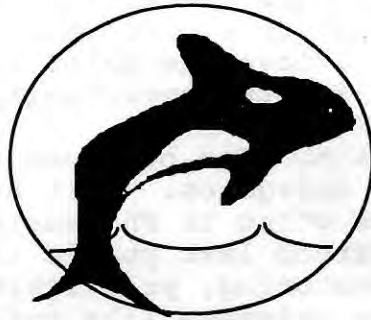


the
WET
SET

PACIFIC NORTHWEST ASSOCIATION
OF
MASTERS SWIMMERS



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THE PNA NEWSLETTER

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SEPTEMBER BOARD MEETING
TACOMA YMCA
TUESDAY, SEPTEMBER 25 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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Hello again,

Another month just "raced" by. Speaking of racing...did anyone do any racing? I did... Every weekday I "raced" to a pool or lake and had a long relaxing swim. Only God knows how much I love the water and how much swimming means to me. Thank you, Lord, for the opportunity.

Convention time is upon us once again. Too bad most of you don't realize how busy a time this is for our delegates. Walt Reid, Kathy Casey, Hugh and Jane Moore, and Jan Kavadas are going to Philadelphia for five long days. I was fortunate enough to attend last year's in Portland. Wow, what an eye-opener that was. Lots of posturing, politicking, and lots and lots of really wonderful people who love swimming like myself. And who really believe in and promote the "Goals and Objectives of Masters Swimming". (see your Rules Book...Don't have one? Call Kathy Casey or myself and we'll get you one).

At Convention Hugh Moore will present our bid for the '92 Long Course Championships. The bid itself was sent to the USMS Championship Committee and was received before the deadline. The portfolios were sent to the Executive and Championship Committees for review on August 29. At last word, PNA submitted the only bid. There's still a possibility that someone will submit a late bid. It has happened in the past and they have won it too!

Our National Meet Organizing Committee, headed by Hugh Moore, is to be congratulated on a "World" Class job. Extremely professional and extremely thorough. A job very well done. Good luck at Convention to you all.

With September a busy month for Convention delegates and us swimmers staying fit, October will be a busy month for us all. The start of our short course season and our first clinic in a while.

Port Angeles will be hosting the meet on October 14, and tentatively the October Board Meeting will be hosted by Watson and Nancy Lawrence in Sequim on the 13th. On October 27th, an outstanding clinic for Masters swimmers will be held at Decatur High School (Federal Way). Read the minutes of the August Board meeting (and look in this month's newsletter for an entry form - ed.) for details.

And lastly to our fitness swimmers. Those who have no interest in, feel intimidated, or are just too embarrassed or proud to attend a meet. Please make an attempt to go to 2 meets this year. This year, as it was last year, most of our meets are out of the Seattle area, so it's easy to say it's not convenient to attend. That's ok. But without the 400 or so of you who don't "show" yourselves, we (the PNA as a whole) have serious credibility problems locally. So please give the meets a try. I'm sure you won't be disappointed.

Respectfully,

Bobby G.

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

The meeting was called to order by President Bobby Gallegos. Thirteen people in attendance were: Kathy Casey, Steve Freeborn, Bobby Gallegos, Marilyn Grindrod, Karen Jost, Jan Kavadas, Hugh Moore, Jane Moore, Frank Newquist, Steve Peterson, Walt Reid, Tom Taylor, and Frank Warner. Six teams represented were: Cascade, Federal Way, Fort Steilacoom, Highline, OOPS, 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 \$4078.11. Year-to-date revenue is \$19,043.12 and year-to-date expenses are \$17,571.64. The board approved a reimbursement of \$70.00 to Registrar Hugh Moore for postage.

3. **Committee Reports**

A. **Membership** - Hugh Moore reported that there are currently 648 members, 68 more than last year at this time.

B. **Meets** - The board approved a 25 yard meet at Bangor, Saturday, March 16. Electronic timing will be used at that meet. PNA is seeking a meet host for a long course meet at the King County Aquatic Facility August 2, 3, and 4, 1991. The board discussed advertising meets several months before each meet in an effort to increase attendance. Jan Kavadas will encourage each meet host to submit a half-page ad to the newsletter four months prior to the meet. Otherwise Jan will create an ad for the meet. The sanction/approval fee is \$15.00 for non-LMSC meets (those not awarded by the LMSC board and thereby creating no other revenues for the LMSC). Jan Kavadas will draft cancellation procedures for the meet contract.

C. **Newsletter** - Contributions for the fitness column would be welcome. Submit fitness articles, news items, suggestions, or comments to Karen Jost by the first of each month.

D. **Awards** - In a ceremony on deck at Long Course Nationals in The Woodlands, Texas, Steve Freeborn presented the Dawn Musselman Award to Jean Troy who won the 100 meter freestyle in the 60-64 age group.

E. **Publicity** - Tom Taylor has submitted a treatment for a potential television special on Masters swimmers to the producer of "The Saturday Sports Special", a tentative new show on KIRO TV.

F. **National Meet Organizing Committee** - Hugh Moore reported that the PNA bid for the 1992 Long Course Nationals has been mailed and received in a timely manner. The NMOC members have completed 23 bid portfolios to be sent to the members of the USMS Championship and Executive Committees on August 29. The board voted that the NMOC be empowered to discuss plaque awards with the USMS Championship Committee during the 1990 Convention and to pursue it as appropriate.

4. **Old Business**

A. **Clinic** - Frank Newquist reported that the clinic will be at Decatur High School Saturday, October 27, from 8:30 a.m. to 1:00 p.m., beginning with a half-hour registration followed by an introductory session and several 45 minute sessions on the following topics; flexibility and strength testing by Jane Moore, prevention and treatment of injuries by Karen Jost, massage therapy by Eileen Broomell, weight lifting by Greg Harrison, and nutrition. There will also be an exhibit of home exercise equipment, a brunch break

(included in the cost of registration), and a closing question and answer session. Clinic participants will be invited to attend an organized, coached workout at the King County Aquatic Facility after the clinic (pool fee to be announced later). The board approved a budget of \$600.00 for the clinic with the contingency that the pre-registration fee be \$10.00 and the registration fee at the door be \$13.00. The budget includes \$25.00 for expenses for each instructor (\$125.00 total), \$50.00 for a graphic artist to design a swim cap, \$230.00 for 100 swim caps (left-overs to go to PNA for resale), \$50.00 for the brunch, and \$20.00 per hour for the use of Decatur High School and the services of custodial staff to set up and clean up (\$100.00 total). All clinic participants must be registered USMS members. The clinic will be a sanctioned event, the USMS waiver will be on the registration form for signature by each registrant, and a space for the registrant's USMS number will be on the form. Frank and Carolyn Baldwin will be soliciting a limited number of volunteers to assist the instructors at the clinic and thereby receive free admission to the clinic.

B. **Bumper Sticker** - Tabled until the next meeting.

C. **Proposed USMS Rule and Legislation Changes** - Anyone having any input or questions regarding these proposed changes call Kathy Casey, Jan Kavadas, Hugh Moore, Jane Moore, or Walt Reid prior to Convention (September 19 - 23).

5. **New Business**

A. **Next Board Meeting** - will be Tuesday, September 25, 7:00 p.m., at the Tacoma YMCA (tentative location). We need all Team Reps!!!!!!
(Minutes are subject to approval by the board.)

Respectfully submitted,



Kathy Casey

Congratulations to Frank and Pam Warner on the birth of their daughter Mandy, Aug. 31, 1990.

**FITNESS INTO THE 90s:
A PNA Masters Clinic**

PNA is pleased to offer to its members "FITNESS INTO THE 90s: A PNA Masters Clinic," to be held **Saturday, October 27** at Decatur High School in Federal Way. This half-day program will include strength and flexibility testing, as well as participatory presentations by experts on Massage Therapy, Weight Training, Nutrition, Selecting Home Fitness Equipment and Prevention and Treatment of Swimmers' Injuries. The material presented will be appropriate for and of interest to all levels of Masters--**SWIMMERS OF ALL AGES ARE WELCOME.**

Registration/check in will be at 8:30 A.M. The clinic will begin promptly at 9:00 A.M. and finish by 1:00 P.M., with a brief break for a mid-morning snack. Clinic fees will be \$10.00 for pre-registered participants (see sign-up form next page) and \$13.00 at the door. As an added bonus for clinic participants, a coached, organized workout will be available after the clinic at the new King County Aquatics Center, site of the recent Goodwill Games swimming events.

We are looking for volunteers to help make this event a success. Please indicate on the sign-up form if you can help us out.

If you have any questions or suggestions, please call Frank Newquist at 474-1267 or 922-3405, or Carolyn Baldwin 243-3705.

NOTE: Get those registrations in early! ALL THOSE WHO PRE-REGISTER FOR THE EVENT WILL RECEIVE A FREE PNA LOGO SWIM CAP.

Directions: take the 320th exit off I-5.
West on 320th, past 21st Ave SW.
Next light is 26th Ave SW, turn right.
Go around to back parking lot.

Be sure to wear comfortable clothing!

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P N A MEET SCHEDULE

October 14	Port Angeles
November 17-18	North Kitsap
December 8	Enumclaw
January 20	Anacortes
February 8-9	ORCA - Seattle
March 16	Bangor
April 12-14	PNA Champs - King Co. Aquatics Facility

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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 17-20	1991 Short Course National Champs. Nashville, TN
August 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 Route 1, Box 204 Spangle, WA 99031 (509) 245-3532	Kathleen Buck 31925 NE Canter Ln Sherwood, OR 97230 (503) 625-5747	Pete Capano 5551 S. Lapwai Pl Boise, ID 83709 (208) 362-2229 (208) 323-4579	Denis Crockett BC Masters 1531 W 4th Ave Vancouver, BC V6J 1L6 (604) 736-7645

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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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WELCOME TO THE PNA

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

ALAN BERRY, THOMAS HARRYLOCK, JOSEPH MICHALAK, GWEN ROEDEL, AND RICHARD THOMAS.

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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

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THE SEPTEMBER BOARD MEETING will be held at the Tacoma YMCA on Tuesday, September 25, 1990 at 7:00 pm.

WE NEED ALL TEAM REPS AT THE BOARD MEETINGS TO CONDUCT BUSINESS !!!
It was really great to see the numbers turn out at the August meeting--- 13 people attended, representing six teams.

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.

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!!

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!

Best wishes to Forest and Cathy Brooks following Cathy's surgery in late August and their recent loss of a family member.

If you know of someone interested in swimming the October meet who is not registered for USMS through October 31, please let them know that their USMS registration fees will go towards 1991 dues. They **do not** need to register for 1990 and then again for 1991.

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

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HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS

09/17 STEVEN PETERSON	09/26 BOBBY GALLEGOS	10/06 JOAN DAVIS
NANCY LEWIS	09/27 LYNN HALL	10/07 ROCKY PHOENIX
09/18 SUE BOOTH	09/29 DAVID TONEY	WATSON LAWRENCE
BARRY LAWRENCE	CHARLES ROTH	MARK BONN
09/20 RUSSELL HAWKES	VERNON BRYANT	10/08 PATRICK BOHNERT
JAMES NORRIS	DEBRA POHLMAN	10/10 BRENDA DAHLSTROM
BEVERLEY CAMP	10/01 JUDY HARRISON	10/11 JAMES HENRY
09/21 ALISON DILLOW	MOLLY GORDON	DONALD ENGELBACH
STEVEN LAY	STEVEN HOLTON	10/12 ANNE MARSTON
BARBARA SCHAEFFLER	10/02 MARION CHADWICK	10/13 DENISE DRAGOVICH
CLAIRE CLEMENS	CHARLOTTE SNOW	BILL CASTNER
09/23 WARREN KLEIST	10/03 DONNA HUSS	10/14 SCOTT MAC INTIRE
09/24 JACK HESLIP	CARTER MORGAN	JANET JAEGER
09/25 MANUEL CHAUS	10/04 MICHAEL MARRONE	10/15 PATRICIA WOOD
MILES YANICK	10/05 KATHRINE CASEY	GREG SKAGEN
NICHOLAS PARRY	HAL YOUNG II	STEPHEN BERGMANN
CHRISTINE BACKMANN	10/06 HERBERT THOMAS	SUSAN DEARBORN
09/26 JAYNE SIMMONS-SCOTT	MIRIAM RABITZ	SUSAN KULSA
THOMAS SHERRY		