records and Top Ten** - The Region XII Championship results are finished. Walt Reid reported that the PNA records have been updated and transferred to Nancy Lawrence, the new Records and Top Ten Chair. Walt also updated the Region XII short course yard records, mailed them to the other LMSCs, and instructed them to send future record updates for that course to Nancy Lawrence. Walt processed the results of Short Course Nationals for PNA swimmers, and he has four pending national records (from Region XII Championships) to apply for. Walt has prepared the 1989-1990 PNA Records & Top Ten book. It will be printed within the next two weeks, and then Walt is finished. Walt resigned from Records and Top Ten over a year ago. The new Records and Top Ten Chair is Nancy Lawrence. The "World Top Ten" produced by Walt Reid for MSI is available for \$5.00.
  - D. **Newsletter** - The board approved publishing entry forms twice in the "Wet Set" prior to each meet.



**E. Publicity** - Frank Newquist and Tom Taylor will prepare a press release kit for teams and meet directors. Everyone is reminded to submit swimmers' profiles for consideration for a T.V. special to: Gordon Gray, P.O. Box 84, Keyport, WA 98345 (697-1532) or Tom Taylor, 32012 - 41st Ave. S.W., Federal Way, WA 98023 (838-1827).

**F. National Meet Organizing Committee** - Hugh Moore reported that the committee met June 20 and assigned responsibilities for preparing the bid application, preparing portfolios to be sent to Championship Committee members, and preparing the bid presentation for Convention. The goal for finishing the bid application is early August.

#### 4. Old Business

**A. Clinic** - Frank Newquist reported that the clinic committee met last week. Additional topics for the clinic include sports massage therapy, relaxation exercises, cross training, and meditation/visualization. Jane Moore will be in charge of physical testing. In August the committee will be looking for volunteers to work with staff leaders and instructors at the clinic. 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).

**B. Bumper sticker** - Watson Lawrence presented a color sample of the bumper sticker. Watson will investigate printing costs.

**C. Bid for 1992 Long Course Nationals** - The board voted to endorse the bid by PNA to host the 1992 Long Course Nationals at the King County Aquatic Facility.

#### 5. New Business

**A. Proposed Rule Changes** - Kathy Casey presented numerous rule and legislation changes for discussion and valuable input. The board approved those proposed changes for submission to the appropriate national committees.

**B. Next Board Meeting** - will be Tuesday, July 17, 7:00 p.m., at the home of Tom Taylor. We need all Team Reps!!!!!!  
(Minutes are subject to approval by the board.)

Respectfully submitted,

*Kathy Casey*  
Kathy Casey

\* \* \* \* \*

**P N A MEET SCHEDULE (tentative!!!)**

Sept. 16	Port Angeles
Nov. 17-19	North Kitsap
Dec. 8	Enumclaw
Jan. 19	Anacortes
Feb. 8-9	ORCA - Seattle
Apr. 12-14	PNA Championships-King Co. Aquatic Fac.

\* \* \* \* \*

**OREGON MEET SCHEDULE**

July 21-22	Mt. Hood Community College
Aug. 3-5	Region XII Long Course Champs (Tualatin)

\* \* \* \* \*

**NATIONAL AND INTERNATIONAL SCHEDULE**

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

\* \* \* \* \*

**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	

*Pete Cepano*

\* \* \* \* \*

**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 \_\_\_\_\_

\* \* \* \* \*

\* \* \* \* \*

WELCOME TO THE PNA

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

JAMES ADAMS	BILL BUSH	CAROL CLARK	GUY (JR) DECKER
LANCE DOYLE	CATHERINE HAWLEY	WENDY HOFFMAN	KEVIN JOHNSTON
KIM KAY	ELIZABETH LALONDE	CALVIN LANGFORD	BOB LITTLEJOHN
JOHN LORIMER	CHRISTOPHER NORDEN	EDWARD PHILLIPS JR	LESLIE VAN ROMER
YVONNE YOKOTA			

\* \* \* \* \*

HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS

07/16	ROBERT POSCH	07/26	M. ALLISON BEEZER	08/08	SANDY GURNER-COVEY
07/17	JOSEPH HOWELL		LEE CARLSON		GREGORY SWANSON
	BRUCE LOMAX		DANIEL GOSSACK		DANIEL WADE
	GEORGE NELSON	07/27	BEVERLY SORTLAND	08/09	BARBARA HAMACHEK
07/18	MICHAEL EVANS	07/28	ERIC HUTCHINSON		CALVIN LANGFORD
	MICHELE RUESS		WILLIAM SATORAN	08/10	WALTER REID
07/19	DAVID BLANEY	07/29	PATRICIA BREDY		JOHN STAVHEIM
	GARY HURBAN	07/30	ROBERT MOORE		DAVID WRIGHT
	THOMAS MARSHALL	07/31	SHERRY GRINDELAND	08/11	CHERYL ELINSKY
07/20	MARK AMBERSON	08/01	JOHN HORMAN		GLORIA MASTERS
07/21	STEPHEN FREEBORN		SUSAN RICE		GARY RASMUSSEN
	ZENA HERRMANN	08/02	WENDY HOFFMAN	08/12	ELIZABETH CAMPBELL
07/22	WILLIAM ALLEMANN		JULIA MORRISH		MARILYN FILLEY
	ARLES VANZANDT	08/02	CHRISTY THOMPSON		MICHAEL KRATTLI
07/23	LANCE JORG	08/03	ANDREW MC KIM	08/13	BRUCE GLEASON
	CINDY WALSTON		CLIFTON III WARD		JOHN KORUGA
07/24	DON HANNULA		ANNE WARING		JOHN ROBINSON
	JEAN MC KENZIE	08/04	HUGH MOORE		STAN WHITEMORE
07/24	JANICE MILLER	08/05	ELLEN BARRETT	08/14	ANN BUTLER
	MARTHA MUNROE		PETE NORTHROP		KIM GURNER
	SHIRLEY OLSEN	08/06	JEANNIE HANSON	08/15	STEVE HARRELL
	TINA WOLFE		RICHARD PETERSON		SHARON LYDA-RENZ
07/25	JOHN KOLBAS		WINONA (NONI) PIETILA		ALDO MELCHIORI
	BRUCE PETERSON				

\* \* \* \* \*

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!

\* \* \* \* \*



THE JULY BOARD MEETING will be held at Tom Taylor's home in Federal Way on July 17th at 7:00 pm. Contact Kathy Casey for directions.

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!!!

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!!

THE 1990-91 MEET SCHEDULE has been established. The Board is still looking for hosts for a March meet as well as some long course meets next summer. If your team is interested in hosting a meet, contact 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 big!) people, it's difficult to keep track of everyone.

\* \* \* \* \*

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

\* \* \* \* \*

NON-PNA MEMBERS SUBSCRIPTION FORM FOR THE "WET SET"

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

Subscription form and a check for \$12.00, payable to PNA MASTERS  
John Moore, 29920 2nd Place SW, Federal Way, WA 98023

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