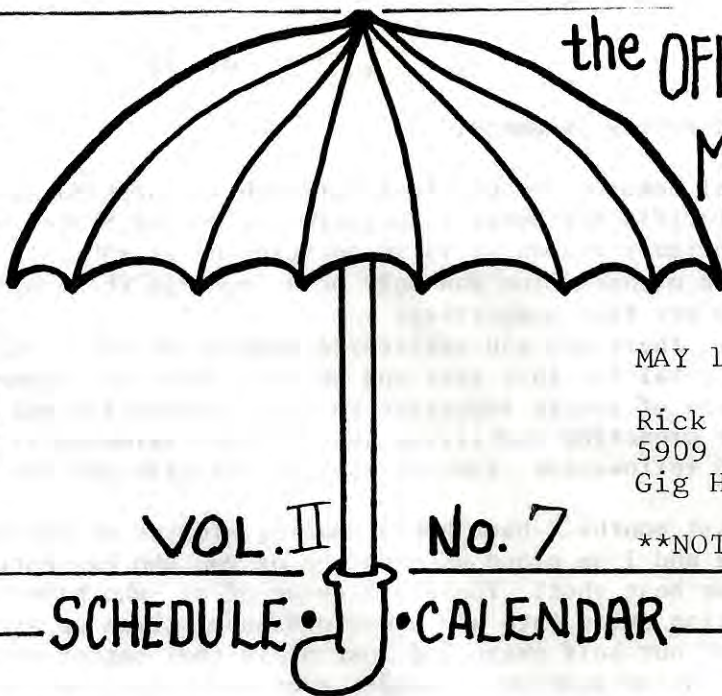


the
WET
SET



the OFFICIAL PNA
MASTERS
NEWSLETTER

MAY 15, 1983

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NOTE: NEW ADDRESS

VOL. II No. 7

SCHEDULE • J • CALENDAR

June 12	LC	Corvallis, Oregon	July 16-17	LC	Somewhere in Oregon
June 18	SC	Sextathalon, Mt. Lake Terr.	Aug. 12-14	LC	Regionals, Spokane
June 26	LC	South Kitsap	Aug. 25-28	LC	Nat'ls, Indpls., Ind.

JUNE 7, 1983 - BOARD MEETING AT TACOMA YMCA - 7.30 pm SHARP

EDITOR'S CORNER...

ROSES! ROSES! ROSES! To Muriel Flynn for her National Record Breaking 200 yard Breaststroke, 3:30.69 in the 60-64 age group. Way to go Muriel!

And to all PNA swimmers who set Personal, PNA, Regional Records, or just had a good time at Short Course Regionals, and to Queen Anne Masters for 100% attendance at Regionals.

HELP!!!!!!!!!!!!

We need a Nationals coordinator for the 1983 Long Course Nationals in Indianapolis, Indiana. Responsibilities to include: Coordinating entries, relays etc. for PNA members competing there. If interested, please call Kiko @ 5259687

HELP!!!!HELP!!!!

Those of us at Regionals in Oregon, experienced first hand the confusion and frustration of attempting to put together relays on the spot. It is a very hard job!!! Therefore, if you know now that you are planning to go to the regionals this summer in Spokane, and could help out in putting together relays before hand, please contact Kiko .

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May 4, 1983

Dear Friends and Fellow Swimmers,

It is a real honor to be president of such an outstanding organization as the Pacific Northwest Association of United States Masters Swimming. The primary reason it is so outstanding is YOU!!!!!!!!!!!!!! I believe that an organization can only be as good as the membership it attracts and you are that membership!

As of today, there are 430 registered members of PNA. That is 1 more member than our total for last year and we still have the summer left! Please know that each one of you is important to our organization and that just by swimming you are promoting and living what Masters swimming is all about... fun, fitness, and fellowship! You are walking the talk; you are setting the example.

Over the past months I have heard amazing stories of why people joined Masters swimming and I am proud of each one of you who has gotten out there and given it your best shot! There are those of us who have lost weight, reduced our resting pulse rate and blood pressure, given up alcohol and smoking, improved our self image and just plain feel better about ourselves and about life. We've made new friends, seen new places and pushed ourselves physically, mentally, emotionally, and spiritually beyond all that we ever dreamed or imagined! This is the heart of Masters swimming and you are contributing to its existence.

I just want to thank you all for just being you and I look forward to meeting everyone and getting to know you better! Please feel free to introduce yourself to me. I want you to know that I am available for you.

Our new board is ready and willing to help PNA Masters become the best it has ever been, so I also want to encourage any of you who are even remotely interested in how this organization works to come to a board meeting and see what we're all about or volunteer for some committee work! We can use anyone and everyone to help reach the full potential of a dynamic, influential organization that PNA Masters can be. But we need your help!!!!!!

Many thanks to those who have already contributed hours of service. It is very much appreciated.

Best blessings to those who are swimming at Nationals in Florida! I know that you will represent the PNA well!!!!!!

To all...Keep swimming and see you in Port Orchard!!!!!!

I am ...

Sincerely yours,

Kiko phil. 1:6

Kiko Kimura, President PNA Masters

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"DECK PROFILES"

PNA has so many interesting and inspiring swimmers. In an effort to get to know each other better, for each issue of the "Wet Set" we will interview a man and woman swimmer. "Deck Profiles" will be an attempt to meet a few of those people who are the heart and soul of Masters -- inspiring us all to keep going, to keep trying for fun and fitness.

Don Buthorn works in Prosthetics and Orthotics, the field of making artificial limbs and braces. He has been swimming for the Bellingham Y for the past year. Don was prompted to join Masters by Ian Thompson, who also swims for Bellingham Y. Don was swimming every morning at the Y, when one day Ian asked him what events he was going to swim in the meet. Don replied, "What meet"? And, Ian said, "The meet you are going to enter". Because of that encouragement Don joined Masters and swam in his first meet at Anacortes last year. He remembers how inspired he was at that first meet watching a 65 year old man swim the 200 IM and finish 2nd. He was impressed that someone could compete in such a grueling event in their 60's and do so very well. Don himself wants to make swimming a live long pursuit -- "When I'm 70, I want to be here along with everyone else."

Debbie Lewis, our new PNA secretary, serves as the Acting Director for the Office of Cable Communications for the City of Seattle which regulates the cable TV industry in the city of Seattle. Debbie swims for the Seattle YMCA and started because she felt swimming was an all around exercise and excellent way to stay fit. Since she began swimming in Masters she feels better physically and can tackle more at work. Besides the health benefits, Debbie finds many new friends among the people she meets at the meets. This friendliness was apparent even at her first meet at Shoreline. Debbie was nervous before her first event but remembers how supportive the Masters swimmers were whether they knew her or not. The friendliness of the swimmers turned her apprehension into enjoyment. This enjoyment has continued for Debbie and she hopes that all Masters swimmers can come to understand that winning the race and setting records isn't most important -- it's the friendships that count.

Cathy Brooks

PNA MASTERS SWIMMING CHAMPIONSHIPS

April 9, 10, 1983

Team Scores:

1.	Sumner Triton	877
2.	Tacoma Y	534
3.	Bangor Swim Team	453
4.	Husky	448
5.	Bainbridge Island	371
6.	Ft. Steilacoom	336
7.	Cascade	305
8.	Newport Hills	248
9.	Tigers	243
10.	Seattle Y	184
11.	BEST	183
12.	South Kitsap	124
13.	Renton Area	100
14.	Washington Athletic Club	60
15.	Skagit Valley	52
16.	Federal Way	49
17.	Seattle Tennis	45
18.	Rainier Valley	42
19.	Queen Anne	41
20.	Thurston Olympians	33
20.	Bellingham Y	33
21.	Lewis County	30
22.	Thornton Creek	14
23.	Olympia	7
24.	Seattle Athletic	5

REGIONAL NEWS

Congratulations to all PNA members who competed at Regionals in Oregon April 29-May 1. PNA Had about 95 swimmers and points per swimmer, we swam circls around the other associations! I am proud of each of you who achieved personal bests and goals. That is truly an accomplishment!! WAY TO GO PNA!!!!!!!

Pna is now the largest association in our region and I feel that it is our responsibility to help the smaller associations to get their programs going. So, the big news from the regional meeting of the association presidents is that there is a tentative swim meet/ski weekend being put together and planned by the Snake River Association in Boise. Housing is pssibly being provided;date is sometime in January 1984. Please think about attending this great weekend, and helping to boost Snake River and participating in FUN, FITNESS AND FELLOWSHIP!