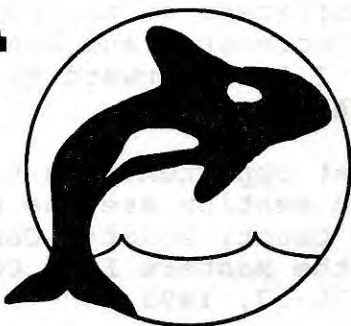


the

PACIFIC NORTHWEST ASSOCIATION OF MASTERS SWIMMERS

WET SET



THE PNA NEWSLETTER

PRESIDENT

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UPCOMING BOARD MEETINGS

MAY 28, 1991 7:00 PM CAROLYN BALDWIN'S HOME 243-3705
17056 12TH PL. SW SEATTLE

(Agenda items will include selection of delegates for USMS convention, planning for a PNA retreat, and discussion of PNA involvement with Washington State Games).

JUNE 25, 1991 7:00 PM JAN KAVADAS' HOME 775-5814
217 ALDER ST #305 EDMONDS

Welcome!

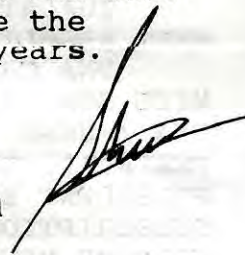
I would like to welcome the following officers to the PNA Board: Carolyn Baldwin - Vice President, Frank Newquist - Secretary, and Jane Moore - Treasurer. During my tenure of president, I look forward to working with the Board as well as with each member of the PNA.

The next two years present several great opportunities to promote the PNA organization. Two events worthy of specific mention are the Region XII Long Course Championships to be held at the King County Aquatic Center on August 10th and 11th, and the opportunity to host the Masters Long Course National Championships at the Aquatic Center August 20-23, 1992.

With these two events, the Aquatics Center, the Northwest, and the PNA are going to be the focus of a lot of attention. Let's not be a disappointment.

To date, a lot of work has gone into preparing these events. However, there is still much more to be done and as such, your assistance is encouraged. For those of you who have not been actively involved in the PNA over the years, these meets provide an excellent opportunity to be involved in the PNA and to see how the PNA functions. For those of you who have been active participants, now is not the time to stop.

I see the next two years as providing the PNA with real opportunities for expansion, but to do so requires everyone to make a contribution. The PNA will only be as strong as we choose to make it, and we may never again have the opportunities that are going to present themselves over the next two years. Let's not blow it!!



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

MAKE CHECK PAYABLE TO: PNA MASTERS SWIMMERS

CITY STATE ZIP CODE

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

AREA CODE + TELEPHONE DATE OF BIRTH AGE SEX

LOCAL AFFILIATION

CLUB (NATIONAL LEVEL ONLY)
PNW AQUATICS SQM HUSKY UNATTACHED

TEAM UNATTACHED

MINUTES OF PNA BOARD MEETING

The meeting was held on Tuesday, April 23, 1991 at the YMCA on Pearl Street in Tacoma. The meeting was called to order by new President, Steve Freeborn, at 7:15 p.m. In attendance were Carolyn Baldwin, Maxine Carlson, Kathy Casey, Steve Freeborn, Bobby Gallegos, Jan Kavadas, Nancy Lawrence, Watson Lawrence, Hugh Moore, Jane Moore, Walt Reid, and Frank Newquist.

MINUTES: Minutes of the previous meeting were approved.

COMMITTEE REPORTS:

TREASURER: Jane Moore reported a balance of \$5242.43. She advised that the greatest part of the income has been received for the year. We are still expecting a little over \$700.00 from the recent championship meet. We still have expenses for the newsletter and convention.

MEMBERSHIP: Hugh Moore reported that our current membership is 506, compared to 587 for last year and 534 two years ago. We have 17 teams registered as of the current date.

Renewals for registration are due in January 1992. The registration date has been changed from October to January. The Board approved to change the proration date for registration to July 1. Of the money paid for registration, \$12.00 goes to National and the remainder stays as the LMSC fee.

Hugh will provide a list of unattached swimmers to each rep at large.

MEETS: Jan Kavadas is the chairperson for meets. Kathy Casey stated she would put a notice in her Zone Newsletter for the regional Long Course Championships to be held at the Goodwill Games Pool in Federal Way in August 1991.

The PNA champs meet got a good review from the Board members.

Steve Freeborn asked that a notice be put in our Wet Set regarding the fact that Long Course Regionals needs help for running the meet. The meet will be held on August 10 and 11. We are having a problem with this because we can't get age group swim teams, as they have other commitments during that time period. It was suggested that some of the fitness swimmers in our local club might be willing to volunteer for this.

Jan said that bid packets for swim meets for the next season are being mailed out and must be returned by June 15. They will be reviewed by the Board on June 25. We already have one bid in from Anacortes for a meet on January 17, 1992.

Dennis Crockett, of the British Columbia team, wants to coordinate with the PNA and Oregon regarding future meet scheduling.

Hugh Moore stated that all events run at Long Course Regionals would be run from only one end of the pool. It was suggested that we have at least one event run from both ends as an experiment to see if it would save time, to help us plan for the National Championships in August 1992. It was suggested that we run the 200 fly from both ends of the pool. (200 flyers would never catch on).

The Washington State Games will be held August 17 and 18, one week after Long Course Regionals. There are no qualification meets necessary. That will be run as an approved meet. The Board voted to approve a waiver of the approval fee of \$25.00. A meet entry for the games will be run in the Wet Set. The PNA will have to assign an observer to the meet.

The 1500-Meter Only Meet was discussed, and it was decided that it was too late in the season to schedule that. That will be considered for next year.

Hugh Moore stated that we need more Long Course meets. He suggested that we should loosen the pursestrings to attract more meets. That is, give the host group a greater share of the revenues. Bobby G. said he would check with Kitsap to see if they could put a meet together. Jan Kavadas will contact the BAC.

It was suggested that anybody with contacts in the Seattle/King County area should make calls to market the swim meets in the Seattle area. There has been a growing problem of most Seattle teams being unwilling to host meets.

RECORDS: Walt Reed, new chairman for records, stated that several regional and PNA records were set at the recent champs meet in Federal Way. He highlighted his comments on the new records by telling us that Aulis "The Stud" Kohkonen, a 60-year-old transplant from Finland, set a new record for the 100-yard breaststroke in 1:15.06 (record reduced to 1:14.77 in regional meet).

Top Ten times have been turned in.

AWARDS: Steve Freeborn said there were enough awards to last for about two years.

NEWSLETTER: It was discussed and approved that we work an exchange with the Emerald City One-Mile Swim in August. That is, they would be allowed to put a free ad in our Wet Set in exchange for us putting flyers regarding our PNA into the swimmer's packet at the Lake Swim.

There was a discussion as to which two issues to skip in an effort to save costs. An alternate suggestion was made to put out a "bare bones" newsletter for those two months and still be able to reduce costs. The Board was strongly in favor of the latter proposal, although I don't recall that it was made exactly official.

COMPUTERS: The precious PNA computer is busted. Bobby broke it and he is getting it fixed.

OFFICIATING: The officiating at the recent PNA Champs got great reviews.

Kathy Casey will buy a videotape of the USS Swimming Rules, at a cost of \$6.00. She will get copies made (permissible, as it is not copyrighted).

Kathy Casey accepted the position of chairperson for the Officiating Committee.

SOCIAL: A chairperson is still needed to head the Social Committee.

Several complaints were registered at the meeting regarding the recent PNA Champs at the Goodwill Games Pool in Federal Way. The food vendor running the snack bar, who have an exclusive contract, closed up shop early on Saturday and did not even bother to show up on Sunday. Bobby G. was upset with some of his times and blamed his performance anxiety on the fact that the snack bar was closed and he couldn't get his usual quota of chocolate-frosted sugar bombs.

FITNESS: We're all fit.

PUBLICITY: None.

NMOC BANQUET: We are still working on the banquet aspects.

OLD BUSINESS: The USS Spring Nationals got great reviews from all those who worked as volunteers. Jane Moore advised there was a great deal of help from the PNA swimmers, with about 40-50 swimmers participating in various aspects.

INSURANCE: Bobby G. is working on this and will contact Mike Laux to get this clarified.

NEW BUSINESS: CONVENTION: Any PNA swimmer interested may submit a request to the PNA Board to go as a delegate to the 1991 USMS Convention. The convention will be held September 18-22 in Louisville, Kentucky. Some, but not all, of the expenses will be paid by the PNA. Anybody interested should submit a request in writing to the Board and it will be considered at the June Board meeting. You may contact Steve Freeborn or Hugh Moore for further details.

NEXT MEETING: The next meeting will be held on May 28 at Carolyn Baldwin's in Burien. The following meeting will be held on June 25 at Jan Kavadas' in Edmonds.

STATISTICS: The following teams were represented at the Board meeting: Cascade, Fort Steilacoom, Federal Way Masters, Sequim, South Kitsap, and Tigers.

The meeting was adjourned at approximately 9:20 p.m.

Respectfully submitted,

FRANK M. NEWQUIST
Recording Secretary

* * * * *

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

* * * * *

GENERAL ANNOUNCEMENTS

We will begin to announce the locations of the next two board meetings in each issue of the newsletter so people have more time to plan ahead. Hope it helps!!

Anyone interested in serving the PNA as a Delegate to the 1991 Convention in Louisville Sept. 18-22, please contact Steve Freeborn as soon as possible. The PNA can send up to 2 delegates. Walt Reid (Chair - Top Ten / Records), Kathy Casey (Ocean Zone) and Jane Moore (Chair - Sportsmedicine and Research) are all attending the convention. We are fortunate to have them at convention in addition to sending two more delegates. Contact Steve Soon (941-6808)!!

Anyone interested in helping the National Meet Organizing Committee with the Region XII Long Course championships in August, contact Hugh Moore 941-3100. Those of you who swim with non-competitive Masters swimmers might encourage them to participate in this fashion. Lots of help is needed!!

If you have been recording yardage for this year's fitness swim, you may have noticed that I have not given you Ian's address yet. MY APOLOGIES!! Please send a copy of your completed log and \$5.00 to Ian Thompson, 1514 Fairview, Bellingham, WA 98226.

* * * * *

TEAM RESULTS FOR PNA CHAMPS

A Division: Cascade 524, Thunderbird Aquatic Club Masters 439, Fort Steilacoom 310, St. Edwards Early Risers 244, Sequim Masters 160, Mt. Baker Masters 146, Puyallup (a one-man contingent!!) 21.

AA Division: Tigers 990, Husky 763, Mercer Island Swim Coalition 641, Bellevue Eastside Swim Team 619, Old Olympic Peninsula Swimmers 421, Pro Club 127.

AAA Division: Greenlake Aqua Ducks 1950, Federal Way Masters 1239, Tacoma YMCA 1017, Orca 791.

FIFTH ANNUAL MUSSELMAN SWIM RESULTS
(as of 4/1/91)

MEN

Ian Thompson	MtBK	40-44	4920 yd.
Hugh Moore	FedWay	35-39	4850 yd.
Mike Veith	MtBK	40-44	4150 yd.
Steve Peterson	OOPS	40-44	4095 yd.
Gordon Gray	OOPS	45-49	4075 yd.
Greg Miller	OOPS	30-34	3900 yd.
Rocky Phoenix	OOPS	35-39	3670 yd.
Roy Ingham	MtBK	65-69	3250 yd.
Harold Young	TacY	65-69	3115 yd.
Richard D'Archangel	OOPS	40-44	63 lengths

WOMEN

Kathy Casey	FtSteil	40-44	4580 yd.
Lisa Donaldson	MtBK	30-34	4150 yd.
Kerri Lannoye	Kent	30-34	4050 yd.
Janet Johnson	Bangor	30-34	3900 yd.
Linda Mariz	MtBK	40-44	3775 yd.
Lauri Nickerson	FedWay		3660 yd.
Patti Carman	OOPS	30-34	3625 yd.
Katie Buckner	OOPS	30-34	3550 yd.
Sharon Belk-Krebs	MtBK	40-44	3350 yd.
Ann Gindroz	TacY	50-54	3325 yd.
Jane Moore	FedWay	40-44	3270 yd.
Teri Rexroat	MtBK	30-34	3250 yd.
Carol Anning	TacY	50-54	3060 yd.
Jan Kavadas	Cascade	55-59	3040 yd.
Beverly Sortland	OOPS	35-39	2350 yd.

TEAM RESULTS

	Participation				Yardage			Donations		
	# Part.	# Team Mem.*	% Part.	Rank	Total Yds.	Yds/Part.	Rank	Total \$	\$/Part.	Rank
MtBK	7	11	64%	1	26,845	3835	2	\$1205	\$172	1
OOPS	8	17	47%	2	28,415	3552	3	\$ 685	\$ 86	2
FedWay	3	16	19%	3	11,780	3926	1	\$ 152	\$ 51	3
TacY	3	29	10%	4	9,500	3166	4	\$ 145	\$ 48	4

TOTAL CONTRIBUTIONS to the **American Cancer Society: \$2,501.00**

THANK YOU!

* * * * *
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 _____

* * * * *
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

* * * * *
WELCOME TO THE PNA

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

BRIAN GOLDMAN, DAMON GUNN, RICHARD MC DONALD, AND JOHN WEIL.

* * * * *
THANK YOU!

Special thanks to the PNA Swimmers who helped make US Swimming Spring National Championships a success. Over 50 PNA swimmers volunteered for various committees including officiating, security, tickets, first aid, medical, and drug testing escorts.

* * * * *

HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS

05/16	NADINE WHITEHALL	06/01	RICHARD FOLSOM
05/17	JONATHAN IVES	06/03	JEAN CRECELIUS
05/17	ROGER PETTIBONE	06/04	MICHAEL JONES
05/18	JAKE GREGG	06/05	DONALD BURTON
05/18	TIM LIVINGSTON	06/05	KEVIN JOHNSTON
05/19	RICHARD MC DONALD	06/05	DAVID OVERCASHIER
05/20	DIANE MCCLANAHAN	06/06	CARL JAYNES
05/21	KATHLEEN KRESGE	06/07	JAMES BYFIELD
05/27	CAROL HASEGAWA	06/08	KEITH RUBIN
05/27	DAVID STERN	06/09	TERESA WEYDERT
05/28	STEFANI FERSCH	06/11	DONNA BURKHART
05/28	KIMBERLY HARBOTTLE	06/13	CHRIS GOLIAN
05/29	ROBERT GRIFFITH	06/13	JANICE LINVILLE
05/29	LARRY LITTLE	06/14	MICHAEL O'LEARY
05/29	GEORGE MARSHALL	06/15	D. LYNETTE JONES-BAUCKE
05/29	SUZANNE STROM-REED		
05/31	JOHN POTTLE		

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KAREN JOST RECEIVES 1991 DAWN MUSSELMAN AWARD

Karen Jost was the receiptient of the 1991 Dawn Musselman Award. The presentation was made at the conclusion of the recent PNA Championships. Previous recipients include Dawn Musselman (1986), Marlene Holmes (1987), Maxine Carlson (1988), Jim Penfield (1989), and Tom Foley (1990). Following is the tribute presented to Karen in addition to an award trophy.

The 1991 DAWN MUSSELMAN INSPIRATIONAL AWARD is presented to KAREN JOST. She has participated in the PNA since 1986 and has consistently been a model of good sportsmanship and service.

Prior to starting her career in Masters Swimming, she graduated from UPS in 1983 with a degree in biology. She taught anatomy and physiology (labs) at UPS for one year before going to Duke University, where she obtained a Master's degree in Physical Therapy. She was a four-year All-American at UPS and served as team captain.

Karen has served as editor of our Wet Set for the last two years, an important but demanding and thankless job. Her work has been done in a dedicated and conscientious fashion on this focal point of the PNA. Little, if anything, happens in the PNA without the Wet Set.

With her profession as a physical therapist as background, she has gratuitously offered suggestions to swimmers with various swimmers injuries - suggestion for exercises and stroke techniques which have proven very helpful.

In past years, Karen has volunteered her services as coach for one of our local teams.

Not only is she a fine swimmer (absolute dynamite at backstroke and butterfly), but she has taken the "cross-training" concept seriously and has become an award-winning bowler. So far, she hasn't convinced us that we should include bowling in the triathlon.

Karen, we all thank you for your participation in the several areas of Masters Swimming, and we wish you many more years of happy swimming.

Signed by members of the PNA Board - Bobby Gallegos, Steve Freeborn, Kathy Casey, and Jane Moore; and members of the selection committee - Steve Peterson, Susan Dearborn and Frank Newquist.