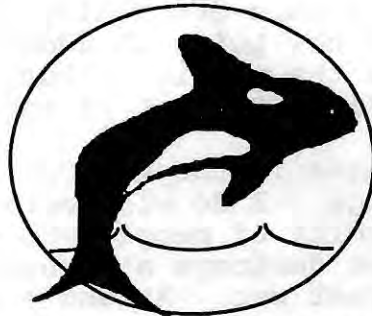


the  
WET  
SET

PACIFIC NORTHWEST ASSOCIATION  
OF  
MASTERS SWIMMERS



PRESIDENT

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THE PNA NEWSLETTER

VOLUME 9 - NUMBER 8

AUGUST, 1990

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AUGUST BOARD MEETING  
TACOMA YMCA  
TUESDAY, AUGUST 28 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.

\* \* \* \* \*

*Also enclosed - Parkrose, Oregon meet entry, page 5!*

Greetings,

I bet all of you thought I skipped town. Well, I didn't even get away for a vacation. I hope some of you already have or possibly will. Nationals maybe...or Rio?!!! I had planned on Rio but personal business has kept me overwhelmed since April. I hope everything is now under control. Seems everytime I say that a new twist is added. I have been in the water at least 5 days a week since the middle of June though. I'm definitely going to be ready for our first SC meet of the 90-91 season Oct. 14 at Port Angeles.

If you have been missing my messages in the Wet Set then you have been seeing the minutes of the board meetings. I do wish more people would become involved. There are only a handful of people who take the time (and it really isn't the amount of time that destroys a person's social structure). So come on and get your feet wet. Attend a board meeting. If you're waiting to be nudged, we don't know who you are. There are only about 650 of you out there, and we can't take the time to contact each one of you. We'd probably be talking to the wrong ones anyway. So please volunteer and become a "point of light" in the northwest. Ya know when less than 10 people in an organization of 650 show a continued interest and when 5 or so people do all the work that doesn't say much for the membership. The people who do the work don't have any focus on "extra" activities, so if you wonder why you don't get any "extra", ask yourself. I expect to see all the board members, team reps and membership at the Tacoma Y on Pearl Street in Tacoma at 7:00 pm on August 28.

Respectfully,

*Bobby G.*

\* \* \* \* \*

**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

\* \* \* \* \*

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

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

Send this form and a check for \$12.00, payable to PNA MASTERS SWIMMERS, to Hugh Moore, 29920 2nd Place SW, Federal Way, WA 98023

\* \* \* \* \*

Pacific Northwest Association LMSC Board Meeting  
July, 17, 1990 Tom Taylor's house

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

The meeting was called to order by President Bobby Gallegos. Ten people in attendance were: Kathy Casey, Steve Freeborn, Bobby Gallegos, Nancy Lawrence, Watson Lawrence, Hugh Moore, Jane Moore, Frank Newquist, Walt Reid, and Tom Taylor. (A quorum is eight.) Four teams represented were: Federal Way, Fort Steilacoom, Sequim Masters, and South Kitsap.

1. **Minutes** - The minutes of the last meeting were read and approved.
2. **Treasurer's Report** - Jane Moore reported a current balance of \$5,581.88. Year-to-date income is \$18,842.43 and year-to-date expenses are \$15,867.18. Jane also apprised the board of state laws indicating that PNA must pay an annual business and occupation tax if annual revenue is \$12,000.00 or more as well as sales tax on entry fees, clinic fees, medal sales, and newsletter subscriptions (only those subscriptions sold to individuals who are not PNA members). The discussion was tabled pending more investigation. **The board approved a reimbursement of \$42.86 to Secretary Kathy Casey for printing, mailing, and office supplies.**
3. **Committee Reports**
  - A. **Membership** - Hugh Moore reported that there are currently 641 members. After August 1, he will encourage potential new members to wait until September 1 to apply for membership, so they can register for the new year rather than just the last month of this membership year.
  - B. **Meets** - The board approved changing the date of the Port Angeles meet from September 16 to October 14. The Port Angeles meet entry information will be ready for the next newsletter. The King County Aquatic Center is available for a PNA long course meet August 2, 3, and 4, 1991. Low entries at meets, sanction fees, and meet contract/meet cancellation were tabled until the next meeting.
  - C. **Publicity** - Tom Taylor will write a treatment to submit to the producer for approval of a television special on Masters swimmers. Sequim Masters will be featured in the August issue of the magazine, "50-Something".
  - D. **National Meet Organizing Committee** - Hugh Moore reported that the NMOC worked on the bid preparations at the July 15 meeting. Bid preparations include the bid application form, bid portfolios to be sent to the members of the national Championship and Executive Committees, and the bid presentation at Convention, September 21, in Pittsburgh. **The board approved the following appointments to the NMOC: meet director, Hugh Moore; assistant meet director (meet activities), Lee Carlson; assistant meet director (support services), Mark Freitas; pre-meet registration and office administration, Karen Jost; programs, Tom Taylor; on-site meet check-in, Allison Beezer; awards/logos/souvenirs, Steve Freeborn; housing, Frank Newquist; transportation, Julie Corman; budget/finance, Jane Moore; participant hospitality, Dorothy Kleist; and publicity, Sherry Grindeland. Each assistant meet director will be responsible for half of the NMOC subcommittees. The board also approved an increase in the bid budget from \$200.00 to \$400.00. The next NMOC meeting will be August 7 at Dr. Jane Moore's office.**

#### 4. Old Business

- A. **Clinic** - Frank Newquist reported that Decatur High School is a potential site for the clinic. Jane Moore and Karen Jost have both agreed to be part of the clinic staff. The date will be coordinated with the

availability of the facility and scheduled meets. The next clinic committee meeting will be July 18.

B. **Bumper sticker** - Kathy Casey reported a bid \$165.42 for 700 bumper stickers from Sooner Web & Offset and a bid of \$250.00 for 700 bumper stickers if Sooner Web & Offset had them silk-screened. Watson Lawrence will investigate costs further.

C. **Convention** - Bobby Gallegos will be unable to attend Convention so Jan Kavadas will be a PNA delegate to Convention. (Hugh Moore is the other PNA delegate.)

5. **New Business**

A. **PNA Top Ten Booklet** - is available from Walt Reid for a reimbursement fee of \$2.00. See your team rep or Walt Reid at meets for a copy.

B. **Next Board Meeting** - will be Tuesday, August 28, 7:00 p.m., at a Tacoma location to be announced. Sequim Masters may host a board meeting after the October meet. We need all Team Reps!!!!!!  
(Minutes are subject to approval by the board.)

Respectfully submitted,

*Kathy Casey*  
Kathy Casey

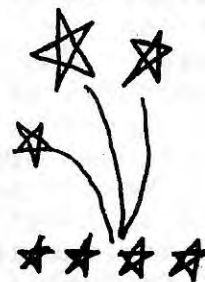
IS THE PHENIX ABOUT TO RISE FROM THE ASHES...AGAIN??

Let us help you.

The PNA is sponsoring a **FITNESS CLINIC** to be held Saturday, October 27, 1990 at Decatur High School in Federal Way.

Topics to be covered are:

- Testing for Strength and Flexibility
- Nutrition
- Weight Lifting for Swimmers
- Flexibility Exercises
- Massage Therapy
- Prevention and Treatment of Swimmers' Injuries
- ... and more.



For questions or suggestions, please call Frank Newquist at 474-1267 or 922-3405, or Caroline Baldwin 243-3705.

Entry information will be in the September newsletter.

THE **AUGUST BOARD MEETING** will be held at the Tacoma YMCA on Tuesday, August 28, 1990 at 7:00 pm.

**WE NEED ALL TEAM REPS AT THE BOARD MEETINGS TO CONDUCT BUSINESS !!!**

THE **1990-91 MEET SCHEDULE** has been established. The Board is still looking for hosts for long course meets in the summertime. If your team is still interested in hosting a meet, contact Jan Kavadas, 217 Alder Street #305, Edmonds, WA 98020.

**6TH ANNUAL EMERALD CITY OPEN WATER SWIM** is August 18th. Entry forms are available from the Seattle Department of Parks and Recreation, 684-4075.

**PNA TOP TEN BOOKLETS** are available from Walt Reid for a reimbursement fee of \$2.00. See your team rep or contact Walt Reid at swim meets for your copy!!

**PNA DELEGATES FOR THE 1990 USMS CONVENTION** are Hugh Moore and Jan Kavadas. If you have any issues that you would like to discuss, or are concerned about, please contact them soon!! Other PNA members attending convention are Jane Moore, MD - Chair of the Sportsmedicine Committee; Walt Reid - Chair of the Records and Top Ten Committee; and Kathy Casey - Oceana Zone Representative. **These people do an incredible amount of work for the PNA. Please make an effort to thank them for their support when you see them!!**

Rumor has it that Sequim Masters will be featured in the August issue of the magazine "50-Something". Way to go!! The group from Sequim is new and very rapidly growing. Welcome to the PNA!!

Hugh Moore is looking for someone to replace him as PNA Registration Chairman if the National Meet Organizing Committee bids successfully for 1992 Long Course Nationals. Let's think positively, and start contacting Hugh if you are interested!

I recently received a note for the PNA from Ann Gindroz:  
"Thanks again for your on-going support at my times of need this last season. I felt your presence and encouragement behind the scenes and that has helped to keep me going. I'm looking forward to a better short-course season next year - with perhaps some exciting times and things happening in our area."

Steve and Sue Freeborn would like to extend their thanks to the PNA and those members who sent cards, gifts and wishes to them following their recent loss. Your support means a great deal to them.

\* \* \* \* \*

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 Ln SW #M101, Federal Way, WA 98023      Telephone: 839-6161

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\* \* \* \* \*

**P N A MEET SCHEDULE**

October 14	Port Angeles
November 17-19	North Kitsap
December 8	Enumclaw
January 19	Anacortes
February 8-9	ORCA - Seattle
April 12-14	PNA Champs - King Co. Aquatics Facility

\* \* \* \* \*

**NATIONAL AND INTERNATIONAL SCHEDULE**

August 7-13	1990 3rd FINA / MSI World Championships Rio deJaneiro, Brazil
August 17-20	1990 Long Course National Championships The Woodlands, TX
September 19-23	1990 USMS Annual Convention Pittsburgh, PA
May 16-1	1991 Short Course National Champs. Nashville, TN
August 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 Route 1, Box 204 Spangle, WA 99031 (509) 245-3532	Kathleen Buck 31925 NE Canter Ln Sherwood, OR 97230 (503) 625-5747	Richard Cooke Sawtooth Masters 1915 State Street (208) 939-8289 (208) 336-0606	Denis Crockett BC Masters 1531 W 4th Ave Vancouver, BC V6J 1L6 (604) 736-7645

\* \* \* \* \*

**CHANGE OF ADDRESS**

**IMPORTANT !! BULK MAIL IS NOT FORWARDED !!**

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:

DEVIN BATEMAN, ROBERT BRUNS, JENNIFER CRAWFORD, JEAN CRECELIUS, RUSSELL HAWKES, JACK HESLIP, STEVEN HOLTON, SHIRLEY HOMER, DOROTHY KOBERNIK, SAMUEL LAWRENCE, AND MIKE SWAN.

**HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS**

08/16	ROBERT BAUCKE	08/23	MARGARET HARRIS	09/06	BARBARA GUNDRED
08/16	KARIN SCHANZLE	08/25	RONALD HIMSCHOOT	09/07	ZDENEK DONDA
08/16	THERESA GOETZ	08/25	KAREN SEVERSON	09/08	JAMES BROWN
08/16	CANDACE KOVNER	08/25	BRYAN LINCOLN	09/08	RICHARD RICE
08/17	JENNIFER SHOUP	08/28	KELLY DOWNEY	09/08	BRANT BUTTE
08/18	KATHARINE PLOEGER	08/30	DENNIS MORGAN	09/08	MARGIT BANTOWSKY
08/18	DARYL BODLORICK	08/31	DWIGHT BOLTON	09/09	KATE JOHNSON
08/18	KAREN JOST	08/31	ROBERTA MOORE	09/09	RON CARLSEN
08/19	CLAIRE GORDON	09/01	ROLLIE ROBERTS	09/11	KATHY BAUMANN
08/19	CATHERINE HAWLEY	09/01	JOHN LORIMER	09/12	RICHARD GOLDEN
08/21	JOHN TANG	09/02	LINDA HARMON	09/12	CHERYL KITASHIMA
08/21	MICHAEL JACOBS	09/02	VALERIE ANDERSON	09/12	HUGH JAMES
08/21	MARVIN WOOD	09/04	JOHN MAHER	09/13	FOREST BROOKS
08/22	TERRI HIGHLAND	09/04	GEORGE GRANT	09/14	PINKY WALKER
08/23	MICHAEL CROCKETT	09/05	PAUL SENUTY	09/15	CLARE VILA
08/23	DALE HERTER	09/06	SHIRLEY HALL		

**UNITED STATES MASTERS SWIMMING, INC.**

**REGISTRATION APPLICATION - NOV 1, 1989 to OCT 31, 1990**

THIS IS A  RENEWAL MY 1989 USMS NO. IS \_\_\_\_\_  NEW REGISTRATION

PLEASE PRINT OR TYPE INFORMATION

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

OFFICIAL USE ONLY

[ ]

THANK YOU

MAKE CHECK PAYABLE TO: PNA MASTERS SWIMMERS

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

USMS FEE \$ 12.00	LMSC FEE \$ 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, meet 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