

newsletter



Pacific Masters Swimming Honors 2001 Coach of the Year

by Doug Huestis, Chairman

We are indeed fortunate to have so many talented, dedicated, and truly inspirational Masters Coaches within our organization. A large part of our ongoing success is due to what they do, individually and collectively, to make our programs a model for the rest of the nation.

So, before I get into our 'Finalists' for this year's Coach of the Year selection, I would like to express a big "Thank You" to ALL our Coaches for all the hard work you have put in, and will put in, in the years past and the years to come!!

This year's decision, like years previous, was difficult because of the outstanding abilities, dedication, and charisma of all the candidates. But, a choice had to be made among the four candidates: Ken Fritto of Seaside-Monterey Masters Swim Club, Thomas Huggins of San Mateo Master Marlins, Alan Liu of Mountain View Masters Swim and Social Club, and Sharlene van Boer of the Rolling Hills Mud Sharks.

And..... drum roll, please, the winner of the 2001 Pacific Masters Swimming Coach of the Year goes to Sharlene van Boer of the Rolling Hills Mud Sharks of Novato !!

Her swimmers pretty much summed it up in their nomination letter when they said that she embodies the "basic principles motivating all U.S. Masters Swimmers: **her hard work, inspirational character, dedication to lifelong fitness,** and not least of all, **her fun loving spirit.**"

Additionally, her team was mentioned (along with a photo of team members and Coach) in the Jan/Feb 2001 issue of SWIM Magazine for their fund raising efforts for "Strokes for Stroke." She actually was the 'creator' of the Rolling Hills Mudsharks,

and has been its' one and only Coach. Since its inception (1990) the team has grown some 500% — and has doubled in size in the most recent two years. She has been able to develop a program which meets the needs of all swimmers, be they fitness oriented, or triathletes, to world class swimmers.

Her swimmers had noted that one of the attributes that a truly outstanding Coach demonstrates is "the ability and willingness to inspire the most wholehearted commitment and the best performance out of each person as well as the team as a whole." By all accounts Sharlene has those traits in abundance.

And with a team motto of: "Swim Fast, Party Hard" you can't go wrong as far as Masters are concerned!!

So, again, congratulations to Sharlene van Boer, Pacific Masters 2001 Coach of the Year.

As I mentioned earlier we are very fortunate to have so many outstanding Coaches in our organization. This makes selecting just one Coach of the Year a very difficult task; this year, as in every year, makes us wish we could

award all of them. For each one seems to bring that something special to their program.

The other finalists were:

Ken Fritto of Seaside-Monterey, a Coach who not only admirably trains his swimmers, but also is, in the parlance of today's financial world a 'White Knight,' by having created a viable solution to a plight very common nowadays — being priced out of a pool. Additionally the Masters Clambake



photo by Sharon Salzman

Coach of the Year Sharlene Van Boer

cont. on last page of insert

OPEN WATER MEETS

Tri Valley Masters Shadow Cliffs Open Water Swims

Saturday, September 15, 2001

Sanction: # OW-0113, OW- 0114

Location: Shadow Cliffs Regional Park, Pleasanton, CA. From I- 580, exit Santa Rita Rd. Exit South. Proceed 2 miles to Valley Rd. and turn left. Proceed to Stanley Boulevard and turn left. Shadow Cliffs is 3/4 mile ahead on the right. Parking fee \$5.00.

Course: 0.75 mile (new this year) and 1.5 mile loop courses. Expected water temp. 75 degrees.

Time: Check-in and race-day registration 6:30 - 7:45 A.M. 0.75 mile swim starts at 8:15 A.M. and 1.5 mile swim starts at 8:45 A.M.

Entries: Pre-race entries are \$20.00 per person. Special price of \$30 to swim both events. Add \$5 for late and race day entries. Mail consolidated form or official entry form with a copy of your 2001 USMS registration card and a check payable to *Tri Valley Masters* to: Ron Emhoff, 7730-C Canyon Meadow Circle, Pleasanton, CA 94588.

Deadline: Postmarked by September 7, 2001.

Awards: Awards to overall male and female winners and three deep in each age division.

Race Information:

Suzanne VanCleve (925) 463-2146; suzannevanclave@home.com

check out our website
www.pacificmasters.org

Rocklin Aquatic Masters Folsom Lake Open Water Swims

Saturday, September 22, 2001

Sanction: # OW-01-16, OW-01-17

Location: Beals Point, Folsom Lake Granite Bay, California.

Directions: From I-80, Douglas Boulevard exit, travel East approximately 6 miles. Turn right on Auburn-Folsom Road (head toward Folsom). Turn left at Beals Point entrance, approximately 2 miles. Follow signs to Beals Point swim area.

Course: Both the 1-mile and 2-mile swims will use the same course. Buoys will mark the course at approximately 200-yard intervals. Events include: 1-mile and 2-mile USMS age group divisions and 500 and 1500 meter USS age group divisions. Anticipated water temperature is 75 degrees.

Time: Check in and race day registration is 7:00-9:00 A.M. All swims are water starts. The first wave will start at 9:30 A.M. followed by waves every 5-10 minutes.

Entries: \$25.00 fee for pre-registration, \$35.00 to swim both events. The 500 m USS Swim is a \$15.00 fee. Race day entries will be accepted with an additional \$5.00 fee. Send entries, with a photocopy of 2001 USMS card and check payable to: *R.A.M.S.*, to: RAMS, P. O. Box 1993, Rocklin, CA 95677-1993

Deadline: postmarked by September 12, 2001, received by September 15, 2001

Awards: Awards will be given to the top 3 male and female age group finishers in each event as well as top overall male and female finishers for each event.

Race Information: Chris Breitbart, Meet Director at Breitbartc@aol.com or check the RAMS web site for updates at <http://www.ramsswim.org>

San Francisco Tsumami Masters Swim SF 2001

Saturday, September 29, 2001

Sanction #: 38-01-16

Location: Burlingame Aquatic Center/Burlingame High School, 420 Carolan Ave. Burlingame, CA

Directions: From 101 take Broadway exit WEST (to the right). Take a left at the light (south) on to Carolan Ave. After approximately one mile, turn left on Oak Grove Street, and small parking lot will be on the right.

Facility: Burlingame Aquatic Center: 50 meter by 25-yard competition pool with non-turbulent lane lines. Six lanes for competition and two lanes for warm-up throughout the meet. Limited locker room facilities. Refreshments will be sold on site. Street parking. The facility is accessible for the physically challenged.

Time: Warm-up from 8:15 A.M. to 9:15 A.M. Meet starts at 9:30 A.M.

Check In: will begin at 8:00 A.M.; **no deck entries** will be accepted. You must check in at least 30 minutes prior to the expected start of your event.

Entries: This is a **cardless** meet. Swimmers may enter a maximum of five events, excluding relays. Relays will be deck entered upon submission of yellow relay cards (available on deck). The 500 Free will be open to the first fifty (50) registrants. In case you get bumped out of the 500, select an alternative event denoting it in parenthesis.

Fees: \$20 per swimmer. Relays \$4.00. Mail entry form, check payable to *SF Masters*, and a copy of your 2001 USMS card to Lisa Congdon, Swim SF 2001 Registration, 600 Fell St. #308, San Francisco, CA 94102-5407.

On-Line Registration: E-Register this year! Log on to www.sftsunami.org and follow the link for E-Registration.

Deadline: Entries must be postmarked no later than Wednesday, September 19, 2001

Awards: Medals created for Swim SF 2001 by jewelry designer Jan Michaels, 1st - 3rd. Ribbons will be awarded for 4th - 6th.

Support for People Living with AIDS/HIV and Cancer: Swim SF has raised more than \$12,000 for community based organizations supporting people living with AIDS/HIV and cancer in the San Francisco Bay Area. Proceeds from Swim SF 2001 will be contributed to Bay Positives, serving HIV positive youth and the Breast Cancer Emergency Fund, providing support to women living with cancer. If you would like to contribute to these efforts, please include a check of any amount with your entries, made payable to either of the two recipients.

Meet Director: Tod Hill (415) 647-4271

Referee: Michael Moore

Starter: Rick Windes

Seeding: All events will be pre-seeded from slowest to fastest. Swimmers will swim next to others of the same speed, regardless of gender or age.

Events:

- | | |
|--------------------------|------------------------|
| 1: 200 yd. Free | 8: 100 yd. Breast |
| 2: 50 yd. Breast | 9: 4x50 yd. Free Relay |
| 3: 100 yd. Fly | 10: 50 yd. Fly |
| 4: 4x50 yd. Medley Relay | 11: 100 yd. Back |
| 5: 50 yd. Back | 12: 100 yd. Free |
| 6: 100 yd. IM | 13: 500 yd. Free |
| 7: 50 yd. Free | |



photo courtesy Davis Aquatic Masters

Santa Cruz Masters at the Berryessa Swim

L-R Adam Rumack, Deb Steinkamp, Jackie Klaus, Ann Hemington, Paul Wrangell, Sarah Hirsch, Cynthia Hawthorne, Cindy Hertzler, Sioux Donatelli, Michelle Klucsor

POOL MEETS

Sacramento - Davis Twenty-Eighth Annual Sprint Pentathlon

Sunday, October 7, 2001

Sanction #: 38-00-17

Location: Hickey Gym Pool on the UC Davis campus. From I-80 (east or west), take Hwy 113 north (toward Woodland), exit on Russell Blvd. East on Russell to Howard Way (less than 1 mile). Turn right on Howard Way. Parking structure is on the left at the end of the block. Parking is free of charge on weekends. Hickey Gym and Pool are located just south of the parking structure.

Facility: Hickey Gym Pool is 7 lanes x 25 yards, outdoors. Limited warm-up area behind bulkhead. Snack Bar available.

Check In: Deck entries will close at 11 A.M. Pre-entered swimmers will close at 11:30 A.M.

Time: Warm-up at 10:00 A.M., meet starts at 12:00 noon.

Entry Fees: \$2 per event plus a \$5 surcharge. Relays are \$4.00. Late and deck entries are \$3 per event plus \$5 surcharge.

Entries: Mail consolidated entry form, a copy of your 2001 USMS registration card and your check to:
SAC Masters c/o Andrew Brenan, P.O. Box 188205, Sacramento, CA 95818.

Deadline: Postmarked by September 27th, 2001

Awards: Participation awards to all swimmers. Special awards to those with the fastest combined time for all five events in each age group.

Meet Director: Andrew Brenan (916) 923-5174; revols@earthlink.net

Referee: Mel Knapp

Events: (Odd=Women, Even=Men)

- 1-2 50 yd. Fly
- 3-4 50 yd. Back
- 5-6 50 yd. Breast
- 7-8 50 yd. Free
- 9-10 100 yd. IM
- *11 200 yd. Women, Men or
Mixed Medley Relay

* Relay event will be deck entered by 2 p.m.

San Mateo Master Marlins Short Course Meters Meet

Sunday, October 14, 2001

Sanction #38-01-18

Location: Joinville Swim Center, 2111 Kehoe Ave., San Mateo. From San Francisco, take US 101 South, exit on Third Avenue east. Turn right at Norfolk St., and go one-half mile to Kehoe Avenue. Turn left on Kehoe and the pool is at the second stop sign. From the South Bay, take US 101 north and exit on Kehoe Avenue (just after Hwy. 92 interchange). From the East Bay on Hwy. 92 (San Mateo Bridge), take US 101 north and first exit is Kehoe Ave.

Facility: Outdoor, 25-meter x 6-lane competition pool. Separate small warm-up/down pool will be available throughout the meet. Snack bar available.

Check In: All swimmers in events 1 - 4 must check-in by 9:00 A.M. All others must check in as soon as possible and at least 30 minutes prior to the estimated start of your event.

Age: Age on December 31, 2001 determines age for this meet.

Time: Warm-up at 8:30 - 9:30 A.M., meet starts at 9:30 A.M.

Entries: Use standard entry cards (pink/blue) accompanied by a consolidated card. Enclose a photocopy of your 2001 USMS Registration Card. Deck entries allowed.

Entry fees: \$10.00 for one to a maximum of five individual events. No charge for relays, relays will be deck entered. Please enter appropriate meter times for seeding purposes. Make checks payable to *SMMM* and mail to Dale Finch, 76 Elm St., San Carlos, CA 94070.

Deadline: Entries must be **postmarked by Monday, October 8, 2001.** Late and deck entries are \$15 for one to a maximum of five individual events.

Awards: 1st through 3rd places for individual events, and 1st for relays will be given.

Meet Director: Cindy Lee, (650) 728-0704. For questions contact Dale Finch (650) 654-1554; dfinch@ix.netcom.com

Referee: Michael Moore

Events: (Odd=Women, Even=Men)

- 1-2 400 m Freestyle *
- 3-4 100 m Backstroke
- 5-6 50 m Freestyle
- 7-8 100 m Butterfly
- 9-10 50 m Breast
- 11 200 m Mixed Free RELAY
- 13-14 50 m Fly
- 15-16 100 m Freestyle
- 17-18 50 m Backstroke
- 19-20 100 m Breast
- 21-22 100 m Individual Medley
- 23 200 m Mixed Medley RELAY

* Men and women seeded together by time.

Take Your Mark

by Dore Schwab

As race time nears
You shed the cloak
Of conviviality
And retreat within

The encouragement
Of teammates bounces
Off the nearby constructed
Wall of concentration
Built us to guard
The inner girding

At the gun you start to learn
some truths about how close
Fact comes to fantasy
How can you hold off hurt
Before giving in to slower pulls
Feebler kicks and desperate breaths

Where is the point where pride
Overcomes the reality of mutinying muscles?
When does the mental toughness
Developed during countless hours
Of mindless yardage kick in?

It's not really about the others
In adjacent lanes
But an internal conflict
You must win against pain
By yourself

POOL MEETS

Healdsburg Masters 1500 Meters Championships

Friday, October 19, 2001

Sanction # 38-01-19

Location: Healdsburg Community Pool, 360 Monte Vista Avenue, Healdsburg, CA. Take Highway 101 to the Dry Creek Road exit. Proceed east on Dry Creek Road to Healdsburg Avenue and turn right. Turn left on to Monte Vista Avenue. After two stop signs, the pool and pool parking are on the right. Pool phone: (707) 433-1109.

Facility: 6-lane 25-meter course outdoor pool for competition with 1 additional lane for warm-up and warm-down throughout the meet. Bleacher seating and lawn seating. Manual timing. A snack bar will be available during the meet.

Check-In: Swimmers must be checked in by 1:30 P.M.

Age: Age on December 31, 2001 determines age for this meet.

Time: Warm-ups from 1:00 to 1:45 P.M. Meet will start at 2:00 P.M.

Entries: This is a cardless meet. **No late or deck entries** will be accepted. Submit entries on a consolidated entry form. Enter event times in meters for accurate seeding purposes.

Entry fee is \$10. Heats will be seeded men and women together, slow to fast.

Deadline: Entries must be postmarked by **October 5, 2001** or **received by October 10, 2001**. Mail entries, a copy of 2001 USMS card, and a check payable to *Healdsburg Swim Club* to: PMS Championships, c/o Healdsburg Swim Club, P.O. Box 824, Healdsburg, CA 95448

Awards: Ribbons for 1st - 8th in all age groups.

Meet Directors: Theresa Wistrom (707) 433-1886; email TGWistrom@aol.com; Peter VanHorne

Referees: Anneliese and Walt Eggert

Starter: Dave Madrigal

Walnut Creek Masters 2001 Pacific Masters Short Course Meters Championships

October 20th & 21st, 2001

Sanction # 38-01-20

Location: Clarke Swim Center, Heather Farm Park, Walnut Creek, CA.

Facility: All-deep 6 Lane 25 meter course for competition with 6 - 25 yard lanes provided for warm-up and warm-down throughout the meet; electronic timing, bleacher and lawn seating, and snack bar.

Check-in: All swimmers must check-in each day for their events. 800 Free and 400 IM must be checked in by 8:00 a.m. For all other events, swimmers must be checked-in 30 minutes prior to the estimated start of their event.

Age: Age on December 31, 2001 determines age for this meet.

Entries: This is a cardless meet. **No late or deck entries** will be accepted. Submit entries on a consolidated entry form. Enter meter times for seeding purposes.

Entry fees are \$14 for one event; \$24 for 2-4 events and \$29 for 5-7 events. (Includes \$4 splash fee). Swimmers may enter no more than five individual events per day or a total of seven for the two days. Relays will be deck-entered each day at a total of \$4 per relay. All events will be seeded slow to fast.

Deadline: Entries must be **postmarked by October 5, 2001** or **received by October 9, 2001**. Mail entries, a copy of USMS card and check payable to *Walnut Creek Masters* to: Pacific Masters SC Meters Championships c/o Margee Curran, 106 Appalachian Dr., Martinez, CA 94553

Awards: Distinctive Awards will be given to the top three teams. Medals for first place, ribbons for 2nd through 8th in all individual events. Points will be scored as follows: 9-7-6-5-4-3- 2-1 for individual events, double for relays.

Meet Director: Margee Curran (925) 256-7940

Referee: John Duncan

Special Note: The 800 Free will be seeded women and men together.

Only the first 48 entries will be accepted.

Events (Odd=Women, Even=Men)

Saturday, October 20th

Warm-up begins @ 7:30 A.M.

Meet starts @ 8:30 A.M.

1-2	800 m. Free
3	400 m. Mixed Free Relay
5-6	100 m. Back
7-8	200 m. Fly
9-10	50 m. Breast
11-12	100 m. Free
13-14	200 m. IM
15-16	50 m. Fly
17-18	100 m. Breast
19	200 m. Mixed Medley Relay
21-22	400 m. Free

Sunday, October 21st

Warm-up begins @ 7:30 A.M.

Meet starts @ 8:30 A.M.

23-24	400 m. IM
25-26	400 m. Medley Relay
27-28	200 m. Free
29-30	50 m. Back
31-32	200 m. Breast
33-34	100 m. Fly
35-36	50 m. Free
37-38	100 m. IM
39-40	200 m. Back
41-42	200 m. Free Relay

Come one - Come All !!

2001 PMS 1500 Short Course Meter Championships at Healdsburg has been 'saved' from cancellation due to mobilization of Masters swimmers, Age-Group swimmers, and concerned citizens packing a Healdsburg City Council meeting (and setting an all-time attendance record!). A resounding show of determination convinced that "august body" to go ahead with the meet on October 19, 2001.

Now, let's do our part to show our appreciation and solidarity by having a real solid turnout for this Championships!!

Pool and Open Water Photos
United States Masters Short Course Nationals



George F. Haines International Swim Center, Santa Clara, CA May 17-20, 2001

photo by Peter Kapetanic



photo by Peter Kapetanic

Fred Rodgers (USF)
PMS Long Course Championships



photo by Peter Kapetanic

Tim Thornton (MHM)
USMS Short Course Nationals



photo by Peter Kapetanic

Aldo Da Rosa (RINC)
USMS Short Course Nationals

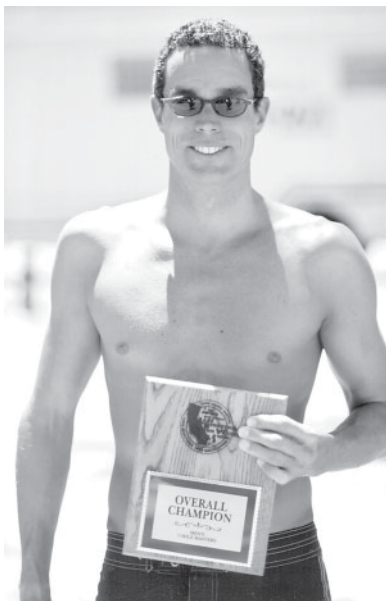


Photo by David Davies/David Chao

Dan Veatch (USF) 2 mile Champion

Lake Berryessa Open Water Swims



photo by Peter Kapetanic



Photo by David Davies/David Chao

Lisa Hazen (SCSC) 2 mile Champion

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.

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Consolidated Entry Form • Pacific Masters Swimming						
Name (as it appears on registration card)		Sex M <input type="checkbox"/> F <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: 50px;" 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.

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| <ol style="list-style-type: none"> 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 | <ol style="list-style-type: none"> 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 Gambriel Freestyle, Backstroke, Breastroke, Butterfly 20. Classic Swimming Series (4 tapes) - Don Gambriel, Men's Swimming, Women's Swimming, Swimming Techniques, Coaches Techniques 21. Breaking the Mental Barrier (audio tapes) |
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Deadline for
pool and open water swims
for the
November - December issue is
September 15, 2001
Please submit creative writing
and photos to
Newsletter Editor
Joanne Berven
4854 Andrea Ct.
Livermore, CA 94550
nevreb@home.com

PRICE LIST

- Membership Card Replacment.....2.00
- USMS/PMS Registration Forms.....free
- USMS Brochures (up to 20).....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.....SASE
- 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 deposit50.00
- 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

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.

Sept. 12-16	USMS	National Convention
Sept. 15	TVM	Shadow Cliffs (0.75, 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

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cont. from front page of insert

swim meet they put on is a very unique event and I urge swimmers to attend next year's edition.

Thomas Huggins of San Mateo is regarded by his swimmers as an individual who creates an atmosphere were one wants, and that is the key, wants, to be the very best they can be. His practices, according to his swimmers are varied, always challenging, and create a sense of team unity. Additionally he has instituted a series of open water clinics that were open to all members of Pacific Masters Swimming.

Alan Liu of Mountain View Masters is a Coach who seems to have endless reserves of energy and imagination. For example: having each Mountain View swimmer video taped at the 1999 USMS Nationals, and creating a Mountain View Nationals Video, with his narration dubbed in. He also redesigned the Mountain View website, and just designed a new team logo. He is best summed up by his philosophy: "How can we make this better?" Truly words to live and Coach by.

Again, congratulations all our finalists for the 2001 Coach of the Year Award.

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

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