



PNA to Sponsor Two Swim Clinics, One in October, the Other in November

Want to improve your swimming technique? Then sign up for two swim clinics PNA is sponsoring this fall. The first clinic, on October 23 and 24, will cover the short-axis strokes, breaststroke and butterfly. The second clinic, on November 20 and 21, will cover the long-axis strokes, freestyle and backstroke.

Each clinic will include classroom instruction, video taping and review, a pool session for drills and skills and an ask-the-coach session.

Excellent Instructors

Both clinics will be led by Bob Bruce, 2003 USMS Coach of the Year. Bob is head coach of Central Oregon Masters Aquatics (COMA), a Bend, Ore., team that he grew from 10 to over 200 swimmers and figures prominently in NW Zone



Pentathlon Story and Photos, page 5

Swimming. He has a master's degree in Exercise Science, is an ASCA-certified level 5 coach and currently holds a Zone Record in the 400 Meter IM. Assisting Bob will be Barb Harris, also an ASCA-certified coach and a terrific swimmer as well.

Last fall Bob and Barb ran a PNA-sponsored coaching and swimming clinic that drew rave reviews from participants, which is why PNA decided to sponsor two more clinics this year.

Short-Axis Clinic Details

The short-axis clinic will be held at the Samena Swim and Recreation Club in Bellevue. The clinic will run each day from 11:00 a.m. to 4:00 p.m. *The first day is breaststroke, the second day is butterfly.* Snacks will be provided so participants don't have to bring lunch.

The cost for each clinic day is \$45. You can sign up for one day only, though you're encouraged to sign up for both days and the two-day cost is \$80. Registration is limited to 25 swimmers per day. *If the clinic is oversubscribed, priority will be determined by the date registrations are received.* You can find a registration form on page 6.

Long-Axis Clinic Details

The dates for this clinic—November 20 and 21—are set, But PNA is still looking for a pool at

ON THE INSIDE

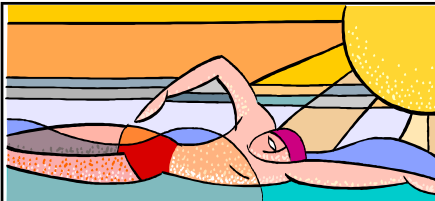


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Looking for meet results, places to swim, past newsletters or other information about PNA? Check out our Web site at www.swimpna.org.

which to hold the clinic. As soon as PNA has secured a pool, details about this clinic will be posted on our Website, www.swimpna.org. They'll also be included in the next issue of *The WetSet*.



WET SET

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Open Water: Sally Dillon

Publicity: Lynn Wells

Safety: Kathy Casey

Webmaster/Computer Apps: Jim Williams

While the traditional time for making resolutions and setting goals is New Year's, setting swimming goals for the year fits much more easily into a cycle starting in the fall. Many of you are getting back to regular pool workouts after a summer of lake swimming or taking some time off. When setting your personal swim goals, keep in mind some upcoming clinics, pool meets and open water swims scheduled during the next 12 months.

Swim Clinic

Having received rave reviews about the stroke clinic presented last fall by Coach Bob Bruce and crew, PNA invited him to come back again this year. Two clinics, scheduled for October and November, will focus first on short-axis then on long-axis strokes. (For more information, see story on page 1.)

Upcoming Meets

Thanks to the efforts of PNA Meets Chair Lee Carlson, we have a wide array of pool meets scheduled for this year. The 2005 PNA Champs will once again be hosted by Federal Way Masters at the Weyerhaeuser King County Aquatic Center April 9-10. This meet will also be the SCY Zone meet.

In the meantime, pool meets are scheduled almost monthly starting with BAMFEST this month. If you can travel a little farther afield, the 2005 Short Course National Champions will be held in Ft. Lauderdale May 19-22 and 2005 Long Course National Championships in Mission Viejo August 10-14.

LEADING OFF



By Jeanne Ensign,
PNA
President

For your really long-term goals the XI FINA World Masters Championships will be held at Stanford August 7-14, 2006.

Open Water Events

If open water events are your cup of tea, next summer has a lot of promise. Lake Padden and Fat Salmon in July, Emerald City in August, and a new swim: Puget Sound Crossing for Kids scheduled for August 13.

2005 Registration

Next month you'll receive your first reminder to renew your USMS registration for 2005, which can be done starting November 1. We're trying something new this year. Those of you for whom we have email addresses will receive your renewal notice electronically. It will still be the same personalized form with all your information. Just print it off and send it in with a check for your registration fee (sorry, no online registration yet). Those of you without email will receive your re-registration forms by mail, as will

(Continued on page 4)

United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers are now, as they always has been, concerned for the safety and health of their members. They will continue to disseminate such information concerning swimming safety and health as comes to their attention. However, United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers cannot and does not accept responsibility for the content of any information or material not authored by United States Masters Swimming, Inc. or the Pacific Northwest Association of Masters Swimmers. All opinions stated in any such material are solely those of the authors and not necessarily those of United States Masters Swimming, Inc. or the Pacific Northwest Association of Masters Swimmers.



MASTERS 2004-2005 CALENDAR

**OPEN
POSTAL SWIMS
MEETS** **CLINICS**

*Events in Washington, Oregon, British Columbia, Idaho and Alaska, plus USMS Championship events. PNA Events, including Board meetings, are listed in **bold**.*

September 1 to October 31, 2004
3000/6000 Yard Postal
Championship
Bob Bruce (541) 317-4851
bobbruce13@attglobal.net
See page 6 for reminder.

October 16, 2004
**Third Annual BAMFEST
SCY Swim Meet**
Bainbridge Island Aquatic Center
Brian Russell (206) 842-5849
Brian.russell@earthtech.com

October 19, 2004
PNA Board Meeting
Seattle Parks & Recreation

October 23 and 24, 2004
**PNA-sponsored Short-axis
Swim Clinic**
See page 1 for details and page 6
for registration form.

November 6-14, 2004
Pan Pacific Masters Games
The Gold Coast
Queensland, Australia
Swimming, +61 7 3976 2822
gms@thehub.com.au
Swimming competition Friday,
November 12 through Sunday,
November 14
www.aussimastersqld.com.au

November 13-14, 2004
SCM Zone Meet
David Douglas High School
Portland, OR
Dennis Baker
bakeswim@yahoo.com

November 20 and 21, 2004
**PNA-sponsored Long-axis
Swim Clinic**
See page 1 for details.

December 7, 2004
PNA Board Meeting
Sarah Welch's home
3704 Cheasty Blvd. S
Seattle, WA 98144

January 1 to 31, 2005
2005 USMS One Hour Postal
Championships
Mel Goldstein
(317) 253-8289,
goldstein@mindspring.com

January 22, 2005
SCY PNA Meet
Fidalgo Pool
Anacortes, WA
Leslie Mix (360) 293-0673

February 20, 2005
SCM Meet
Bellevue Club
Bellevue, WA
Cory Hilderbrand
(425) 688-3127
cory@bellevueclub.com

May 15 to September 30, 2005
2005 USMS 5 & 10K Postal
Championships
Christine Swanson
(813) 254-4514 (phone or fax)
ctswanson@yahoo.com
Livia Zien, (727) -821-8113
livia.zien@att.net

May 19 to May 22, 2005
USMS Short Course Nationals
Ft. Lauderdale, FL
Stu Marvin
(954) 828-4580
smarvin@fortlauderdale.gov

July 22 to July 31, 2005
World Masters Games
Edmonton, Alberta, Canada
SCM; www.2005worldmasters.com



Web Guide

Check out these sites on the Internet for information on Masters swimming, news, events, workouts and more from throughout the Northwest!

PNA Masters Swimming
US Masters Swimming
USMS Northwest Zone
Oregon Masters
Alaska LMSC
Utah Masters
Masters Swimming of BC

www.swimpna.org
www.usms.org
www.northwestzone.org
www.swimoregon.org
www.akmswim.org
www.utahmasters.org
www.mastersswimming.bc.ca

(Continued from page 2)

Leading Off

those of you contacted electronically that we don't hear from within a few weeks.

By renewing your USMS registration for 2005, you will continue to receive *The WetSet*, a source of information about your friends and fellow swimmers, a calendar of northwest swim events and local swimming news and trivia. You will also continue to receive the national publication, now SWIM Magazine and soon to be USMS' own publication, and you will be able to participate in upcoming clinics and meets. For many of you PNA registration is required for your workout groups for insurance purposes.

How You Can Help

If you're looking for information, have a view to share, would like to host an event, write an article for *The WetSet*, start a new team, or are looking for swim mates or a workout group, check out our website, www.swimpna.org, or contact a board member. You can find contact information on the masthead and the website.

Share your views with your team rep or any other board member. The board consists of your elected officers, committee chairs, team reps and members-at-large reps. Board meetings are open to all and listed in the Calendar of Events. Encourage your team rep to become a regular at board meetings.

Check out the newest addition to our website, the PNA All-Time SCY Top 10 for swims from the beginning of PNA through the 2003-2004 season. You can also find lots of other information about PNA and masters swimming: a calendar of events, board meeting minutes, information about upcoming events including meet

Summary of PNA Board Action Taken at September Meeting

Twelve members of the PNA board met at the Bellevue Club on September 28. They were joined by Kevin Rabourn and Ryan Moore, who presented information on the Puget Sound Crossing for Kids scheduled for Saturday, August 13, 2005. The swim is a fund raiser for Junior Achievement and will cross Puget Sound from Bainbridge Island to Alki. Participants will pay a \$250 entry fee and commit to raising \$2,500. The board agreed to support the swim. The board also reviewed plans for the October and November stroke clinic and agreed to bid for the USMS 2007 Short Course National Championship. The 2005 PNA Champs meet will be combined with the Northwest Zone Championship meet and will be held at the Aquatic Center on April 9-10.

For the full minutes of this and past meetings, go to www.swimpna.org.

Welcome New PNA Swimmers

George Behlmer
Tonja Campbell
Michele Carter
Jessica Ebberson
Maximilian Effgen
Sara Erlandsen
Grederick Graham
Beth Hausam
Douglas Hawkins
Sada Hertzig
Deanna Hill
Taylor Holmes
Robert Howells
Joanne Hume
Michelle Ihlan
Jenna Jerger
David Kays
Brian Kellett
Sarah Lambert
Greg Mackem

Caroline Mann
Sharon McBride
Lisa Merz
Malinda Miller
Matthew Miller
Deborah Platz
Leslie Reynolds
Kevin Roche
Andria Salcedo
Amanda Schneider
Kristin Seyboth
Shannon Stocker
Vishvajit Tandale
Robin Thoren
Jennifer Visich
Nicholas Waltner
Kristina Willson
Jeffrey Young
Stephanie Yurcisin

entry forms, results of meets, a PNA membership list and places to swim.

If you're looking for inspiration, try writing an article for *The WetSet*. We're always looking for news about area swimmers or articles of interest to our readers. Contact our editor Paul Freeman (pfwriter@blarg.net) or me (jeanne@raincity.com).

Correction

Last month's article on the death of John Tallman and next summer's planned reunion of swimmers on the Cascade Swim Club from the 1960s and 1970s incorrectly listed Stella Preissler's email address. The correct address is stellamarie4@juno.com.



Seventh Annual Short Course Meters Pentathlon September 25, 2004

By Sally Dillon

This year's Pentathlon at the John Vanderzicht Memorial Pool in Oak Harbor drew a record 79 swimmers, with 19 of these swimmers coming from Canada and one from Oregon. Nine swimmers—also a record—entered the "Animal" division and swam 200 meters of each stroke and a 400 meter IM. Due to the distribution by gender and age group, all the "Animals" finished first in their division and took home a fancy blue ribbon.

As usual, the "sprint" pentathlon was the most popular division, with 43 swimmers competing in a 50 of each stroke and a 100 IM. Most of the remaining swimmers swam 100 of each stroke and a 200 IM, although a few swimmers opted to swim just two or three events.

Every swimmer received a certificate showing the results of each individual swim. Ribbons were awarded for first, second and third in each age division for the swimmers with the fastest combined times of their five events.



Jessica Gallegos, Steve Peterson and Dona Williams

Photos by Tom Foley



Kaetche Miller finishing her butterfly swim



Kathy Moore, Don Rehfeldt and Karen Bryce



Gary Chase, Julie Nefczyk and Art Looye



Lee Carlson, Dick LaFave and Sally Dillon

2004 USMS Convention Summary

Twelve PNA members traveled to Orlando to attend the annual USMS convention on September 15-19.

Representing PNA in the House of Delegates were Lee Carlson (PNA delegate), Kathy Casey (Chair USMS Recognition and Awards Committee), Kelly Crandell (PNA delegate), Sally Dillon (USMS Secretary), Jeanne Ensign (USMS Internal Auditor), Arni Litt (Legislation Committee), Jan Kavadas (Rules Committee), Hugh Moore (Chair USMS Communications Committee), Jane Moore (at-large delegate), Steve Peterson (Legislation Committee), Walt Reid, (at-large delegate), and Sarah Welch (PNA delegate).

Significant decisions reached at convention include:

- Douglas Murphy Communications Inc. will become the publisher for the USMS national publication beginning with the March/April 2005 issue. The House of Delegates acknowledged the many years of service to USMS by Sports Publica-

tions Inc. and in particular, the Editor in Chief of SWIM magazine Phil Whitten.

- After a year's worth of hard work by the Planning Committee and several fruitful public sessions at convention, the House of Delegates approved sweeping changes to the makeup of the USMS Board of Directors (BOD). Election of the new BOD members will take place at the 2005 convention.
- The Ransom J. Arthur Award was presented to Leo Letendre.
- The Speedo USMS Coach of the Year Award was presented to Scott Williams of The Olympic Club.
- The 2005 Rule Book will be dedicated to Walt Reid.
- The 2006 Short Course Yards National C Championships was awarded to

Coral Springs Aquatic Complex, Coral Springs, FL. The tentative meet dates are May 4-7, 2006. There will be no 2006 USMS Long Course National Championships due to the XI FINA World Masters Championships being held at Stanford from August 7-14, 2006.

- Federal Way Masters/PNA was awarded the 2005 Check-off Challenge.
- 18-year-olds will be allowed to compete in meets starting in 2005.
- A balanced budget of approximately \$1 million was approved.

Complete minutes of all committee meetings and the House of Delegates can be found at <http://www.usms.org/admin/conv04/>.

Postal Swim Reminder

September and October are the months when you can swim the final two National Championship postal swims for the year, the 3000 yard & 6000 yard events. For entry forms, see page 12-13 in the September *WetSet* and also the USMS web site at usms.org/longdist.

October Short-Axis Clinic Registration Form

Driving directions to Samena Swim and Recreation Club: Take I-90 East to 148th. Turn North on 148th (left) and continue North for three miles on 148th to Lake Hills Blvd. Turn Right on Lake Hills Blvd and the Samena Swim and Recreation Club is 1/4 mile on the right.

Send this form, **together with your check payable to PNA, to Sarah Welch, 3704 Cheasty Blvd. South, Seattle, WA 98144.** Fee: One Day, \$45; Two Days \$80

For information call (206) 723-1814 or contact sarahwelch@comcast.net

PNA will confirm registrations by phone, mail or e-mail. (See page 1 of this newsletter for clinic details.)

Are you registering for: _____ Saturday only (Breaststroke) _____ Sunday only (Butterfly) _____ Both Days

First Name

Last Name

Address (Street, City/State/ Zip Code)

USMS Registration Number (required)

email address

Phone Numbers

UNITED STATES MASTERS SWIMMING, INC.
2004 MEMBERSHIP APPLICATION
Pacific Northwest Association of Masters Swimmers

New Swimmer

Returning USMS Swimmer (Old Number _____)
 if available)

Please print clearly and fill out the entire form. Register with the same name you will use for competition. If your name has changed, please include old and new names.

Name: _____ Birth date: _____
Last First Initial Month Day Year
 Address: _____ Age: _____ Male Female (circle one)
Street or box number
 _____ E-Mail: _____
City State Zip+4

Telephone: (____) _____

If you coach a Masters swim team check here
 I am interested in serving on a PNA committee

CLUB: Pacific NW Aquatics (PNA)
 Sequim (SQM) Unattached

AND Team : _____
 Unattached

2004 Annual Fee: Your fee includes a subscription to *The WetSet* and to *SWIM Magazine*

Choose a membership level below

Regular:	\$35	\$ _____
Need-based or Seniors (65 & over):	\$25	\$ _____
Partial year after Sept.1, 2004:	\$20	\$ _____
Canadian:	\$40 (US dollars)	\$ _____

Optional Donations:

USMS Endowment Fund	(\$1 or \$ _____)	\$ _____
International Swimming Hall of Fame	(\$1 or \$ _____)	\$ _____

TOTAL \$ _____

Mail to: Arni H. Litt, Registrar
 1920 10th Ave East
 Seattle, WA 98102-4253

Make check payable to: **PNA**
 Questions: (206) 323-4712, arni@qwest.net

WAIVER: 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 and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, THE HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

➔ Signature _____ **Date** _____

When the option becomes available, I would like to receive the PNA newsletter, *The WetSet*, by electronic mail (e-mail) or be informed by email that it is available on the PNA website **YES NO (Circle one)**

Please re-enter your email address. _____



WetSet Subscription/Change of Address Form

The WetSet is PNA's official newsletter. Produced ten times a year, it is delivered free of charge to PNA members. Non-members may purchase an annual subscription to *The WetSet* for \$12, payable to "PNA Masters Swimmers." To subscribe, please send this completed form to Arni Litt, PNA Registrar, 1920 10th Ave E, Seattle, WA 98102-4253.

***Important** — *The WetSet* is sent via bulk mail and is **not** forwarded by the US Postal Service. Please inform us of address changes.*

Attach old address label here (if available)

Name _____

Address _____

City / State / Zip Code _____

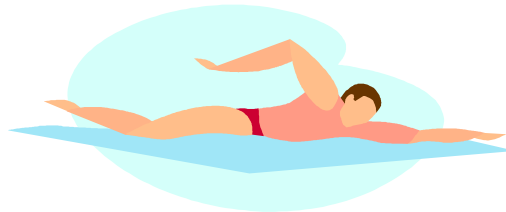
Phone _____ USMS # _____

E-MAIL _____

Change of Address

New Subscription

October 2004 Issue



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