

# newsletter



## Pacific Masters 2001 Coach of the Year Nominations Due.

by Doug Huestis, PMS Chairman

Like Christmas — once a year, someone gets a special treat. That someone could be your own team's Coach, and the 'treat' would be being recognized as Pacific Masters Coach of the Year!

Being a Masters Coach myself I love coaching because it keeps me involved with some of the finest adult athletes and people out there. And while this internal satisfaction is what keeps me, and other coaches, trying to make their programs the very best — every once in a while it's nice to be recognized by your peers as having brought that something special, something extra to the table.

Perhaps you have a coach who has made a difference in your training, in your competition, in your life. Perhaps they have spent some extra time working on some part of your swimming that makes you just a little bit better because of it. Now this is your chance to tell them "Thank you." Round up your team mates and start talking it up!!

The selection criteria is as follows: The Coach of the Year is selected on the basis of inspirational and instructional qualities; club and individual accomplishments including championships and world records; and non-competitive club and individual accomplishments including club size and growth, club participation, volunteering, and events run by the club; and the coach's service to PMS, USMS and other masters organizations, participation in clinics, and published works.

To nominate your coach, provide a nomination letter listing his or her accomplishments and a maximum of four letters from your teammates supporting your nomination. Nominations may be mailed to PMS Chairman Doug Huestis, 67 Fortuna Avenue, San Francisco, CA 94115; or delivered in person to Doug at or before the PMS Committee meeting on May 23, 2001 at OakHill Park in Danville. The award will be presented at the PMS Long Course Championship meet in July.

### PREVIOUS COACH OF THE YEAR

- 2000 Marie McSweeney (TAM)
- 1999 Tina Talbot (SANR)
- 1998 Tim Sheeper (MNLO)
- 1997 Brian Stack (MAM)
- 1996 Doug Huestis (TOC)

Jean started in my Swim and Stay Fit Program in 1968. She was just released from the hospital and very weak. She took the Red Cross beginner thru Life Saving classes. Jean passed all the above with flying colors and became one of my best teachers for pre-schooler's. In 1971, Dr Ransome Arthur came to Walnut Creek to swim in the first Area AAU Masters Invitational We got our AAU Cards, entered the Meet and walked away winners. We held dual meets with Cindy Baxter's Rinconada group, went to Nationals in Ford Lauderdale where Jean came back a winner, and she was hooked.

### In Memoriam



photo courtesy Elfriede Rogers

JEANNE DURSTON (WCM)  
1914-2001

She and her husband Glen were also avid bicyclists and did many 50 + milers on alternate weekends. Jean and her trusted 10 Speed bike were seen all over Concord and Walnut Creek, her mode of transportation in rain or shine. Jean was also a great friend to animals, a great seamstress, producing wonderful Ann and Andy's for Team functions (auctions), and a marvelous cook She always lent a helping hand, was there when family, friends and neighbors need help in her gentle, positive ways. Jean was in her lane at workout daily setting the standards by which us older gals tested our progress. If we could beat Jean, then we were back in shape. She greatly enjoyed swimming with the fishes in Hawaii and her wish was to be cremated and have her ashes sprinkled on the water. We will always miss her.

by Elfriede Rogers

## POOL MEETS

### Strawberry Canyon Masters Invitational Meet

Saturday, March 31, 2001

Sanction # 38-01-10

**Location:** Spieker Aquatics Complex, UC Berkeley, Bancroft Way at Dana Street. Limited covered parking available at Bancroft Way @ Ellsworth. Directions: From I-80 East or West, take University Ave. exit and head east. Continue on University Ave. until you reach Oxford Street. Take a right on Oxford, go past Bancroft Way (one way street), and take the next left onto Durant Avenue. Take another left on Ellsworth, cross Bancroft Way, and drive directly into the covered parking facility. \$5 pay parking available at Spieker Complex; park in designated areas. Metered parking and free weekend permit parking available on neighboring streets.

**Course:** Outdoor, 25-yard, 20-lane pool. Eight lanes will be used for competition and ten lanes for warm-ups. NOTE: During the 500 free only, 16 lanes will be used for competition and four for warm-ups.

**Time:** Warm-ups begin at 7:30 a.m. First event begins at 9:00 a.m.

**Check in:** The 500 free is pre-seeded; no deck entries for the 500. All other events will be deck-seeded. All swimmers in the 500 freestyle must check in by 8:30 a.m. All others must check in at least 30 minutes prior to the expected starting time of each event. Swimmers who do not check in will not be allowed to swim. The meet will be seeded slowest to fastest.

**Entries:** Swimmers are limited to five (5) events, excluding the relay. This is a cardless meet. Mail Consolidated Entry Form, a photocopy of your 2001 USMS registration card, and your entry fee to Lisa Goldman, 5410 Broadway, #303, Oakland, CA 94618.

**Deadline:** Entries must be postmarked no later than March 17 (or received by March 21). Please do not send mail requiring a signature for receipt.

**Fees:** \$5.00 surcharge per swimmer. \$2.00 per event if pre-entered, \$3.00 per event if deck-entered. Relays are \$4.00 per team. Make checks payable to SCAM. **No refunds.**

**Awards:** All participants will receive a goodie bag. Prize drawings will be held for every event throughout the meet. The more events you enter, the more chances you have of winning.

**Snack bar:** will be open during the meet.

**Meet director:** Lisa Goldman: (510) 655-5093, lisakgoldman@hotmail.com

**Referee:** John Duncan

**Events:** (Odd=Women; Even=Men)

- 1 - 2 500 Freestyle
- 3 - 4 200 I.M.
- 5 - 6 100 Butterfly
- 7 - 8 100 Backstroke
- 9 - 10 200 Freestyle Relay
- 11 - 12 200 Freestyle
- 13 - 14 100 Breaststroke
- 15 - 16 100 Freestyle
- 17 - 18 100 I.M.

### Santa Cruz Masters Aquatics and the University of California-Santa Cruz PMS 2001 Short Course Championships

April 20, 21, 22, 2001

Sanction #38-01-11

**Location:** East Field House, UCSC Campus.

**Directions:** Take Hwy 1 (Mission St.) north from Hwy 17/Hwy 1 interchange to Bay St. Turn right (away from ocean) and follow Bay up the hill straight through Campus entry. Turn left at Hagar Drive and go up the hill. Drop off your passengers and gear at East Field House/Pool and return down Hagar to the big parking lot. Park and lock your car, and walk the 200 yards up the hill. **DO NOT PARK AT THE POOL ON FRIDAY** unless you buy a parking permit at the entrance to campus or bring lots of quarters. Meters are closely monitored and non-meter zones are **VIGOROUSLY TICKETED** (\$25.00).

**Facility:** UCSC Swim Complex, Santa Cruz, CA. Seven lanes for competition and one lane for warm-up throughout the meet for each of the two swim courses. Additional warm-up breaks during the meet. Snack bar will be available all three days. Concessionaires will have quality comestibles for your eating pleasure.

**Time/Check In:** **Friday** check in and warm-up begin at 8:30 a.m. Men's 1650 starts at 10:00 a.m.; women's 1650 starts at 10:30 a.m. **Saturday and Sunday** check-in and warm-up at 7:30 a.m. Meet starts at 9 a.m., both men and women. **PLEASE NOTE:** You must check-in anew each day, and have checked in one-half hour (30 min.) prior to the start of your event or you will be scratched!

**Entries:** Swimmers may enter a maximum of five events per day and seven events for the entire meet, excluding relays. Relays will be deck entered on yellow relay entry cards. Swimmers may swim only once in each relay event. Swimmers on relays only must submit an entry form and show their 2001 USMS registration card.

**Entry Fees:** Fee is \$10 for one individual event, \$20 for 2-4 events and \$25 for 5-7 events; \$4 per relay. **There will be no refunds.** Make **check payable** to "U.C. REGENTS" and send with consolidated race entry card, and 2001 USMS registration photocopy to: PMS CHAMPIONSHIPS, c/o Santa Cruz Masters, P.O. Box 8422, Santa Cruz, CA 95061.

**Deadline: No late or deck entries.** Entries must be postmarked no later than Saturday, April 7th and/or received no later than Wednesday April 11th, 2001.

**Seeding:** individual events will be seeded from slowest to fastest. It's our intention to swim ALL events one to a lane. However, if overwhelmed with entries, we will go two- to-a-lane for the 500, 1000, and 1650 freestyle. Anyone who wishes to swim only one per lane can do so after all two-to-a-lane heats have been swum.

**Scoring:** Individual events: 9-7-6-5-4-3-2-1 (eight places). Relays: 18-14-12-10-8-6-4-2 for each age group (eight places). \*NOTE: only two relay teams per swim club may score per age group of a relay.

**Awards:** ribbons to first through eighth place. High point awards for each sex and age group. Team trophies will be awarded to the top teams in each PMS team size division.

**T-Shirts:** Commemorative t-shirts will be offered for sale.

**Program:** with entries and entered times on sale for \$3 per copy.

**Timing plan:** CRUZ Masters will provide one timer per lane throughout meet. Additional timers for all three days will be requested from those present.

**Meet Director:** Joel Wilson (831) 425-5762.

**Referee:** Bud Myer

#### Schedule of Events

##### Friday, April 20, 2001

- |     |                                 |       |                      |
|-----|---------------------------------|-------|----------------------|
| 1-2 | 1650 yd. freestyle              | 21-22 | 50 yd. butterfly     |
| 3-  | 800 yd. <u>mixed</u> free relay | 23-24 | 200 yd. breaststroke |
| 5-6 | 400 yd. I.M.                    | 25-26 | 100 yd. I.M.         |
| 7-8 | 200 yd. freestyle               | 27-28 | 200 yd. medley relay |

##### Saturday, April 21, 2001

- 9-10 1000 yd. freestyle
- 11-12 100 yd. butterfly
- 13-14 50 yd. breaststroke
- 15-16 400 yd. free relay
- 17-18 50 yd. freestyle
- 19-20 200 yd. backstroke

##### Sunday, April 22, 2001

- 29-30 500 yd. freestyle
- 31-32 100 yd. breaststroke
- 33-34 200 yd. butterfly
- 35-36 100 yd. backstroke
- 37- 200 yd. mixed free relay
- 39-40 100 yd. freestyle
- 41-42 200 yd. I.M.
- 43-44 50 yd. backstroke
- 45- 400 yd. mixed medley relay

## POOL MEET

### Walnut Creek Masters Invitational Long Course Meet

Friday & Saturday, June 8-9, 2001

Sanction # 38-01-12

**Location:** Clark Swim Center, Heather & Marchbanks Dr., Walnut Creek. From I 680 North, take Ygnacio Valley Rd. to San Carlos, make a left turn at the stop light, turn left on Heather. From I 680 South, take No. Main St. turnoff, turn right at signal (Main St.) to Ygnacio Valley Rd., turn left at stoplight and proceed as above.

**Facility:** 8 lanes of 50 meters for competition plus one warm-up lane during competition. Snack bar will be available during the meet.

**Time:** Warm-ups for the 800 free at 5 p.m. Friday evening. Meet starts at 5:30 p.m. Warm-ups for Saturday at 7:45 - 8:45 a.m., meet begins at 9:00 a.m.

**Check-in:** The 800 m. Free on Friday night is pre-seeded; two to a lane only if necessary. No deck entries will be accepted for the 800. NO EXCEPTIONS. Call Charlene O'Brien, (510) 934-5657, Thursday, June 7th between 6 p.m. - 9 p.m. for estimated start time. The Saturday events are deck seeded and late entries (deck entries) are permissible. All swimmers in the first 4 events must check-in by 8:30 a.m. All others are urged to check-in early. You must check-in at least 30 minutes prior to the expected start of your event.

**Entries:** All entries must be on a pink or blue entry cards, accompanied by a Consolidated Entry Card. Make sure to enter "meter times."

**Entry fee/ Deadline:** \$3.00 for each event when postmarked by June 1, 2001 or received by June 5, 2001. Those entries received after the deadline and deck entries will be charged \$3.50 per event. There is also a \$3.00 surcharge per swimmer to offset meet expenses. Enclose cards, copy of 2001 USMS card and entry fee and make checks payable to Walnut Creek Masters. Mail to Walnut Creek Masters, P.O. Box 8039, Walnut Creek, CA 94596.

**Awards:** Ribbons for 1st - 3rd place.

**Meet Director:** John King, (925)930-6854.

**Referee:** John Duncan.

**Events:** (Odd=Women, Even=Men)

**Friday, June 8, 2001**

1-2 800 m. Free

**Saturday, June 9, 2001**

3-4 400 m. IM

5-6 200 m. Free

7-8 100 m. Breast

9-10 200 m. Fly

11-12 100 m. Back

13-14 200 m. IM

15-16 100 m. Free

17-18 200 m. Breast

19-20 100 m. Fly

21-22 200 m. Back

*Housing Accommodations at  
Santa Cruz for the  
Championship Meet will be  
very tight due to other events  
on campus. Make your  
reservations NOW!*

## OPEN WATER MEET

### Davis Aquatic Masters Lake Berryessa Annual One and Two Mile Swims

Saturday, June 2, 2001

Sanction # pending

**Location:** Oak Shores Park off Knoxville-Berryessa Rd., on west shore of Lake Berryessa. Turn E. onto Knoxville-Berryessa Road from Hwy 128 at Turtle Rock Cafe. Entrance to Oak Shores Park is 0.6 mi. N. of Park Headquarters and two miles N. of Spanish Flat.

**Course:** One and two mile courses are marked by buoys at 200 yard intervals. Expected water temperature: 65-70 degrees.

**Divisions:** Masters 2 Mile, Masters 1 Mile, Masters combined 2 and 1 Mile, Masters Wetsuit 2 Mile, and Masters Wetsuit 1 Mile.

**Time:** Race day registration and check-in begins at 7:00 a.m. and closes at 9:00 a.m. for 2 mile swim and 10:30 for all 1 mile swims. The two mile starts at 9:30 a.m., one mile at 11:00 a.m.

**Swim Procedure:** Deep water starts. No late starters. Caps are provided and are mandatory. No individual escorts. Safety craft will patrol. Cut-off times: 1 hour for one mile, 2 hours for two mile.

**Entries:** Entry fees include swim cap, official Berryessa mug, post-race refreshments, eligibility for raffle prizes.

**Entry fees:** For 1 Mile and 2 Mile swims is \$25 if postmarked by May 15, 2001 (\$30 late and race day). Pre-race day entry fees for combined 1 and 2 Mile is \$35 (\$40 late and race day). Send entries, with a photocopy of 2001 USMS card to DAM, P.O. Box 921, Davis, CA 95617. For official entry form send a SASE to the above address, Attn: Race Director, or check DAM's website at [www.damfast.org](http://www.damfast.org).

**Awards:** Commemorative medals will be awarded to the 1st three finishers in each age and gender group. Special award to 1st man and woman overall in 2 and 1 mile. Awards to top three men and women finishers in combined and wetsuit (no age group) categories.

**T shirts:** May be ordered on entry form for an additional \$6 each prior to May 15, 2001. A limited number of T shirts will be available on race day for \$12 each.

**Traditional Post Swim Picnic:** On-site food service will be providing a burger, chips, and a drink at the event. Lunches should be pre-ordered - only a limited number will be for sale on race day. Details are on the official entry form. Picnic tables, BBQ grills and restroom facilities available.

**Race Director:** Tariq Kadir (530) 758-8665 or (916)801-7738; email [tkadir@inreach.com](mailto:tkadir@inreach.com)

check out our website  
[www.pacificmasters.org](http://www.pacificmasters.org)

## OPEN WATER MEET AND INFO

### Redwood Coast Masters Spring Lake One Mile Open Water Swim

Saturday, May 12, 2001

Sanction # OW-0101

**Location:** Spring Lake, Santa Rosa. From Hwy 101, take Hwy 12 East. Turn right on Mission Blvd., left on Montgomery Dr., right on Channel Dr., right on Violette Rd., into park. Parking Fee \$3.00.

**Course:** One mile loop course swim from a small sand beach in Spring Lake. Expected water temperature 68 -70 degrees.

**Time:** Check-in, packet pick-up and race day registration from 7:30 - 8:30 a.m. Race begins at 9:00 a.m. No late starters.

**Swim Procedure:** There will be three wave starts five minutes apart. All swimmers must wear the provided swim caps and race finish tags. The color of the swim cap will designate wave number and the finish tags will be collected in the chute at the finish line. There will be a one hour cut-off time. No individual escorts. Safety craft will patrol.

**Entries:** Indicate estimated one-mile swim time on entry. Send entry form or consolidated card, a photocopy of 2001 USMS card and a check payable to Redwood Coast USLA to Redwood Coast One Mile Swim, P.O. Box 337, Healdsburg, CA 95448. For official entry form, send SASE to above address.

**Entry fees:** \$20 entry fee for pre-entries, \$25 entry fee for late and race day entries. Entry fee is non-refundable and non-transferable.

**Deadline:** Entries must be postmarked by May 5, 2001.

**T-Shirts:** All pre-entries postmarked by May 5, 2001 will receive a T-shirt. Indicate size on entry form. T-shirts will be on sale on race day.

**Awards:** Awards will be presented to the first overall male and female finishers and to 1st through 3rd in each age division.

**Race Information:** (707) 528-4718;

email: redwoodcoastopenwater@yahoo.com

---

### Open Water Clinic Series

**Sponsored by the San Mateo Master Marlins**

*Are you looking to get into something besides pool meets?  
Has the attraction of open water piqued your interest?  
Are you looking to improve your open water swimming?  
From the beginner to the more seasoned open water swimmer these clinics will get you started.*

**The first clinic - April 28**

This clinic will focus on getting started in open water swimming. The clinic will incorporate lecture, video water pool practice, and an introductory open water swim.

**The second clinic - May 5**

This clinic builds on the first clinic and will incorporate more advanced training techniques utilizing similar techniques from clinic 1. This clinic will have a substantial open water swim 0.5 mile to 1 mile.

**The third clinic - June 2**

This clinic will be conducted before and after the Lake Berryessa Swim. It will include pre race preparation and post race evaluation.

For more information on this series or any individual clinic please **contact Thomas Huggins 650-522-7460.**

### PMS 2001 Open Water Swimming

*This season looks to be our biggest and best ever! The 2001 season will be taking place at 14 great open water venues around Northern California. There are two new events at Pinecrest and Folsom Lakes, as well as introductory open water clinics.*

### Individual Open Water Points Competition

*There are 17 races that are eligible for the Individual Open Water Points Championship. Seven events may be counted towards the point's competition; swimmers competing in more than seven events will have their best seven swims scored.*

Points shall be awarded as follows for men & women at every race indicated in all age groups:

1st: 22, 2nd: 19, 3rd: 17, 4th: 16, 5th: 15, 6th: 14, 7th: 13, 8th: 12, 9th: 11, 10th: 10

Eligible swims include: Spring Lake, Berryessa (2), Russian River, Aquatic Park, Santa Cruz Rough Water, Cruz Cruise, Pier to Pier, Donner Lake, Pinecrest Lake, Whiskeytown (2), Shadow Cliffs (2), Folsom Lake (2).

### 2001 PMS Open Water Swimming Championships

*PMS will be having 3 open water championships in 2001. August 4 & 5 will be championship weekend in Santa Cruz! The Santa Cruz Rough Water Swim on August 4 will be the 1mile PMS Championship. The CRUZ Cruise and the 6+ miles Pier to Pier on Sunday August 5 will be the 2 - mile and 10 K Championships.*





## POOL MEETS



**Ready, Set, Go!**

**Photos from the  
Pacific Masters Short Course  
Meters Championships**



**Hosted by the  
Healdsburg Swim Club  
November 3 -5, 2000**

**Photos submitted by  
Theresa Wistrom**



# COMPETITION ENTRY INSTRUCTIONS

## Pacific Masters Swimming Competitions

### HOW TO ENTER

Please read the following instructions before entering USMS/PMS sanctioned events. For further information on specific upcoming competitions, see elsewhere in this newsletter. Current USMS and PMS rules govern each swim event.

### AGE GROUPS

**Entrants must be at least 19 years old.**

**Individual Events:** 19-24, 25-29 and subsequent five year increments as high as necessary to accommodate all swimmers.

**Short Course (yards) Relays:** 19+, 25+ and subsequent ten year increments as high as necessary to accommodate all swimmers. The age of the youngest member of the relay team shall determine the age group.

**Short Course (meters) and Long Course Relays:** 76-99, 100-119, 120-159, 160-199 and 40 year increments as high as necessary. The aggregate age of the four members shall determine the age group.

### POOL COMPETITIONS

**Entry Procedures:** Thoroughly read the Entry procedures for each competition. For all meets, individuals must send a copy of the Consolidated Entry Form below with a photocopy of their USMS registration card. Failure to provide a copy of this card will result in a \$3.00 look-up fee.

Individual event information must be completed in the designated area only if the meet is designated as a **cardless meet**. All other meets

require event information on official PMS pink (for women) and blue (for men) cards. At all meets, including cardless, relays must be entered on official yellow PMS relay entry cards.

Entry cards and PMS registration forms are available through Nancy Ridout, PMS Registrar, 580 Sunset Parkway, Novato, CA 94947 (415) 892-0771.

**Check In Requirements:** Swimmers must check in at all meets. Read specific check in requirements designated by the meet host.

**Strictly Forbidden:** Entering more than five individual events per day • Using hand paddles in warmup areas. • Diving in warmups unless in designated sprint lanes (entering the warmup pool must be done with feet first with one hand in contact with the pool deck). • Smoking in any area where swimmers may be present.

### OPEN WATER COMPETITIONS

**Entry Procedures:** Individuals must send a copy of the Consolidated Entry Form below or an entry form provided by the event host. It must be accompanied by a copy of the swimmers **current** USMS registration card. Failure to provide a copy of this card will result in a \$3.00 look-up fee.

**Event Requirements:** Swimmers using non-porous neoprene swim suits, wetsuits or other non-porous attire will be ineligible for awards or place points. Swimmers are not permitted to use fins, pull buoys or other swimming devices with the possible exception of soft hand paddles or fins as a prosthesis. Approval of prosthesis use is the responsibility of the event director. Wearing fluorescent day-glow caps is mandatory. Each course is patrolled by safety craft. Unless specifically stated, individual escorts are not allowed. A cut-off time will be enforced.

----- Cut here -----

### Consolidated Entry Form • Pacific Masters Swimming

Name (as it appears on registration card)		Sex M <input type="checkbox"/>	1. Place USMS card in this space. 2. Photocopy with this consolidated entry form. 3. Send in photocopy with each entry.  *Age for LCM & SCM meets is age as of Dec. 31st of current year. Age for SCY meets is age of last day of meet.  T-Shirt size: <input style="width: 100px;" type="text"/>
Street		no. of events entered:	
City	State	Zip	
Phone	* Age	Birthday	
Club	Club Abbr.	Entry Fee	

For a Cardless Meet, enter your times in the table below

Event No.	Est. Time	Distance-Stroke	Event No.	Est. Time	Distance-Stroke

"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. For Open Water Events: In addition, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."

Name of Meet/Event	Date of Meet/Event	Signature
--------------------	--------------------	-----------

Rev 3/99

# PACIFIC MASTERS SUPPLIES AND SERVICES

## VIDEO TAPE LIBRARY

How to Borrow Tapes:

No charge to clubs. Charge to PMS members is a \$5.00 mailing fee per order and \$50.00 deposit (payable in two separate checks). Two tape maximum per order for a two week borrowing period from the date of initial mailing to receipt by PMS office. If late, damaged or lost, clubs must pay full replacement cost and individuals must forfeit deposit checks. Temporary suspension of PMS membership for bounced checks or late replacement payments. Please tell PMS office about suggestions for new tapes.

1. How Swimming Works, New Ideas in Freestyle & Backstroke - Dr. Marty Hull, 1996
2. From the Fast Lane (3 tapes)- John Moffet vol. 1-Basic Technique, vol. 2-Basic Training, vol. 3-Advanced Technique
3. Swim Power, Unlock Your Ultimate Potential (Technique, Training & Tips) - SteveTarpinian
4. Water: How to Be Safe In It, Have Fun In It, Move Powerfully In It, Swim Fast IN It - Dr. Marty Hull
5. Fluid Swimming: The Importance of Range-Of Motion in Swimming, Stretching Exercises to Improve ROM, Strengthening Exercises to Use It Better - Dr. Marty Hull
6. Swimming Fastest II - John Trembley
7. Swim Smarter/Swim Faster - Richard Quick
8. Swim Smarter/Swim Faster II (Starts & Turns) - Richard Quick
9. Forbes Carlisle Seminar - Taped at the Olympic Club, 1995
10. From the Bottom Up - Mike Bottom (3 tapes) Freestyle, Backstroke, Breastroke
11. Excellence in Swimming Stroke Technique
12. Stretching - Bob Anderson
13. Clinical Sports Massage - Benny Vaughn
14. Gettin' Better - John Nabor
15. Red Cross Swimming & Diving Skills
16. ASCA World Clinic, 1992 (4 tapes) Freestyle, Backstroke, Breastroke, Butterfly
17. Weight Training for Adult Swimmers - from Rinconada Masters 50+ Clinic
18. Masters Starts & Turns - ASCA
19. Gold Medal Series (4 tapes) - Don Gambril Freestyle, Backstroke, Breastroke, Butterfly
20. Classic Swimming Series (4 tapes) - Don Gambril, Men's Swimming, Women's Swimming, Swimming Techniques, Coaches Techniques
21. Breaking the Mental Barrier (audio tapes)

## PRICE LIST

Membership Card Replacment.....	2.00
USMS/PMS Registration Forms.....	free
USMS Brochures (up to20).....	free
Entry Cards(pink, blue, relay; combos ok)	
set of 20.....	2.00
set of 100.....	5.00
set of 500.....	15.00
Pad -100 Consolidated Entry Forms.....	3.50
USMS/PMS Records- indicate type:	
(SC, LC, SCM).....	3.00
PMS Top Ten Times -indicate type	
(SC, LC).....	5.00
Building a Successful Masters Club.....	3.00
Places to Swim - one area.....	\$ASE
Places to Swim - entire USA.....	6.00
USMS 2001 Rule Book.....	7.00
USMS Decals (each).....	0.25
PMS Luggage Tag for PMS Card.....	2.00
Video and audio tape deposit .....	50.00
Video/audio tape mailing charge.....	5.00
PMS Super Set	
(stickers, instructions, certificates)	
set of 1.....	1.00
set of 10.....	5.00
set of 15.....	10.00
set of 50.....	18.00
Swim Seasons Record Card	
(for recording best times)	
set of 1.....	0.50
set of 10.....	2.00
set of 25.....	4.50

**Deadline for**  
pool and open water swims  
for the  
May-June Newsletter is  
**March 15, 2001**

## ORDER FORM

Please send check (separate checks, payable to Pacific Masters Swimming, for video deposit and mailing) and completed form to Pacific Masters Swimming, 580 Sunset Pkwy, Novato, CA 94947.

Name - Please print clearly		Item		Quantity	Price
Address					
City/ ZIP					
USMS/PMS #	Phone (    )	Total			

# 2001 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

LC Long Course Mtrs.    OW Open Water    SC Short Course Yds    SCM Short Course Mtrs.

Mar. 2-4	WCM	Intensive Training Camp, Kerry O'Brien, (925) 943-5856
Mar. 10	RINC	Pre-Spring Meet, SCY, Jim Shaw. (650)529-1173
Mar. 28	PMS	PMS Meeting, OakHill Park, Danville
Mar. 31	SCAM	Invitational, SCY, Polly Upshaw, coachpolly@usms.org
Apr. 20-22	CRUZ	PMS Championships, SCY, Joel Wilson, (831) 425-5762
Apr. 25	PMS	PMS Meeting, OakHill Park, Danville
Apr. 28	SMMM	Open Water Clinic I, Thomas Huggins, (650) 522-7460
May 5	SMMM	Open Water Clinic II, Thomas Huggins, (650) 522-7460
May 12	RCM	Spring Lake, OW, Jim Mc Cray, (707) 528-4718
May 17-20	SCSC	USMS Nationals
May 23	PMS	PMS Meeting, OakHill Park, Danville
June 2	SMMM	Open Water Clinic III, pre-race preparation, and postrace evaluation at Lake Berryessa. Thomas Huggins, (650) 522-7460
June 2	DAM	Lake Berryessa (1, 2 mile), OW, Tariq Kadir, (530) 758-8665
June 8-9	WCM	Invitational, LC, Kerry O'Brien, (925) 943-5856
June 27	PMS	PMS Meeting, OakHill Park, Danville
June 30	BAC	Splash and Dash, LC, Tiffany Forbes, (650) 558-1298
July 7	RCM	Russian River, OW, Jim Mc Cray, (707) 528-4718
July 13-15	WEST	PMS Championships, LC, Isla Wallace (408) 926-6621
July 21	TOC	Trans Tahoe Relay, OW, Scott Williams, (415) 775-3088 x 1241
July 25	PMS	PMS Meeting, OakHill Park, Danville
July 28	SFBSA	Aquatic Park Challenge, OW, Gary Emrich, (650) 359- 3773
Aug. 4	CRUZ	Santa Cruz Pier, 1 mi. OW PMS Championship, Rick Gould, (925) 931-5345
Aug. 5	CRUZ	Pier-to-Pier, 10K OW PMS Championship, Joel Wilson, (831) 425-5762
Aug. 5	CRUZ	Cruz Cruise, 2 mi.OW PMS Championship, Joel Wilson, (831) 425-5762
Aug. 11	SNM	Donner Lake, OW, Mike Ryder
Aug. 16-19	PN	USMS Nationals
Aug. 19	MAM	2 x 1 Relay, OW, Vincent Pon, (510) 523-3304
Aug. 25	TCAM	Pinecrest Lake, OW, John Brunolli, (209) 532-2761
Aug. 29	PMS	PMS Meeting, OakHill Park, Danville
Sept. 9	RAD	Whiskeytown (1, 2 mile), OW, Pete O'Neill, (530) 225-0020 x 726
Sept. 12-16	USMS	National Convention
Sept. 15	TVM	Shadow Cliffs (0.5, 1.5 mile), OW, Suzanne Van Cleve, (925) 463-2146
Sept. 22	RAMS	Folsom Lake (1, 2 mile), OW, Nancy Kelley, (916) 624-0715
Sept. 26	PMS	PMS Meeting, OakHill Park, Danville
Sept. 29	SFRP	Swim SF, SCY, Tod Hill, (415) 647-4271
Oct. 7	SAC	Sacramento Pentathlon, SCY, Andrew Brenan, revols@earthlink.net
Oct. 14	SMMM	Meters Meet, Dale Finch, (650) 654-1554
Oct. 19	HMSW	PMS Championships (1500), Theresa Wistrom, (707) 433-1886
Oct. 20-21	WCM	PMS Championships , SCM, Margee Curran, (925) 256-7940
Oct. 24	PMS	PMS Meeting, OakHill Park, Danville
Nov. 28	PMS	PMS Meeting, OakHill Park, Danville
Dec. 1	SNM	Reno Winners Meet , SCY, Steve Lintz, (775) 849-2179

For a complete copy of the annual Hawaii Sports Calendar which includes pool and ocean swims, send SASE to: The Waikiki Roughwater Swim Committee, 95-230 Waioleka #39, Honolulu HI 96789

The Pacific Masters Swimming Newsletter is published six times a year as an insert in the bimonthly SWIM Magazine, for swimmers registered with Pacific Masters Swimming. © Pacific Masters Swimming

## PACIFIC MASTERS SWIMMING OFFICERS

**Chairman:**  
Doug Huestis  
67 Fortuna Ave.  
San Francisco, CA 94115  
chairman@pacificmasters.org

**Administrative Vice-Chair:**  
Rick Windes  
1543 La Salle Avenue  
San Francisco, 94110-4851  
administration@pacificmasters.org

**Operations Vice-Chair:**  
Barry Fasbender  
845 Talisman Dr.  
Palo Alto, 94303  
operations@pacificmasters.org

**Treasurer:**  
Clarine Anderson  
88 Yerba Buena Ave.  
Los Altos, 94022  
treasurer@pacificmasters.org

**Secretary:**  
Joan Alexander  
532 Ridge View Court  
Pleasant Hill, 94523  
secretary@pacificmasters.org

**Member-at-Large:**  
Michael Moore  
350 Wayland  
San Francisco, 94134  
mwmoore@best.com

**Registrar and PMS Office**  
Nancy Ridout  
580 Sunset Parkway  
Novato, 94947  
(415) 892-0771  
registrar@pacificmasters.org

**Communications Co-Chairs:**  
Newsletter  
Joanne Berven  
4854 Andrea Ct.  
Livermore, 94550  
newsletter@pacificmasters.org

**Webmaster**  
Michael Moore  
350 Wayland  
San Francisco, 94134  
mwmoore@best.com