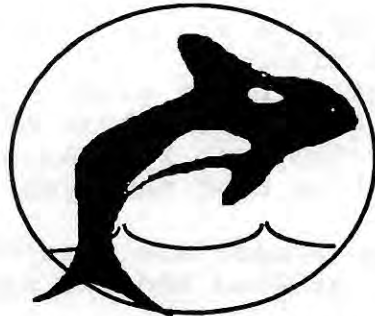


the
WET
SET

PACIFIC NORTHWEST ASSOCIATION
OF
MASTERS SWIMMERS



PRESIDENT

Bobby L. Gallegos
340 Tremont W.
Port Orchard, WA 98366
(206) 876-0960

EDITOR

Karen Jost
31908 Third Lane S.W. #M-101
Federal Way, WA 98023
(206) 839-6161

THE PNA NEWSLETTER

VOLUME 9 - NUMBER 11

NOVEMBER, 1990

| | |
|--|----|
| ANNOUNCEMENTS | 7 |
| BIRTHDAYS | 7 |
| "WHAT NEXT"? by Watson Lawrence | 6 |
| MEET ENTRIES | |
| LINCOLN CITY - SCM ORDER #4 (NOV. 30- DEC. 1) | 8 |
| ANACORTES - SCM ORDER #4 (JAN. 20) | 5 |
| OREGON CITY (JAN. 19-20) | 8 |
| MEET RESULTS | |
| PNA SWIMMERS IN THE EMERALD CITY OPEN WATER SWIM | 9 |
| PNA SWIMMERS AT LONG COURSE NATIONALS | 11 |
| MOTIVATIONAL FACTORS SURVEY SUMMARY - PART ONE | 4 |
| PNA BOARD MEETING MINUTES - OCTOBER | 3 |
| PRESIDENT BOBBY'S LETTER | 2 |
| WELCOME NEW SWIMMERS TO THE PNA | 7 |

* * * * *

NOVEMBER BOARD MEETING
TACOMA YMCA
TUESDAY, NOVEMBER 27 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.

* * * * *

Hello again,

Sorry about last month's newsletter. A mix-up at Foss High School caused a delayed issue. Thank you for your patience.

Those of us that went to Port Angeles had a great time. The Board meeting was very productive, and the meet was well run. Thanx to Watson and Nancy Lawrence for their hospitality. The folks from Port Angeles had a great time and expressed their desire to hold another meet next year. Can't wait till next year.

Our fitness clinic at Decatur High School was absolutely out of this world. The event was extremely well-organized and the experts were well-qualified.

I started my day by warming up before the fitness testing on equipment supplied by Mike from EEC. Mike showed me the treadmill which, quite frankly, I didn't like at all. But he coaxed me back on the contraption and in no time at all I was quite comfortable. And, thoroughly warmed up for the fitness testing.

Dr. Jane Moore used a method of fitness testing developed by the Cooper Clinic. After I did my sit-ups, push-ups, flexibility testing and body fat, Jane analyzed my results. I had a score of 32 of a possible 40 (or 45?). My fitness level was in the "desirable" range.

The rest of the clinic was very helpful in pointing out ways to actually improve my "weaker" areas.

I received information in the Nutrition segment that will help me reduce my body fat. Charlie Davis of the downtown Tacoma YMCA gave a lecture and question session jam-packed full of goodies on nutrition.

Greg Harrison led a session on weightlifting that will help me on strength training and flexibility. (Well, he didn't go into flexibility but I know that flexibility is enhanced when one performs full-range-of-motion weight training.) His "opinion", as he put it, was well-taken and contained illuminating insights.

Karen Jost's lecture on Prevention and Treatment of injuries contained one of, if not the best informed, descriptions of the shoulder that I have witnessed.

Eileen Broomell gave a very informative lecture on the, what is becoming very popular, field of massage therapy.

I definitely left the Clinic a better person. My personal thanx and congratulations to Frank Newquist. He and his crew put together a clinic of a caliber that quite pleasantly impressed me as being outstanding. (ed note - I know Frank would like to thank the rest of his committee, Carolyn Baldwin and Kristy Aserlind for their support and assistance !)

So what's next? Well, the North Kitsap meet will be history at the time you will receive this (not if I can help it, Bobby - kj). The next Board meeting will be November 27th at the Tacoma YMCA on Pearl St. (your attendance is requested). I'm giving the Board a break in December and will hold the January Board meeting in Anacortes. So in the meantime keep fit, attend the board meetings and meets, and I'll be seeing you.

Respectfully,

Bobby G.

Pacific Northwest Association LMSC Board Meeting
October 13, 1990 Sequim Aquatic Recreational Center

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

The meeting was called to order at 7:38 p.m. by President Bobby Gallegos. Fourteen people in attendance were: Cathy Brooks, Forest Brooks, Kathy Casey, Bobby Gallegos, Karen Jost, Nancy Lawrence, Watson Lawrence, Hugh Moore, Jane Moore, Dan Nellis, Pat Nellis, Frank Newquist, Steve Peterson, and Walt Reid. Seven teams represented were: Federal Way, Fort Steilacoom, Highline, OOPS, South Kitsap, Sequim, and Tigers.

1. **Minutes** - The minutes of the last meeting were read and approved as amended. The spelling of Zena Herrmann's name was corrected.
2. **Treasurer's Report** - The end of the 1990 fiscal year was September 30. Jane Moore reported a balance of \$2,053.40. The end-of-the-year revenue was \$19,199.79 and end-of-the-year expenses were \$19,753.02. Bills yet to be paid are \$7.00 to the secretary and \$83.92 in convention hotel expenses. The treasurer's report was approved.
3. **Committee Reports**
 - A. **Membership** - Zena Herrmann will be the new membership chairman. There are 15 new registrations and 55 renewals for the new registration year which begins November 1. The front page of the November newsletter will include a large print reminder that all members must register for the new year. Otherwise the November newsletter will be the last issue they will receive.
 - B. **Meets** - The January meet at Anacortes will be Sunday, January 20, and it will be a short course meters meet. Jan Kavadas and Frank Newquist are working on the following issues: the low number of entries at meets, a cancellation clause in the meet contract, and a sanction fee for meets not sponsored by PNA. Bobby Gallegos will call Jan to ask if anyone has indicated an interest in hosting the Region XII long course championships at the King County Aquatic Facility August 2, 3, and 4, 1991. At their November meeting the NMOC will also consider hosting that meet.
 - C. **Newsletter** - The first of three parts of the Motivational Factor Survey results has been submitted by Ian Thompson. Ian has given Karen Jost permission to edit it and publish portions in the "Wet Set". An announcement regarding registration for the new year will appear in large print on the first page of the November newsletter.
 - D. **Officiating** - Walt Reid will meet with officials at the Port Angeles meet. Walt will also keep track of the number of certified officials at each meet during the year.
 - E. **Fitness** - The packet of information for fitness swimmers was sent out with the agenda for the October board meeting. (Secretary's note: Therefore 37 people have received it. See your team representative, coach, or a board member for that information.) Watson Lawrence will write 4 - 6 fitness articles for the newsletter.
 - F. **Computer** - Walt Reid will get an estimate on repairs for the PNA computer and Bobby Gallegos will pay for the repairs. In the event that the PNA will need to buy a new computer, the Computer Committee (Gordon Gray, Hugh Moore, and Walt Reid) as well as Watson Lawrence will determine specs and investigate costs for a new computer. Ideas for generating additional income were discussed. Hosting Region XII long course championships August 2, 3, and 4, 1991, was one idea. That idea was referred to the NMOC for their consideration.

G. **Publicity** - Frank Newquist is seeking someone to replace him as Publicity Chairman.

H. **Sunshine** - Bobby Gallegos reported that Marietta Hunziker has agreed to be Sunshine Chairman again.

I. **National Meet Organizing Committee** - Hugh Moore reported that the next meeting will be in early November.

4. Old Business

A. **Clinic** - Frank Newquist reported that everything is ready for the clinic on October 27 at Decatur High School in Federal Way. Charlie Davis from the Tacoma YMCA will do a nutrition seminar at the clinic. All participants must be registered with USMS.

5. New Business

A. **Nominating Committee** - will be established in November to find nominees for PNA officers for 1991-1993.

B. **Next Board Meeting** - will be Tuesday, November 27, 7:00 p.m., at the Tacoma YMCA. We need all Team Reps!!!!!!

C. **Adjournment** - The meeting was adjourned at 8:55 p.m. (Minutes are subject to approval by the board.)

Respectfully submitted,



Kathy Casey

MOTIVATIONAL FACTORS IN MASTERS SWIMMING - PART ONE, A SUMMARY

Ian Thompson, chair of the PNA Fitness committee, recently sent me the first of a 3-part series on the Motivational Factors Survey that was completed by Oregon Masters and PNA Masters last spring. This survey has been sent to SWIM Magazine for publication. I have attempted to summarize the material for you, following is part one.

The survey looked at general demographics, youth swimming experience, interim time between youth and Masters swimming, Masters experience (# years, training and competition), motivational factors that keep you swimming, started you swimming as an adult, and factors from childhood that influenced you to return to swimming. 86 males responded, 61 females. The average age was 45.6 for men, 39.5 years for the women.

Factors were separated into Health Factors (weight control, stress control, low injury risk exercise, aerobic benefit, and sense of well-being) and Ambience Factors (environment, friendship, team membership, previous success, expectation of success, convenient time and place, encouragement of friends/family, and year-round exercise). Respondents rated the relative importance of these items as they influenced - 1) keeping the respondent swimming, 2) started the respondent swimming as an adult, and 3) recognition of factors as youth that influenced a return to swimming.

Health factors were found to be more important than ambience factors in situations 1 and 2 above. No difference was seen for situation 3 above. The most important health factors were aerobic benefit and sense of well-being. In situation 1, the most important ambience factor was the feeling of a hard workout. For situation 2, the most important ambience factor was previous success in swimming (even for those who had only had swim lesson experience previously). There was a low return rate for situation 3, but the factors identified were sense of well-being, team membership and camaraderie.

The results seem to indicate that health is a primary reason for beginning and continuing Masters swimming. This information could be useful for those people trying to build a bigger program. First, perhaps the emphasis should be on the aerobic benefit of swimming, then perhaps secondary emphasis should be placed on such things as the feeling of a hard workout, camaraderie, and a sense of well-being.

WHAT NEXT?

"Congratulations! You made 20 lengths of the pool," your instructor says, with the finality in his voice that indicates that you've received the last of his attention. But inside, something says "Wait! I'm still 30 pounds overweight, and out of shape! And how about all those cardiovascular benefits everyone talks about? And all the jocks in the pool are climbing up my back." Well, all the things you heard are probably truer than you can possibly imagine, and this series of articles is designed to show how, what, when, and where to make them come true for you.

It's important to realize that you have reached the first landing in a staircase 1000 feet high. Don't worry if you can't see the top. Just focus on the next landing and try to make that. It's not easy, but the benefits are surely worth the effort.

Most exercise physiologists agree that cardiovascular conditioning requires more than 30 minutes of aerobic exercise in a single session, so that pretty much locates the next landing. In the process of building up your stamina to 20 lengths of the pool, you probably discovered the fundamental truth "If you can swim 12 lengths, you can swim 'till you are hungry." Well, your next goal should be to swim 80 lengths of the 25 yd/m pool and try to keep the time under 45 minutes. You might build up to this by swimming 2 twenties the first swim, and, if that's comfortable, 3 the next time and 4 the time after that. When four 20's become comfortable, then try 2 40's, and ultimately 80 straight out. If it takes longer than 45 minutes, try to speed up a little, possibly swimming each fifth round trip faster; then each third round trip faster, etc., until you can finish in 45 minutes.

By the time you can handle this exercise load handily, there are at least three programs you can become involved in, each of which is infectious in its own way. Each of these will be discussed in subsequent articles.

NEXT MONTH -- Everyone Wants YOU in their program!

watson

This is the first of several articles to present to the new swimmer the various programs and options available to increase their skills and enjoyment of the water.

* * * * *

WELCOME TO THE PNA

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

BETTY BEKEMEIER, NANCY BENSON, HOLLY BLISS, SANDY DENTINGER, JONATHAN EDWARDS, MARK FISCHER, MICHAEL FITZGERALD, TODD GERMAN, PHYLLIS GILL, CHRIS GOLIAN, MELINDA GRIFFITH, MILLARD HASBROOK, TERRY HEATH, SUE HEBERT, STEPHEN HOWES, EUGENE HUNN, BARBARA L'AMI, BRIDGET LEWIS-STONE, MICHEL MC CARTER, LESA OPPELT, TONY SAMPLE, NINA SCHMEDDING, BOB SPENCER, NNAMARIE TERHAAR, PHOEBE TERHAAR, SUZANNE THOMPSON, CATHERINE(KATIE) TROY, AND ERIC WIEGANDT.

* * * * *

HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS

| | | | | | |
|-------|-------------------|-------|---------------------|-------|------------------|
| 11/18 | MIKE SWAN | 11/27 | LINDA MARIZ | 12/06 | LORI CLARK |
| 11/18 | CHAR SIMONS | 11/27 | DON ASHTON | 12/07 | TAMI BENNETT |
| 11/19 | JULIE GALLICHOTTE | 11/27 | LAURI NICKERSON | 12/07 | JON PETERSON |
| 11/20 | R SORENSEN | 11/27 | DAVID SCHULZ | 12/07 | DEBORAH WALKER |
| 11/20 | KENNETH WALKKY | 11/28 | SHELDON SWEENEY | 12/08 | JOHN BRYANT |
| 11/21 | WILLIAM HUMPHRIES | 11/28 | JOAN ANDREWS | 12/08 | ROBERT WATKINS |
| 11/22 | JOHN NETTLETON | 11/28 | SANDRA MC VITTIE | 12/09 | BETH BURROWS |
| 11/22 | MATTHEW PALMER | 11/29 | STEPHEN JACK | 12/09 | RAY FREDERICK |
| 11/22 | KATE REISS | 11/30 | FRANCINE HARMESON | 12/09 | ROBERT STONE |
| 11/22 | WILLIAM PLEVICH | 12/01 | PATRICIA RUSSELL | 12/09 | JOHN PLOEGER |
| 11/23 | NICK LECLERCQ | 12/01 | NANCY BAGEANT | 12/09 | DAN NELLIS |
| 11/23 | ALAN BERRY | 12/02 | PAUL CRAIG | 12/11 | DAVID HARGER |
| 11/24 | KIRK ADAMS | 12/03 | MARGARET LOVELLFORD | 12/11 | DOUGLAS RUSK |
| 11/25 | PETER LIEKKIO | 12/04 | CAROL CLARK | 12/12 | MARIANNE FROMUTH |
| 11/25 | D. KIKO KIMURA | 12/04 | DAVID WILSON | 12/13 | FRANK NEWQUIST |
| 11/26 | PAUL CLEMENTS | 12/04 | LAURIE WESTPHAL | 12/14 | RICK COLELLA |
| 11/27 | SAMUEL LAWRENCE | 12/06 | JAMES BUTLER | 12/15 | PEGGY LEONARD |

* * * * *

THIS IS YOUR LAST ISSUE OF THE "WET SET" UNTIL YOU RENEW YOUR USMS REGISTRATION!

You must re-register before you can swim in any meets, and all members of a team that work out as a group must be registered in order for liability insurance coverage to be effective. The PNA Board has also dedicated some efforts into enhancing and increasing its emphasis on the fitness aspects of swimming, so be looking for more fitness articles and activities in the future. Your suggestions are heartily welcomed!!!

ALL TEAM REPS RECEIVE COPIES OF THE BOARD MEETING AGENDAS. If you are interested in finding out what is happening, contact your team rep. Also, each team rep received a copy of the National fitness committees recommendations for social/motivational activities to increase participation. Ask your team rep to share this information with you. If you do not know who your team rep is, or don't think you have one, let one of the Board members know - they will be happy to assist you!!

THE NOVEMBER BOARD MEETING will be held Tuesday, November 27 at 7:00 pm at the Tacoma YMCA Family branch on Pearl Street. Contact Kathy Casey, or myself (Karen Jost) if you would like directions!

* * * * *

M Y A P O L O G I E S T O E V E R Y O N E ! ! ! !

THE OCTOBER ISSUE OF THE "WET SET" DID NOT GET MAILED OUT, BUT RATHER, GOT STUCK AWAY IN A CLOSET AT FOSS HIGH SCHOOL. IT WAS NOT UNTIL I RECEIVED A CALL FROM ONE OF THE OREGON SWIMMERS (THANKS, PETEY!) THAT I REALIZED NOBODY HAD RECEIVED THEIR NEWSLETTER. RATHER THAN MAIL TWO ISSUES OUT WITHIN A TWO-WEEK TIME FRAME, IT WAS DECIDED TO HOLD THE OCTOBER NEWSLETTER AND MAIL IT WITH AN ABBREVIATED NOVEMBER ISSUE. MY SPECIFIC APOLOGIES GO TO THE NORTH KITSAP GROUP, WHOSE MEET IN NOVEMBER MAY BE AFFECTED BY THIS, AND TO THE COMMITTEE HEADED BY FRANK NEWQUIST THAT PUT TOGETHER THE FITNESS CLINIC, WHO HAD ANOTHER REGISTRATION FORM IN THE OCTOBER NEWSLETTER.

SORRY, GUYS.... karen

DON'T FORGET !!!!! THIS IS YOUR LAST NEWSLETTER UNTIL YOU REGISTER FOR THE 1990-1991 YEAR. YOU ALSO MUST BE RE-REGISTERED TO SWIM IN THE NORTH KITSAP MEET ON NOVEMBER 17-18. GET YOUR REGISTRATIONS IN NOW!!! ALSO, REMIND YOUR TEAMMATES THAT A MAJOR REASON FOR REGISTRATION IS THE LIABILITY INSURANCE POLICY - IF ANYONE IN YOUR GROUP IS NOT REGISTERED, THE LIABILITY INSURANCE COVERAGE DOES NOT APPLY.

LASTLY, IT IS MY SINCERE HOPE THAT YOU ALL RECEIVE THIS NEWSLETTER BEFORE THE NORTH KITSAP MEET. IF YOU HAVE NOT YET ENTERED, AND WOULD LIKE TO DO SO, I WOULD ENCOURAGE YOU TO TELEPHONE THE MEET DIRECTOR TO SEE IF THEY WILL ACCEPT YOUR LATE ENTRY, DUE TO THESE UNUSUAL CIRCUMSTANCES.