

the
WET
SET

PACIFIC NORTHWEST ASSOCIATION
OF
MASTERS SWIMMERS



PRESIDENT

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THE PNA NEWSLETTER

VOLUME 10 - NUMBER 4

APRIL, 1991

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APRIL BOARD MEETING
APRIL 23, 1991
PEARL ST BRANCH OF THE TACOMA YMCA
7:00 PM

PLEASE BE SURE TO NOTE THAT THIS IS NOT THE DOWNTOWN, BUT THE FAMILY BRANCH !!

* * * * *

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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*Further backstroke turn interpretation
page 4*

The time has come to bid you "farewell" as your President. I look back on the time that you entrusted me with the Chairmanship of the Pacific Northwest Local Masters Swim Committee (PNA as we still call it) with pride and fulfillment. There have been highs and lows, disagreements and friendships, battles won and lost, all with a sense of magnificent bonding. Bonding that only comes when one shares an ownership in a possession that carries a base of intense emotional attachment. Very fulfilling indeed.

To Kathy Casey who carried me through some tough times: putting together my agendas; with her thundering velvet involvement keeping things focused and on a straight path. Even with her heavy commitment at the National level. THANK YOU!

To Jane Moore who, when the PNA came to its first real financial crisis, showed great leadership in organizing a committee that brought long-term stability to the solvency of our organization. THANK YOU!

To Karen Jost who didn't know what she was getting into when she became Newsletter chair. Karen, you spent many hours overcoming our printing dilemma and making our newsletter one of the best in the nation. THANK YOU!

To Marietta Hunziker, a person who has served the PNA in some capacity for as long as I can remember, and has shown exceptional holding ability. THANK YOU!

To Nancy Lawrence, who at a very critical time came to us and assumed Records duties, I owe unpayable gratitude. THANK YOU! To her husband Watson, who showed spunk, feistiness and unequalled enthusiasm. THANK YOU for your respect.

To Hugh Moore who is continually innovative and insightful and one of our greatest assets. THANK YOU!

To Walt Reid, another individual who has served the PNA for many years, in the background. A very active background! Another great asset to the PNA, and who at a very critical time stepped forward to fill a position of importance. THANK YOU!

To Steve Freeborn who continually kept loose ends tied up. Who stepped in many times without being asked. THANK YOU!

To Jan Kavadas who has streamlined our meets program into a very efficient operation. THANK YOU!

And to Gordon Gray, Frank Newquist, Forrest Brooks, Steve Peterson, Tom Taylor, Ian Thompson, and Zena Herrmann. I didn't give them a paragraph all their own, but should not feel slighted because their contributions as "Impact Players" made the difference. THANK YOU ALL!!

Finally, as the saying goes, "Lead, follow, or get out of the way". These people made the choice for me easy. I simply got out of the way. These people are our 'points of light'. These people got the job done.

And to the PNA...to USMS...to all swimmers everywhere...thank you for my present...thank you for my future...I owe my life to swimming.

Bobby G.

Pacific Northwest Association LMSC Board Meeting
March 26, 1991 Downtown Tacoma YMCA Board Room
Nationally registered clubs represented by this LMSC are:
Pacific Northwest Aquatics
Husky
SQMasters

The meeting was called to order at 7:16 p.m. by President Bobby Gallegos. Ten people in attendance were: Steve Freeborn, Bobby Gallegos, Zena Herrmann, Nancy Lawrence, Watson Lawrence, Hugh Moore, Frank Newquist, Robin O'Leary, Steve Peterson, and Steve Schmidt. Six teams represented were: Federal Way, GLAD, South Kitsap, Sequim, OOPS, and ORCA.

1. **Minutes** - The minutes of the last meeting were approved.

2. **Treasurer's Report** - Hugh Moore reported a current balance of \$5,327.30, year-to-date revenues of \$13,376.31, and year-to-date expenses of \$9,976.79.

3. **Committee Reports**

A. **Membership** - There are currently 479 members compared to 510 last year. Twelve teams have registered.

B. **Meets** - Bangor was a well-run meet. The four foot depth requirement was waived by Meets Chair, Jan Kavadas.

At the PNA Championships extra parking will be available in the field southeast of the pool.

Meet bid packets are available and will be mailed in April.

BAC will not be able to help run the Region XII Long Course Championships at Federal Way, August 10 - 11. Volunteers to help run the meet will be recruited from within PNA.

A 1500-only meet was suggested for sometime around Father's Day.

C. **Newsletter** - Karen Jost will remain editor for only a short time and is seeking a replacement.

D. **Officiating** - There were three certified officials at the Bangor meet.

Effective March 25, 1991, the new backstroke turn could no longer be done on the back-to-breast turn of the I.M. FINA ruled that the end of the backstroke portion of the I.M. is a finish NOT a turn, and the swimmer must, therefore, remain on the back until he touches the wall. The swimmer may not roll over on his side or front before touching the wall at the end of the backstroke (and before the breaststroke) on the I.M. The new backstroke turn may be done on backstroke turns prior to the back-to-breast turn of the I.M.

E. **Computer** - Bobby Gallegos is still trying to repair the old PNA computer.

F. **Awards** - Steve Freeborn will pick up the awards for the PNA Championships April 10. He is working on awards for the 1992 USMS Long Course Nationals.

G. **Records** - Nancy and Watson Lawrence submitted their resignation. The board expressed its appreciation to Nancy and Watson for their efforts. Walt Reid has offered to take over those duties.

H. **National Meet Organizing Committee** - Hugh Moore reported that the committee is still seeking a banquet facility. The committee decided against designating a particular hotel as the headquarters hotel. Allison Beezer resigned as chairperson of on-site registration. The board approved the appointment of Susie Ness to that position. Ads for the 1992 USMS Long Course Championships in Federal Way will be sent to the the 1991 USMS National Championship Meets.

4. **Old Business**

A. **USS Spring Nationals** - Volunteer drug escorts are still needed for the USS Spring Nationals, April 3 - 7. There will be a meeting for all drug

escorts Tuesday, April 2, 7:00 p.m. Those interested in volunteering should contact Jane Moore at 941-3100.

B. **Insurance** - The Seattle Parks Department objects to some of the wording in the USMS insurance policy. PNA will contact the USMS Insurance Chairman about those concerns.

5. **New Business**

A. **Team Size Divisions for PNA Championships** - Bobby Gallegos, Gordon Gray, and Steve Peterson volunteered to serve on this committee.

B. **Next Board Meeting** - will be Tuesday, April 23, at 7:00 p.m. at the Tacoma YMCA (Pearl Street, not downtown). We need all Team Reps!!!!!!

C. **Adjournment** - The meeting was adjourned at 8:21 p.m. (Minutes are subject to approval by the board.)

Respectfully submitted,

Frank Newquist, + Kathy Casey

Frank Newquist & Kathy Casey



*****NEW BACK TURN CANNOT BE DONE ON BACK-TO-BREAST TURNS!****



Effective March 25, 1991, the new backstroke turn could no longer be done on the back-to-breast turn of the I.M. FINA ruled that the end of the backstroke portion of the I.M. is a finish NOT a turn, and the swimmer must, therefore, remain on the back until he touches the wall. The swimmer may not roll over on his side or front before touching the wall at the end of the backstroke (and before the breaststroke) on the I.M. The new backstroke turn may be done on backstroke turns prior to the back-to-breast turn of the I.M.



*****DON'T GET DISQUALIFIED ON YOUR I.M.!*****

(Yes, you can still do the old backstroke turn! You don't have to do the new backstroke turn.)



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P N A MEET SCHEDULE

April 12-14 PNA Champs - King Co. Aquatics Facility

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OREGON MEET SCHEDULE

April 5-7 Oregon Assoc. Champs - Newberg

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NATIONAL AND INTERNATIONAL SCHEDULE

May 16-19 1991 Short Course National Champs.
Nashville, TN

August 15-18 1991 Long Course National Championships
Elizabethtown, KY

May 14-17, 1992 1992 Short Course National Champs.
U. of North Carolina - Chapel Hill

June 27- July 5, 1992 World Masters Aquatic Championships
Indiana University Natatorium
Contact: Heidi Neuburger, 1901 W New York
Street, Rm 204, Indianapolis, IN
46202

August 20-23, 1992 1992 Long Course National Championships
Federal Way, WA - King Co. Aquatic Ctr.

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OTHER DATES OF INTEREST

May 15- Sept. 15, 1991 10K Postal Championship
Contact: Leo Letendre, 267 Glandore Dr.,
Manchester, MO 63021

September 18-22 1991 USMS National Convention
Louisville, 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	John Zell	Pete Capano	Denis Crockett
Route 1, Box 204	4640 NE 36th Ave	5551 S. Lapwai Pl	BC Masters
Spangle, WA 99031	Portland, OR 97211	Boise, ID 83709	1531 W 4th Ave
(509) 245-3532	(503) 282-9347	(208) 362-2229	Vancouver, BC
		(208) 323-4579	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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Excerpted from the February issue of the Masters Swimming, BC newsletter (and borrowed from other sources as well!)

WHAT ARE SENIORS WORTH?

What are Seniors worth?...We are worth a fortune!

Remember, Old folks are worth a fortune...with silver in their hair, gold in their teeth, stones in their kidneys, lead in their feet and gas in their stomachs!

I have become a little older since I saw you last and a few changes have come into my life. Frankly, I have become a frivolous old gal. I am seeing five gentlemen every day.

As soon as I wake up, Will Power helps me out of bed. Then I go to see John. Next, Charlie Horse comes along and when he is here he takes a lot of my time and attention. When he leaves, Arthur Ritis shows up and stays the rest of the day. He doesn't like to stay one place very long, so he takes me from joint to joint. After such a busy day I'm really tired and glad to go to bed with Ben Gay. What a life! Oh yes, I'm also flirting with Al Zymer.

P.S. The preacher came to call the other day. He said that at my age I should be thinking alot about the hereafter. I told him, "Oh, I do all the time. No matter where I am, in the parlour, upstairs, in the kitchen or down in the basement I ask myself...NOW WHAT AM I HERE AFTER?"

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GENERAL ANNOUNCEMENTS

THE APRIL BOARD MEETING will be held at 7:00 pm on Tuesday, April 23 at the Pearl Street Branch of the Tacoma Family YMCA. We need all team reps to attend these meetings!!

DR. PHIL WHITTEN, a long-time Masters swimmer, is writing a book on swimming and health, to be published by Random House. He is looking for inspirational stories and anecdotes about people whose lives were transformed by their swimming: improved health and vitality, recovery from illness, loss of weight, gain in self-confidence, enhanced family or social life, improved sex life, et. If you have a story you feel others would find inspirational, please write to: Phil Whitten, PO Box 624, Marblehead, MA 01945.

ITEMS OF INTEREST AVAILABLE FROM THE NATIONAL OFFICE at 2 Peter Avenue, Rutland, MA 01543. Make checks payable to "USMS, Inc.": Places to swim - USA \$5.00; Window decals 4/\$1.00; Sports Medicine pamphlets (Fitness and Health or Exercise and Pregnancy) \$.50 each; Rule Books \$6.00; USMS Promotional Brochures SASE; Long Distance Swimming Schedule SASE.

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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 Zena Herrmann, 16204 135th Ave SE, Renton, WA 98058.

* * * * *

CHANGE OF ADDRESS

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

RETURN TO: Zena Herrmann, 16204 135th Ave SE, Renton, WA 98058

NAME _____
OLD ADDRESS _____

USMS # _____
NEW ADDRESS _____

NEW PHONE NUMBER _____

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UNITED STATES MASTERS SWIMMING, INC. REGISTRATION APPLICATION - NOV 1, 1990 TO DEC 31, 1991

FILL IN WITH NAME YOU WILL USE ON ALL MEET APPLICATIONS

PLEASE PRINT OR TYPE INFORMATION

THIS IS A RENEWAL MY 1990 USMS NO. IS 360-
 NEW REGISTRATION

PLEASE NOTE THE CHANGE(S) FROM MY 1990 REGISTRATION:
 ADDRESS NAME OTHER

LAST NAME FIRST NAME INIT

	USMS FEE	LMSC FEE	TOTAL FEE
UNDER 65	\$12.00	\$13.00	\$25.00
SENIOR (65+)	\$12.00	\$ 7.00	\$19.00

STREET ADDRESS

LMSC FEE INCLUDES SUBSCRIPTION TO THE WETSET

CITY STATE ZIP CODE

MAKE CHECK PAYABLE TO: PNA MASTERS SWIMMERS

AREA CODE + TELEPHONE DATE OF BIRTH AGE SEX

MAIL TO: ZENA HERRMANN
 16204 135TH AVE SE
 RENTON, WA 98058
 (206) 235-6371

CLUB (NATIONAL LEVEL ONLY)

LOCAL AFFILIATION

PNW AQUATICS SQM HUSKY UNATTACHED

TEAM 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, practice, and competition) including possible permanent disability or death, and agree to assume all of those risks. I hereby waive any and all right 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. I farther agree to abide by and be governed by the rules and regulations of USMS.

APPLICANT'S SIGNATURE

12

DATE

Congratulations!

Sue and Steve Freeborn

Jenelle Lindsey Freeborn

7 lb., 7 oz.

born March 13, 1991

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WELCOME TO THE PNA

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

JAN AHTEN-CASSOT, MARK BEQUETTE, MARK BICKFORD, LINDA BINGLER, JOHN BORDINI, JEFFERY BORNHEIMER, MARK COLLINS, KIM DAHLMAN, RICHARD D'ARCHANGEL, DWIGHT DAVIS, KYLE GOFF, HEIDI HAGELSTEIN, MARY KEPPLER, WILLIAM KITTO, MARY LAWLOR, FRANK LEONARD, LARRY LITTLE, MEGAN LOE, PATRICK MAHONEY, CRAIG MALLERY, MICHAEL MC GOORTY, DIANE MCCLANAHAN, JAYNE MEIER, WAYNE MUSIC, KATHY NEWCOMB, THOMAS RIEPE, HELEN SCHUCHART, ROGER SENN, MEGAN SHIPLEY, SHANE SHISLER, WILLIAM (BILL) SMERSH, LINDA STEVENS, LIVIA WALKER, MATTHEW WINDER, AND RONALD WOHL.

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HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS

04/16	RICHARD(DICK) GREEN	04/30	CHARLOTTE DAVIS
04/17	MICHAEL SIBLE	04/30	MARK LIST
04/18	HAROLD JOHANSON	04/30	ERIC WIEGANDT
04/19	IAN THOMPSON	05/01	CAROLYN BEHSE
04/19	CAROL BROWN	05/02	DOROTHY KLEIST
04/19	MICHAEL VEITH	05/02	AMY THURNER
04/20	CAMILLE MORGAN	05/02	ROBERT MUSSELMAN
04/20	C. ANN GINDROZ	05/03	ALYSOUN BOND
04/20	SUZANNE DILLS	05/03	RONALD TAYLOR
04/20	MICHAEL MC GOORTY	05/03	ROXANNE CARLTON
04/21	KATHY NEWCOMB	05/03	RON ROBBECKE
04/21	THOMAS CONROY	05/04	PAUL IKEDA
04/21	DWIGHT DAVIS	05/06	JOSEPH MICHALAK
04/23	EUGENE HUNN	05/06	RONALD WOHL
04/24	WENDY THOMAS	05/07	MEGAN LOE
04/24	HEIDI HAGELSTEIN	05/07	ROBIN O'LEARY
04/24	MARIETTA HUNZIKER	05/08	MARY LAWLOR
04/25	KAREN WOLF	05/12	BERTIL DILLNER
04/25	DEBORAH LADD	05/13	MARK OLSON
04/25	JOHN ESPOSITO	05/13	MONICA SARCHIAN
04/27	KRISTEN ASERLIND	05/13	MARYAN BURKE
04/27	MATTHEW WINDER	05/14	KIM KAY
04/28	GEOFFREY ANDERSON	05/14	EVERETT CASSELL
04/29	ERIC JOHANSON	05/14	NICK CUMMINGS
04/30	BETH BRENNER	05/15	KURT HEIDERGOTT

* * * * *

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



The President's Council
on Physical Fitness and Sports
and
SWIM Magazine

SWIM

Challenge You to Earn the Presidential Sports Award For Swimming

The Presidential Sports Award stands for a commitment to fitness through active and regular participation in a sport or fitness activity. Earning this award means that you have put in the time and effort to meet the challenge of personal fitness. The award recognizes this achievement and the fact that you are part of a nationwide effort toward a healthier, more vital America.

TO QUALIFY

1. Swim a minimum of 25 miles (44,000 yards).
2. No more than three-fourths (3/4) of a mile (1,320 yards) in any one day may be credited to the total.
3. For maximum benefit, the criteria should be fulfilled within a four-month period.

THE AWARD

1. A personalized gold embossed certificate of achievement from President Bush.
2. A congratulatory letter from Arnold Schwarzenegger, Chairman of the President's Council.
3. An embrodered swimming emblem.
4. A personalized commemorative certificate of achievement from SWIM Magazine.
5. Sports Identification Tag and Emergency I.D. Tag.

Before undertaking any physical activity program, you should have a thorough medical examination. This is especially important for persons over 40, or for anyone who has not been physically active on a regular basis.

To receive your Presidential Sports Award, swim the required yardage and document your achievement with a completed, signed and dated fitness log. Along with your completed log, send a \$6.00 check or money order to:

Presidential Sports Award
AAU House
PO Box 68207
Indianapolis, IN 46268
317-872-2900

Make your Check or Money Order payable to
"AAU/Presidential Sports Award"
Allow 6 weeks for delivery

SWIM ACROSS THE PNA !!!!

This is the fitness swim for this year !
Mail completed log (a copy of it) to Ian Thompson, too !

To earn the Presidential Sports Award in Swimming:

1. Swim a minimum of 25 miles (44,000 yards).
2. No more than three-fourths (3/4) of a mile (1,320 yards) in any one day may be credited to the total.
3. For maximum benefit, the criteria should be fulfilled within a four-month period.

The Presidential Sports Award can also be earned in: Archery, Back Packing, Badminton, Baseball, Basketball, Bicycling, Canoe-Kayak, Climbing, Equestrian, Fencing, Figure Skating, Fitness Walking, Football, Golf, Gymnastics, Handball, Ice Skating, Joggling, Judo, Karate, Orienteering, Racquetball, Rifle, Roller Skating, Rowing, Rugby, Running, Sailing, Scuba-Skin, Skeeet-Trap, Skiing (Alpine), Skiing (Nordic), Soccer, Softball, Sports/Fitness (Aerobics), Squash, Table Tennis, Tennis, Volleyball, Water Skiing, Weight Training.

For additional personal fitness logs and requirements for the other 42 sports, please contact the Amateur Athletic Union at

PRESIDENTIAL SPORTS AWARD
AAU House
P.O. Box 68207
Indianapolis, IN 46268
317-872-2900

Presidential Sports Award Personal Fitness Log

Date	Performance Entry	Date	Performance Entry	Date	Performance Entry

I hereby affirm that I have fulfilled all of the requirements for the Presidential Sports Award in _____ NAME OF SPORT _____

SIGNATURE _____ I OBTAINED MY FITNESS LOG AT SWIM MAGAZINE _____

Age (check one)
 15-17
 18-24
 25-34
 35-44
 45-54
 55-64
 65+ (check one)
Sex (check one)
 Male
 Female

FILL IN BELOW (PLEASE PRINT CLEARLY):
NAME _____
STREET _____
CITY/STATE _____
ZIP _____