



Board Retreat Sets PNA Objectives for 2004

Last month your PNA Board held a daylong planning retreat. "Our board members have good ideas, and each year we can put some of them into action," says PNA president Jeanne Ensign. "The retreat gave us an opportunity to generate even more ideas."

The retreat focused on the USMS core objectives of serving, educating and building the membership. In each area, the board identified key objectives, then devised strategies to accomplish the objectives and assigned responsibility to a committee or individuals.

Here are several of those objectives:

More Effective Communication

The primary way PNA communicates with members is through *The WetSet* and PNA's Web site www.siwmpna.org. The PNA board tries to provide the membership as much information as possible through these two vehicles (for example, by providing more swim-related links on the Web site).

To make the newsletter more valuable to members, PNA plans to re-introduce a "Coaches Corner" column and will be seeking articles from coaches. In addition, PNA wants you to submit stories about your swimming or other activities that would be of interest to newsletter readers. Another PNA goal: finding members to write quarterly columns in such areas as nutrition and fitness.

Coach and Member Education

Supporting coaches, teams and members is vital to PNA's mission. Consequently, PNA will continue to offer at least two workshops a year on technique and fitness. Developing a coaches' network also is essential. A coaches' meeting has been scheduled during Champs. The meeting will enable PNA to build on ideas from the 2003 meeting.



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

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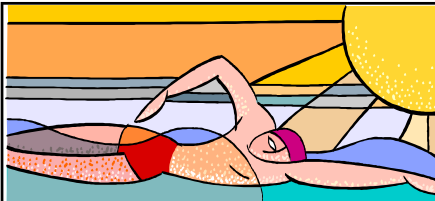
Photos by Tom Foley



Kathy Casey and daughter Kelly model latest swim caps at January's Anacortes meet.

More Anacortes meet photos and story on page 5.

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WET SET

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Editor

Paul Freeman (206) 283-3802
515 West Raye St.
Seattle WA 98119
pwriter@blarg.net

PNA Officers

President

Jeanne Ensign
511 East Roy Street #314
Seattle WA 98102
(206) 324-1354
jeanne@raincity.com

Vice President

Steve Peterson (360) 692-1669
speterson@bandwagon.net

Treasurer

Sarah Welch (206) 723-1814
sarah.welch@seattle.gov

Secretary

Hugh Moore (253) 925-0803
swimmoore@comcast.net

Board Members at-Large

Kathy Casey (253) 588-4879
Tom Foley (206) 937-5585
Jerry Plunkett (425) 861-9451

PNA Volunteers

Registrar

Arni Litt (206) 323-4712
1920 10th Ave E
Seattle WA 98102-4253
arni@qwest.net

Awards: Ellen Cullom

Coaches: Barb Gundred

Constitution & Bylaws: Jane Moore

Fitness: Jo Moore

Historian: Tom Foley

Meets: Lee Carlson

Records/Top Ten: Walt Reid

Officiating: Kathy Casey/Jan Kavadas

Open Water: Sally Dillon

Publicity: Lynn Wells

Safety: Kathy Casey

Webmaster/Computer Apps: Jim Williams

Retreat!

Your PNA Board met in January at the home of Arni Litt, PNA registrar, to brainstorm ideas and assess how PNA is doing as an organization. President Jeanne Ensign channeled our discussions along the USMS-adopted *core objectives*: to service, educate and build the membership. Fortunately, the retreat wasn't all cerebral, as we did take a short smoke break (Arni's fireplace damper was in the wrong position) and had a great lunch (your president not only leads well, but prepares a fine lasagna). See the article on page 1 for details on PNA's plans for the coming year.

Anacortes Meet

One of the many benefits Masters competition affords me is the incentive for personal travel, and one of my favorite local trips is to meets in Anacortes. My route includes the Port Townsend/Keystone ferry and the spectacular Deception Pass crossing—beautiful regardless of the weather! This year's meet was typically well-run and proceeded pretty quickly, too.

Though I regret skipping the group lunch, I didn't have to scratch any races to make it to the 3:00 p.m. ferry. That was fortunate since this year the tides canceled the next two return ferries. (For more information about the January 18 Anacortes meet, see page 5.)

Given my Anacortes results, I have my work cut out to be ready for the next PNA meet: Short Course Meters at the Bellevue Club on February 15.

Working on Technique

Boy! I'm the worst when it comes to drills and improving

LEADING OFF



By Steve Peterson,
PNA Vice President

technique (something about mediocre discipline and not having a coach, perhaps). Both halves of a phrase in Bonnie Pronk's *Technique* article in *The WetSet* last month (page 7) caught my eye: *As one flows through the age groups, it is even more important to work on technique.* So here's my challenge to you (and myself): study up on one or two drills that could improve your technique. Then sign up for the *February Fitness Challenge* (see January's *The WetSet*, page 10) to log not only your pool distance or days but also your time and progress using those drills. This applies to you fitness swimmers and competitors alike.

Why I Compete

My personal reordering of the Masters motto is *Fitness, Friendship, Fun!* I returned to swimming years ago as my regimen of choice to develop and retain my physical conditioning.

But, oh, those repetitious laps! Once I discovered Masters, it's been my lane mates, friends I've met locally and globally and the

(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 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**.*

February 15, 2004
SCM Meet
Bellevue Club, WA
Cory Hilderbrand
(425) 688-3127
cory@bellevueclub.com

February 24, 2004
PNA Board Meeting
Federal Way Regional Library
7:00 p.m.

March 14, 2004
SCY Mercer Island Sprint Meet
Mary Wayte Pool
Mercer Island, WA
Lee Carlson (360) 466-0127
leedee17340@msn.com
(entry form on page 12)

March 23, 2004
PNA Board Meeting
Seattle Parks & Recreation

April 10-11, 2004
SCY PNA Champs
WKCAC
Federal Way, WA
Hank Kirkland (253) 941-3585
fwmastersmd@juno.com
Hugh Moore (253) 925-0803
swimmoore@comcast.net
(entry form on page 13)

April 22-25, 2004
USMS Short Course
Championships
Indianapolis, IN
Mel Goldstein (417) 253-8829
goldstein@mindspring.com

April 28, 2004
PNA Board Meeting
Seattle Parks & Recreation

May 1-2, 2004
Northwest Zone SCY Champs
Corvallis, OR
Mark Warden
marklauraworden@comcast.net

May 5-September 30, 2004
USMS 5K & 10K Postal
Championship
Bruce Hopson (314) 569-2220
(314) 569-0382
bhopson@swbell.net

May 25, 2004
PNA Board Meeting
Seattle Parks & Recreation

June 3-13, 2003
FINA Masters World Champs
Riccione, Italy

June 12, 2004
USMS 5K Open Water
Championship
Fernandina, FL
Edward Gaw
edginc@att.net

June 22, 2004
PNA Board Meeting
Edmonds

June 27, 2004
USMS 2-Mile Cable Championship
Eagle Creek Reservoir
Indianapolis, IN
Mel Goldstein (317) 253-8289
goldstein@mindspring.com

June 28, 2004
USMS 1 Mile Open Water
Championship
Wildwood, NJ
Vicki Anders (410) 502-5395
andervi@jhmi.edu

July 2004
3.5K Open Water Championship
Applegate Lake, Jacksonville, OR
Dan Gray (541) 890-5483
dangray45@hotmail.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

Cory Hilderbrand Made the Move From Mailman To Aquatics Director

Masters Coach Profile

Three years ago, Cory Hilderbrand was working as a carrier for the U.S. Post Office. But in his spare time, Cory also was helping coach age-group swimmers. "And that coaching made me realize," he says, "that I wanted to be in aquatics rather than delivering mail the rest of my life."

So he quit the Post Office and went to work at the Bellevue Club where he's now the aquatics director. He runs all the aquatics programs (except for the club's age-group team) and serves as one of two regular coaches for the club's Masters swimmers.

Big Masters Team

The Bellevue Club team, formed shortly after the club opened in 1979, is a big one. "We probably have about 80 active members," says Cory. The team has morning practices three days a week and noon practices every weekday.

According to Cory, there's a definite difference between the morning and noon groups. "The morning group is more intense, they want to do 3,400 to 3,800 yards in the hour and 15 minutes we have. For the noon swimmers, we work more on technique. We try to make sure they're having fun and want to continue swimming."

Swimming Since Age 5

Cory, who is 27, grew up in the Kent area. He started swimming at

the age of 5 with the Kent Area Dolphins and continued swimming with this group (which no longer exists) all through Kentridge High School.

After high school, Cory attended Green River Community College while working for King County teaching swimming lessons and functioning as an assistant manager at a county pool in



Auburn. He expected to land a permanent job with the county, but the job didn't come through. That's when he went to work for the Post Office.

Triathlete and Dad

Cory recently became a triathlete, and this past November competed in his first triathlon.

When he's not training for triathlons or working at the Bellevue Club, Cory is spending time with his wife, Sheri, and the couple's two girls: Autumn, age four, and Kenie, age two.



(Continued from page 2)

Leading Off

challenge of competition that have helped to make all those workouts tolerable. Friendship and fun keep me on that path to fitness.

Not So Neat

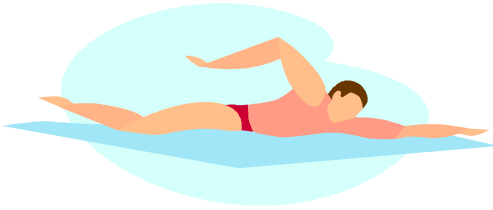
Sadly, the night before the Anacortes meet, I was reminded of a more basic reason to stay fit. The Kitsap County Coroner knocked on my door (my lights were on, I was checking midnight e-mail). The coroner was seeking my neighbor to tell her that her youngest son, Ted, had passed away that day from a heart attack.

Ted was just 18 when my wife and I moved in next door. Now he was gone—at age 45. Ted was active outdoors and on his farm and had passed a recent physical. But he delayed seeking help for chest pains he had the preceding week.

We're going to miss Ted very much. The moral: keep swimming—whether you compete or not—take care of yourself, and don't ignore those warning signs.

For Complete Swim Meet Results, see www.swimpna.org.

Anacortes Short Course Yards Meet January 18, 2004



About 80 people competed last month in a short course yards meet at the Fidalgo Pool & Fitness Center in Anacortes.

Meet Director Leslie Mix and her crew did an excellent job running this event, which started at 10 a.m. "We were finished by 1:45," says Steve Peterson, who drove up from Silverdale and was one of three competitors representing Old Olympic Peninsula Swimmers.

Northwest Zone records were set by NEO's Debbie Glassman (50-55) in the 200 Fly (2:41.52); NWM's Jim McCleery (55-59) in the 200 IM (2:22.74) and 400 IM (4:59.91); and NEO's Gene Crosssett (90-94) in the 100 Free (2:02.13) and the 200 Free (4:46.15).

As might be expected, the meet attracted a number of north end swimmers from teams such as the Fins of San Juans (a new PNA team), the Skagit Valley YMCA, the S Whidbey Island Swells and the North Whidbey Masters.

Handling the timing duties were members of the boys swimming team at Anacortes High School and members of the Thunderbird Aquatics Club. "They did a terrific job," says Lee Carlson, who competed at Anacortes and swims for the North Whidbey Masters.



Meet Day at Fidalgo Pool & Fitness Center



Meet Director Leslie Mix and Kristen Berg



North Whidbey Masters



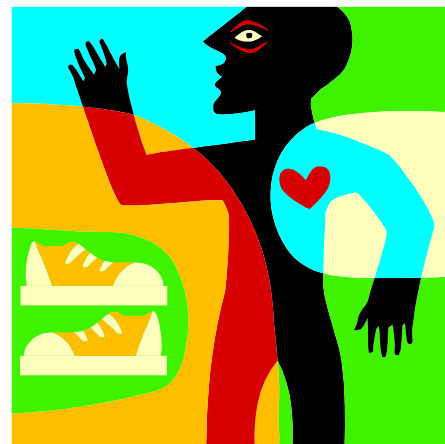
Erika Miller of North Whidbey Masters talks things over with Coach Neil Romney.

Photos by Steve Peterson and Lee Carlson



Fins of San Juans

Health and Fitness

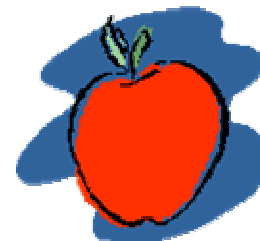


are high in sodium and fat and low in fiber.

How Much is a Portion?

Sixty-seven percent of Americans eat everything on their plate, no matter how much food there is. Is it any wonder that we are becoming an obese society? Do you know what a portion is?

- 1 medium apple looks like a baseball



- 2 tablespoons of peanut butter looks like a golf ball
- 1 small baked potato looks like a computer mouse
- 1 muffin looks like a large egg
- 1 cup of fruit, vegetable or pasta looks like a small fist
- 3 ounces of cooked meat or fish looks like a deck of cards
- 1 pancake or waffle looks like a 4" CD
- 1.5 ounces of cheese looks like six dice

Don't supersize your waistline. Just 25 extra calories a day can lead to a weight gain of three pounds per year—and that's 30 pounds in 10 years!!!

Healthy Snacks and Portion Size

Editor's Note: This article appeared in the December 2003 issue of Oregon's Aqua-Master newsletter. It's from a monthly column called "Get Fit with Jani and Sara."

Healthy snacks are based on vegetables, whole grains plus a small amount of dairy and lean protein. For a healthy heart, monitor your salt in-

"For a healthy heart, monitor your salt intake and the amount of saturated fat you eat."

take and how much saturated fat you eat.

Here are things you might want in your kitchen for fast, healthy snacks:

Fruits:

- fresh fruit
- dried fruit
- 100% fruit juice



Vegetables:

- raw veggies
- salads
- potatoes & sweet potatoes
- 100% vegetable juice
- vegetable soups

Grains:

- low fat, whole grain crackers
- rice cakes
- whole wheat bread (100%)
- whole wheat pita bread
- baked tortilla chips

Heart Healthy Protein:

- canned tuna and salmon
- turkey or white chicken (without skin)
- bean salad
- nuts and nut butters
- baked tofu

Heart Healthy Dairy:

- non-fat yogurt
- fortified soy milk
- skim milk
- smoothies made of soy milk or skim milk

"Sixty-seven percent of Americans eat everything on their plate, no matter how much food there is."

Think out of the bag for healthy snacks—literally. Avoid snack foods in those cute little bags and packages. Crackers, cookies and chips



Technique

Enhancing Your Technique and Stroke Improvements

By Peter Townsend

Are you trying to master a new stroking technique? By using your mind (as well as your body), you can master new stroking techniques *three to four times faster* than swimmers who only work on the physical side!

That's because your body gets all its instructions directly from your subconscious mind—the control center of all movement. To master a new technique, all you have to do is “program” it into your subconscious, as well as continue to practice the technique in the pool, until you have it perfected. The results may arrive much quicker and easier than you ever imagined.

The most effective way to do this is by regularly using visualization. It allows you to insert a new “program” into your current stroking technique or, if you are completely changing your technique, to replace the old one with the new one.

How to Visualize

Quiet your mind, close your eyes and mentally imagine yourself already using the new technique you desire (as if this was the way you have *always* swum). You need to do this as *realistically* as possible

to be truly effective, so that you *feel* the new stroking rhythm working perfectly. Eventually this feeling will transfer to the pool as well.

When it comes to technique, *feeling* is even more important than *seeing* the technique in your visualization, though using both feeling and seeing together is very potent indeed.

Depending upon how ingrained the old technique is, the visualization exercise must be done regularly to successfully replace the *old program* already running in your subconscious.

Remember not to visualize the old technique at all. This only reinforces the current program and makes it more difficult to change to a new one. If you accidentally do this, simply put a mental 'cross' through the image, and start over again.

The most effective way to master a new technique is by visualizing it at least five minutes a day while continuing your normal daily pool

mastered—and of course, the results will tell you this as well.

Affirmations and Mantras

Affirmations or mantras can help reinforce a new technique and stroking rhythm. These can be used while you are training in the pool.

You can create a mantra that corresponds to your own particular (new) stroking technique (e.g., “smooth and easy”, “cup the hands”, “head down, then breathe,” etc.). Even better, you can repeat it over and over in your mind *to exactly the same rhythm* as your swimming strokes, so that it *reinforces both the action and the rhythm* you are looking for the pool.

“Use affirmations and mantras to reinforce the new technique.”

“The most effective way to master a new technique is by visualization.”

training. Each time you train at the pool, more and more you will begin to feel this new technique slowly clicking into place, as the visualization *heightens* your kinesthetic (feeling) senses. Every time you perform the technique correctly, it will mentally remind you that you've successfully achieved the new stroke (almost like a bell going off each time you do it correctly). Eventually you'll know when you have it

Of course, there are different paths to success. Some swimmers will experience immediate, rapid improvement, while others will experience slower improvement, usually later followed by a more sudden (and unexpected) successful training session.

To summarize, visualize exactly what you want in the pool, and this will eventually implant a new “blueprint” into your subconscious for your body to follow in the pool. Plus, you can reinforce this blueprint with the affirmations while you are training.

Success comes through using both your mental and physical capabilities to make new changes.

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Technique and Strokes

Plus, there is no faster or more effective way to achieve success than going directly to the control center of your swimming—your subconscious.

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Craig Townsend is a mental trainer and clinical hypnotherapist from Sydney, Australia. His training program and articles have been used by the official Journal of the Australian Swimming Coaches and Teachers Association, National and State swimming and coaching Associations, national coaches, international swimming medalists and an Italian swim magazine. He currently has over 8,000 swimmers and coaches subscribing to his monthly tips. His Web site is www.SwimPsychology.com.



Two New Teams Join PNA

A hearty welcome to two new PNA teams.

The Fins of San Juans (FSJ) swim at the San Juan Fitness Center. The team rep and coach is Blanche Bybee, who founded FSJ because she wanted people to swim with.

Whatcom County YMCA (WYC) swims at the Lynden/Whatcom County YMCA. The team rep is Pat Barr; the coach is Jerry Harrison.

When it comes to new teams joining PNA, the more the merrier we say.

Father of Swimming Science, "Doc" Counsilman, Dies

James E. "Doc" Counsilman, the single most influential person in modern swimming, died last month in Bloomington, IN.

Counsilman was Indiana University's swim coach from 1957 until he retired in 1991. His teams won 20 consecutive Big Ten Championships (1961-81) and 140 consecutive dual meets (1966-79). He coached the U.S. Olympic Team in 1964 and 1976. He was National Swimming Coach of the Year twice and is a member of the International Swimming and Diving Hall of Fame.

Counsilman's Legacy: Swimming Science

Counsilman's legacy is his unflinching pursuit of the scientific bases for swimming performance and the use of academic research in that pursuit.

To honor Counsilman's contribution, Indiana University in 2002 established the Counsilman Center.

Two of the first three grants from the USMS Endowment Fund went to researchers at the center, where new training techniques and technology in swimming are studied.



Memorial Gifts Welcome

In Counsilman's memory, the LMSC Greater Indiana Masters Swimming (GRIN) has made a substantial contribution to the USMS Endowment Fund. *PNA encourages all PNA members to make a contribution to the fund, too.*

Memorial gifts should be sent as follows: checks payable to The USMS Endowment Fund, P.O. Box 10, Noblesville IN 46061. For more information, contact Doug Church, chair, Board of Governors, USMS Endowment Fund, DChurch@cchalaw.com.

Welcome New PNA Swimmers

Jon Baca
 Jason Blaize
 John Bostrom
 Peter Brooks
 Craig Carlson
 Kayte Comes
 Britt D'Andrea
 James Davidson
 David DeRego
 Kristi Eager
 Priscilla Farrington
 Morjolijn Francissen
 Katja Fritzsche
 John Gair
 Nancy Gayman
 John Geyman
 Holland Gilmore
 Gail Gladwell
 Paul Hopkins
 Laurie Jones

Lisa Kaufman
 Diane Mattens
 Melissa McAfee
 Angela Morelli
 Bibek Pandey
 Douglas Parrish
 Brooke Penaluna
 David Peterman
 Ian Prickett
 Cynthia Putnam
 Erin Shade
 Rachel Smith
 Michael Spence
 Sharifa Suniga
 John Tacke
 Liza VanRosenstiel
 Diana Wasson
 David Watson
 Martha Ways



King County Pools: Update

Tukwila's Pool Boasts Increased Revenue and Expanded Hours

Two and a half years ago, it appeared that the City of Tukwila was going to lose its public swimming pool. The pool's owner and operator, King County, was facing a budget crunch and planned to close 11 county pools, including Tukwila's.

Thanks to a number of staunch pool supporters including PNA, King County agreed to transfer and subsidize most of these pools for five years. As a result, 10 of the pools are still open, including the pool in Tukwila, which received a \$50,000 subsidy from the county and is now operated and maintained by the City of Tukwila.



Pool Closure Background

Many King County pools, including the Tukwila one, were built under Forward Thrust. This 1968 package of bonds and levies financed construction of pools and a slew of other public facilities.

But public pools usually aren't money makers. In fact, King County had been operating some pools at annual six-figure losses. So when the county became strapped financially, the pools became prime candidates for "mothballing"; that is, they'd be closed and would reopen only if and when the county could afford to operate them.

Tukwila's Happy Tale

Faced with closure of its pool, the City of Tukwila sat down with King County and worked out a deal

to keep the facility open. The city agreed to acquire and operate the pool in exchange for the county agreeing to maintain a bridge that had been the city's responsibility. The city also paid the county a one-time fee of \$3 million.

Revenue Rise

"It was a good deal for the city and its citizens," says Malcolm Neely, the pool's aquatic program coordinator, who has managed the pool since Tukwila took it over. In fact, the pool's 2003 revenues were 75% higher than 2002 revenues.

One reason, says Malcolm, is an expanded schedule, which includes Sunday hours and 19 additional hours of lap swimming. "Expanding our hours has enabled us to sell more memberships."

The pool also has a full-time facilities person; this was a half-time position when King County operated the pool. "As a result, mechanical problems have been minimized," says Malcolm.

New Boiler Needed

One mechanical problem that now exists, though, is the boiler. It's leaking so badly that the pool is using a rental boiler until a new one can be installed. "But the rental boiler has allowed us to keep operating, and it should allow us to stay open when we switch out the boilers," says Malcolm.

Continued Support Essential

Though only one King County pool has been mothballed—the one in Auburn—"it's still early in the game," cautions Lee Carlson, former PNA president, who spent a

(Continued from page 1)

PNA Board Retreat

PNA once again will offer scholarships in 2004 to coaches who want to attend the annual ASCA Clinic. And a board member is developing a newsletter article and template for setting up an annual workout plan that both coaches and individuals can use.

Increased Team Support

New PNA teams will be assigned a mentor, and PNA board members will periodically visit every PNA team. The visits will help the board learn more about team members and their needs.

Member Survey

The more PNA knows about you, the better it can serve you. The last member survey was several years ago. It's time to ask again for your input.

Competitive Opportunities

PNA will continue to support 8-10 local, zone and national pool meets a year. PNA also will explore two new types of events. One would be a first-timers' meet for swimmers who have never competed in a Masters meet. The other would be a week night meet.

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lot of time on the pool closure issue. "To make sure the pools stay open, we need to support the wide range of activities that use the pools, from kids' programs to swim teams to senior activities. We also need to support the pools financially by helping in pool fundraising activities and voting for pool levies."



Time for You to Nominate PNA's "Coach of the Year"

Some coaches stand out from the crowd.

To recognize these individuals, PNA will give its first annual PNA Coach of the Year Award. The recipient will be honored at PNA Championships in April and receive a personal plaque. In addition, the recipient's name will be engraved on a permanent trophy.

A three-member committee will review the nominations. The selection criteria may include:

- Improvement or enhancement of an ongoing program or establishment of a new program
- Sustained service over a long period of time
- Contributions to PNA
- Commitment to PNA
- Willingness to share coaching skills and information
- Loyalty of team members
- Inspiration to others and coaching accomplishments.

To nominate someone, simply submit a completed nomination form, together with a letter of support explaining why you're nominating this person. **Nominations must be received by March 19, 2004.**

You can find a nomination form on the PNA website at www.swimpna.org. You also can have a copy mailed to you by contacting Jeanne Ensign, 511 E Roy St. #314, Seattle WA 98102. Jeanne's telephone number is (206) 324-1354, and her e-mail is jeanne@raincity.com.

Warning

Register your team with PNA to be eligible for team points at PNA Champs in April. For a team registration form, go to www.swimpna.org.

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PNA Board Retreat

that would last about two hours and use deck sign ups.

Partnering with Others

Many Washington organizations—YMCAs and YWCAs, for example—have swim programs including Masters teams. And many PNA swimmers are triathletes, kayakers or rowers whose organizations sponsor events that need volunteers.

PNA wants to strengthen existing relationships and develop new ones with such organizations. The idea is to forge relationships that are mutually beneficial to these organizations and PNA members. There also is a place for PNA at health and wellness fairs.

More Member Involvement

Much of PNA's work is done by a small number of people. PNA will try to increase the number of involved members. *Please, become involved in some way with PNA. There are plenty of opportunities, from serving on the board to helping out at as a timer at a meet.*

"PNA is your organization," says Jeanne Ensign. "The more you're involved, the more you get out of PNA."

2004 Budget and 2003 Results

Below is a summary of the budget adopted by the PNA Board in December, together with a recap of PNA's actual 2003 spending.

The majority of PNA income is from registration fees, and the majority of PNA expense is the portion of those fees we pay to USMS. Our next three largest expenses are (in order of cost) *The WetSet*, meets and administration (postage, copying, mailing, etc.). For questions, contact PNA treasurer, Sarah Welch at sarah.welch@seattle.gov.

	Budget 2004	Actual 2003
Revenue		
Registration (Team & Individual)	41,355	39,924
Meets and Awards	1,350	7,195
Clinic Income	4,000	3,202
Interest Earnings	835	801
Use of PNA Fund Balance	2,040	3,217
TOTAL REVENUE	\$49,580	\$54,339
Expense		
USMS Registration Expense	25,815	25,850
Meet Expense and Safety	1,600	7,759
Equipment		
Clinic Expense	4,000	3,264
Swimmer, Team and Coach Support	1,125	1,048
<i>The WetSet</i> (Printing & Postage)	12,070	11,564
PNA Administration (Web, Supplies, Postage, Marketing, Special Mailings)	4,970	4,853
TOTAL EXPENSE	\$49,580	\$54,339



Call for Nominations Dawn Musselman Inspirational Swimmer Award

PNA has presented the Dawn Musselman Inspirational Swimmer Award annually since 1986 in memory of our "ultimate Masters swimmer," Dawn Musselman (1913-1986). A long-time PNA member, Dawn inspired others and encouraged them to do their best. She was a gifted swimmer as well—check PNA's records for ages 60 to 74!—but speed is not a criterion for this award.

Nominations are open to all PNA members. We're looking for the candidate who:

- Is an inspiration to all PNA swimmers
- Willingly shares information, training, or coaching tips
- Offers encouragement to other swimmers
- Exhibits good sportsmanship at all times
- Shows a strong commitment to PNA Masters Swimming.

You swim with someone who qualifies—compose a few paragraphs telling why! The award, consisting of a personal plaque and the perpetual trophy with the recipient's name added, will be presented at the PNA Champs meet, April 10 and 11, at King County Aquatic Center in Federal Way. Send your nomination to:

Steve Peterson
(360) 692-1669
speterson@bandwagon.net
11165 Central Valley Rd NW
Poulsbo WA 98370-7014

Please submit your nomination by March 19, 2004.

Orca Dives into 20th Year with Food Drive and Whale Adoption

Seattle's Orca Swim Team launched its 20th anniversary year recently by collecting and donating 150 pounds of food to Northwest Harvest, and by adopting Princess Angelina, an 8,000-pound member of Puget Sound's "J-Pod" noted for her sleek *Free Willy* movie appearances. The adoption commemorated the team's first year, 1984, when it adopted an Orca whale through the Whale Museum at Friday Harbor.

Orca's Orientation

Founded by Orca swimmer Rick Peterson and several other local swimmers, the team is an active association of more than 70 gay/lesbian—and gay/lesbian-friendly—fitness and competitive swimmers. Team members, who range from beginners to some of the nation's fastest U.S. Masters Swimmers, work out five evenings a week at Seattle University's Conolly Athletic Center.

Orca Record Setting

While not all Orcas compete, many do. They've won numerous medals at every Gay Games and set local, regional and even international records. Each year, several Orca swimmers usually rank in the National Top Ten among U.S. Masters swimmers.

Wanted: More Women

The Orca team has a wide age distribution. And while everyone is welcome, Orca is looking especially to recruit women, to join the handful that already plies the waters with the men.

For workout times, pool locations and other information about Orca, visit the team's Web site at www.orcaswimteam.org or contact the team secretary at secretary@orcaswimteam.org.

New swimmers can try their first workout free. For details, contact the team secretary.



Kathleen Morris, Orca co-captain, delivers 150 pounds of food to Northwest Harvest.

PNA LOCAL MASTERS SWIMMING COMMITTEE
SHORT COURSE YARDS MEET: March 14, 2004 (Meet Sanction #043603)
 Hosted by Mercer Island Redwoods

EVENTS	
#	Event
Sunday, March 16	
1	200 Free Relay
2	50 Free
3	100 Breast
4	50 Fly
5	200 Mixed Free Relay
10 minute break	
6	100 Free
7	50 Back
8	100 Fly
9	200 Medley Relay
10 minute break	
10	50 Breast
11	100 Back
12	100 IM
13	200 Mixed Medley Relay
10 minute break	
14	200 Free

DATE: Sunday, March 14, 2004
TIME: Warm-up: 8:30 AM; Meet starts 9:30 AM
PLACE: Mercer Island Pool (Mary Wayte Pool)
 8815 SE 40th ST, Mercer Island, WA
Phone: 206-296-4370
MEET DIRECTOR: Lee Carlson & Steve Sussex
 360-466-0127
 leedee17340@msn.com

FACILITY: Six-lane 25 yard pool
 Separate warm-up area
 Spectator seating for 200
CONCESSIONS: None
RULES: Current USMS Rules will govern the meet
ELIGIBILITY: Open to all USMS 2004 registered swimmers, 19 and above as of March 14, 2004.
SEEDING: Slow to fast **TIMING:** Electronic

RELAYS: Deck-enter relays at the meet. Mixed relays require 2 men and 2 women. Mark your relay entry card *carefully* to ensure correct intent and results.
DIRECTIONS: From I-90 east or west: Take Island Crest Way southbound exit. Proceed approximately one mile south on Island Crest Way to SE 40th St. (stop light) and turn left. Go ¼ mile on SE 40th St. Pool is on the right with ample parking available in adjacent lot.

Website: For more information, visit the PNA website (www.swimpna.org)

NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES

EMERGENCY CONTACT-----

PHONE NUMBER-----

PNA LOCAL MASTERS SWIMMING COMMITTEE
 March 14, 2004
 Hosted by Mercer Island Redwoods

NAME: _____ **M F AGE:** _____
ADDRESS: _____
PHONE: _____ **BIRTHDATE:** _____ **USMS #:** _____
CLUB/TEAM: _____ or **UNATTACHED:** _____ **ASSOCIATION:** _____

AGE GROUP (determined by your age as of March 14, 2004):
 19 - 24 25 - 29 30 - 34 35 - 39 40 - 44 45- 49 50 - 54 55 - 59
 60 - 64 65 - 69 70 - 74 75- 79 80 - 84 85 - 89 90 - 94 95+
ENTRY LIMIT: 5 EVENTS PER DAY plus relays. Circle if your first Masters meet: Y

EVENT NUMBER	EVENT	SEED TIME

ENTRY FEES: \$ 9.00 (includes LMSC and electronic timing surcharges)
 Individual Events: + _____ (\$1 each; optional for age 65 and over or if needs based) (no charge for relays)
 Total: \$ _____ [from \$9.00 (relays only) to \$14.00 (five events)]

Please make checks payable to: **TIM O'BRIEN**
 Mail this entry form and fees to: 4591 E. Mercer Way
 Mercer Island, WA 98040

Please send entries postmarked no later than Friday, March 5th.

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, 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.

SIGNED: _____ **DATE:** _____

Additional Information

PNA Champs

In Memory of Steve Engel
June 17, 1943 - February 17, 1996

PNA's annual Champs meet is dedicated to the memory of the co-founder and first president of the PNA. Steve lost his battle with complications from leukemia, but his energy and enthusiasm will long be remembered by those of us fortunate to have known him.

*Across America, there are now more than 30,000 of us.
And one of the pioneer associations in the nation was right
here in Steve Engel land. Thank You, Steve.
Your vision long ago became a solid reality that will endure.
It was not a false start. You have swum the entire distance to heaven.*
- From Tom Taylor's tribute in *The WetSet* (March 1996)

Team Eligibility: To be eligible for team awards, teams must submit a 2004 team registration by the meet entry deadline. PNA team registration forms are available in *The WetSet* and on the PNA Web site, www.swimpna.org.

Team Categories: Eligible PNA teams will be divided into three categories (Large, Medium, and Small), based upon the number of swimmers entered from each team in the meet. Category assignments will be made after the meet entry deadline and announced during the meet.

Scoring: The meet shall be scored from places 1 through 12 in every age group for every event. Individual events will be scored 13-11-10-9-8-7-6-5-4-3-2-1. Relays score double the individual points. Non-PNA swimmers will not score points and will not displace PNA swimmers from scoring points.

Individual Awards: PNA Championship ribbons will be awarded first through 8th place in every age group in every event. PNA medals (1st, 2nd & 3rd place) can be purchased for \$2 each.

Team Awards: Plaques will be awarded to the top three teams in each category.

Web Site: Visit PNA 's Web site at www.swimpna.org for updated information.

Motels: There are numerous motels within fifteen miles of the pool including:

Name	Distance to Pool	City	Phone
Holiday Inn Express	1.4 miles	Federal Way	253-838-3164
Best Western Executel	5 miles	Federal Way	253-941-6000
Super 8 Motel	2.4 miles	Federal Way	253-838-8808
Motel 6	7 miles	Fife	253-922-1270

PNA Coach of the Year and Dawn Musselman Awards: The first annual PNA Coach of the Year and the 2004 PNA Inspirational Swimmer Award, named in honor of Dawn Musselman, will be presented on Saturday at the conclusion of event #13 (50 Freestyle).



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 _____

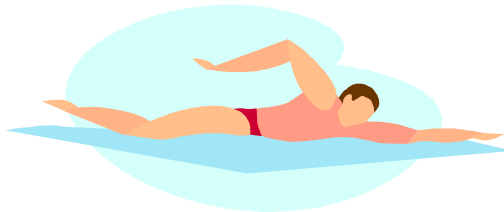
City / State / Zip Code _____

Phone _____ USMS # _____

E-MAIL _____

Change of Address

New Subscription



Pacific Northwest Association of Masters Swimmers
1920 10th Ave East
Seattle, WA 98102-4253

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