

# newsletter



## Pacific Masters Swimming Honors 2002 Coach of the Year

by Doug Huestis, PMS Chair

By virtue of the content and volume of nomination letters for our six coaches nominated for this year's Coach of the Year; I was once again struck by the quality, professionalism, and contributions they all have made not only to their respective teams, but to Pacific Masters and USMS.

We are indeed lucky to have such coaches in our ranks. They are the foundation for the great programs they conduct. And as before a big "THANK YOU" to all..

This year's decision, like the years previous, was difficult because of the outstanding abilities, dedication, and that special something they all brought to their respective programs. But choose we must from the six candidates: **John Bitter** of Santa Clara Masters, **Thomas Huggins** of San Mateo Master Marlins, **Blythe Lucero** of Berkeley Aquatic Masters, **Patti Scott-Baier** of Tuolumne County Aquatics, **Scott Williams** of The Olympic Club, and **Joel Wilson** of Santa Cruz Masters.



photo by Peter Kapetanac

So, it is with great pleasure I announce the 2002 Pacific Masters Swimming Coach of the Year honor goes to **Joel Wilson** of Santa Cruz Masters!!

Joel was a founding member of CRUZ in 1988 and has guided that team ever since. The beginning core group of some 25 swimmers has grown to over 200 registered Masters swimmers each year. He has been a long time member of Pacific Masters Swim Committee, and brings much sage wisdom to our meetings.

As a meet director, he has hosted both our Short Course and Long Course Championship meets since 1989 — and as in this year both Championships! All of us really appreciate the 'Cruzers' taking on this challenge year in - year out!

He also finds time to help his organization raise over \$25,000 per year for protecting endangered waterways, and specifically the Monterey Sanctuary. He is truly a 'waterman' in his respect for the ocean and rivers. In addition to all the on-deck coaching duties he has also been event director for the Cruz Open Water Swims (Pier to Pier, 2 Mile Cruz Cruise) — which have also been USMS National Open Water Championships.

But, most importantly is his rapport with his swimmers. His 'Zen-Like' style has been mentioned by numerous swimmers; and well as his ability to meet the respective needs of all levels of his swimmers. As one swimmer wrote: *"His 'fit for life' approach I believe to be the true essence of Masters Swimming. No one in my lane is going to win a PMS Championship (at least not this year) and yet*

*Joel is there for us every morning at the crack of dawn with great workouts and warm humor."*

It is the above, and so much more, that we are proud to have Joel represent us as Pacific Masters Coach of the Year as we forward his nomination to 'National Headquarters' to be considered for USMS Coach of the Year.

As I mentioned before we are very fortunate to have so many talented Coaches running our respective Masters teams; it makes it a very difficult task to single out just one as all bring so much to their programs and to our organization!!

# OPEN WATER AND POOL MEETS

## Rocklin Aquatic Masters Swimming Folsom Lake Open Water Swims

**Saturday, September 21, 2002**

Sanction: OW 161702

**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.

**Entry Fee:** \$25.00 fee for pre-registration, \$35.00 to swim both events. The 500 m swim fee is \$15.00. Late and Race day entries will be accepted with an additional \$5.00 fee.

**Entries:** Mail a consolidated entry form, a photocopy of 2002 USMS card, and check payable to: R.A.M.S., to: RAMS, P.O. BOX 1993, Rocklin, CA 95677-1993.

**Deadline:** Postmarked by September 11, 2002, received by September 14, 2002.

**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:** Terri Maginnis, Race Director at ptmag@surfbest.net or check the RAMS web site for updates at <http://www.ramsswim.org>.

Please join us for this second year event. Enjoy warm water, clean conditions, and pleasant fall weather at beautiful Beals Point, Folsom Lake State Recreation Area. Last year, we had a great course with excellent conditions and we hope for the same this year.



## San Mateo Master Marlins Short Course Meters

**Sunday, September 29, 2002**

Sanction # 38-02-14

**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 and we're 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 the first exit is Kehoe Avenue.

**Course:** Outdoor heated pool, 25 meters, 6 competition lanes. A separate 4-lane small warm-up pool will be available at all times.

**Check-In:** This meet is deck seeded. All swimmers must check in by 9:30 A.M.

**Age Groups:** 19-24, 25-29, 30-34, etc. Relay Age Groups: 76-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320+, combined age.

**Time:** Warm-up from 8:30-9:45 A.M. Meet starts at 10:00 A.M. Hand paddles will not be allowed in warm-ups.

**Entry fees:** \$10.00 for one to five individual events if postmarked no later than Sept. 23. Late and deck entries will be charged \$15.00 for one to five individual events. *No charge for relay, relay will be deck entered.* Please enter appropriate meter times for seeding purposes.

**Entries:** Use standard entry cards (pink or blue), accompanied by a consolidated card. Enclose a photocopy of your 2002 USMS Registration Card. Make checks payable to: San Mateo Master Marlins and mail to: Cindy Lee P.O. BOX 371245 Montara, CA 94037

**Deadline:** Entries must be postmarked no later than Monday, September 23, 2002.

**Awards:** Awards for 1st through 6th places for individuals in each age group swimming all five events.

**Refreshments:** Snack bar available.

**Meet Director:** Cindy Lee.

**Questions:** Cindy Lee (650) 728-0704, [cindyswimlee@earthlink.net](mailto:cindyswimlee@earthlink.net) or Dale Finch (650) 654-1554, [flya737@aol.com](mailto:flya737@aol.com)

**Referee:** Michael Moore

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

- 1-2 100 m. Butterfly
- 3-4 100 m. Backstroke
- 5-6 100 m. Breaststroke
- 7-8 100 m. Freestyle
- 9-10 200 m. Individual Medley
- 11\* 4x100 m. IM Relay

\* special event

## Sacramento - UCD Women's Swim Team Twenty-Ninth Annual Sprint Pentathlon

**Sunday, October 6, 2002**

Sanction #: 38-02-16

**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. Late and deck entries are \$3 per event plus \$5 surcharge. Relays are \$4.

**Entries:** Mail consolidated entry form, a copy of your 2002 USMS registration card and your check payable to Sacramento Masters to: SAC Masters, P.O. Box 188205, Sacramento, CA 95818.

**Deadline:** Postmarked by September 23, 2002 and received by September 26, 2002.

**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 Brennan (916) 923-5174; [revols@earthlink.net](mailto: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.



## POOL MEETS

### Airport Club Masters The 2002 Pacific Masters 1500 Short Course Meters Championships

**Saturday, October 5, 2002**

Sanction # 38-02-17

**Location:** Healdsburg Community Swim Center, 360 Monte Vista Avenue, Healdsburg, CA

**Directions:** Take Highway 101 to the Dry Creek Road exit. Proceed east on Dry Creek Road to Healdsburg Avenue and turn right. Turn left on 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. Bleachers and lawn area available for seating. Manual timing. A snack bar will be available.

**Time:** Warm-ups from 8:00 to 8:45 A.M. Meet will start at 9:00 A.M.

**Check-In:** Swimmers must be checked in by 8:30 A.M.

**Age:** Age on December 31, 2002 determines age for this meet.

**Entry fee:** \$20 entry fee.

**Entries:** This is a cardless meet. No late or deck entries will be accepted. Submit entries on a consolidated entry form. Enter time in meters for accurate seeding purposes. Heats will be seeded men and women together, slow to fast. Mail entries, a copy of 2002 USMS card, and a check payable to *Airport Club Masters* to: PMS Championships c/o Theresa Wistrom, 1601 Dry Creek Road, Healdsburg, CA 95448.

**Deadline:** Entries must be postmarked by September 21, 2002 or received by September 26, 2002.

**Awards:** Ribbons for 1st – 8th in all age groups. Points will be scored as follows: 9-7-6-5-4-3-2-1.

**Meet Director:** Theresa Wistrom (707) 433-1886; email: TGWistrom@aol.com

**Referees:** Walt and Anneliese Eggert

**Starter:** Dave Madrigal

### Walnut Creek Masters 2002 Pacific Masters Short Course Meters Championships

**October 12 & 13, 2002**

Sanction # 38-02-18

**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, 2002 determines age for this meet.

**Entry fees** are \$15 for one event; \$25 for 2-4 events and \$30 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.

**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. Mail entries, a copy of USMS card and check payable to *Walnut Creek Masters* to: Pacific Masters SC Meters Championships c/o Debbie Santos, 13 Zurich Court, Pleasant Hill, CA 94523.

**Deadline:** Entries must be postmarked by September 30, 2002 or received by October 3, 2002.

**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:** Debbie Santos, (925) 685-8515

**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 12th

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 13th

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



photos by Bob Kaehms

*A gorgeous day for a swim. Participants get ready to swim at Shadow Cliffs Open Water Swim, Pleasanton on June 29, 2002*



## POOL MEET

### Sierra Nevada Masters 9th Annual Reno “Winners” Meet

Saturday, December 7, 2002

Sanction #38-02-20

**Location:** Northwest Pool in Reno, Nevada.

**Directions:** Take Interstate 80 to Reno. Exit on West McCarran Blvd. Go north about two miles to Kings Row. Turn right at the light on Kings Row and then right again on Apollo Drive. The pool will be on your left.

**Facility:** 8 lane, 25 yd indoor, heated pool. One lane will be used for warm-up during the meet, with 6 lanes for competition. Seating is limited so bring your own chairs. A small snack bar will be available during the meet.

**Time:** 11:00 A.M. warm-up and noon start.

**Check-in:** This meet will be deck seeded, slow to fast. Swimmers in events 1-13 must check-in by 11:30 A.M. Check-in for the remaining events is 12:30 P.M.

**Entry fee:** Pre-entry: \$3.00 per swimmer (pool use fee) and \$2.00 per individual event. Late/deck entry will be \$3.00 per swimmer and \$3.00 per individual event. Relays: No fee. There will be no refunds.

**Entries:** Send your entries on a completely filled out including age PMS Consolidated Entry Form. Swimmers are limited to 5 individual events. 2002 or 2003 USMS registration is required and a photocopy of such must accompany the entry form. Make checks payable to: *Sierra Nevada Masters* and mail to: Gwen Shonkwiler, 3315 Thornhill Drive, Reno, NV. 89509  
**Deadline:** Entries must be postmarked by Monday, November 20th or received by Wednesday, November 27, 2002. Deck entries will not be accepted after 12:00 noon on meet day.

**Awards:** Ribbons 1st-3rd in each age group for individual events. No awards for relays.

**Meet Director:** Steve Lintz (775) 334-2262 (D), (775) 849-2179 (E)

**Referee:** Rick Kaufmann

**Events:** Please note that this meet usually attracts fewer than 100 swimmers and entering back-to-back events is not advised.

- 1 - 2 200 Yd. Free
- 3 - 4 100 Yd. Back
- 5 - 6 50 Yd. Fly
- 7 - 8 100 Yd. Free
- 9 - 10 50 Yd. Breast
- 11 - 12 200 Yd. Individual Medley
- 13 200 Yd. Mixed Free Relay
- 15 - 16 50 Yd. Back
- 17 - 18 100 Yd. Fly
- 19 - 20 50 Yd. Free
- 21 - 22 100 Yd. Breast
- 23 - 24 100 Yd. Individual Medley
- 25 200 Yd. Mixed Medley Relay
- 27 - 28 500 Yd. Free

### Safety Training for Coaches an Issue for National Convention

by Carol Berendsen, PMS Safety Education Chair

For the USMS Convention this September, the Safety Education Committee has passed the following action items:

“...to recommend consideration of a safety training requirement for persons who supervise Masters swim practices. The Safety Education Committee refers this recommendation to the Coaches Committee and the Insurance Committee for consideration of feasibility and discussion of the components of any such requirements.”

“...to develop a campaign to encourage CPR training among USMS members and that funds be budgeted to cover the cost of such a campaign. The Safety Education Committee refers this matter to the Sports Medicine Committee for advice on the forms of training that should be encouraged and other aspects of the campaign.”

The second item is a rather benign issue. Knowing CPR is just a good idea, especially considering our “mature” membership. The chances are 90% that, if you have to use CPR, it will be on someone you know and care about. And the next logical step is to lead the campaign in our communities for the placement of Automated External Defibrillators (AEDs) at the facilities where USMS clubs swim and couple AED training with CPR training. Studies show that the recovery rate for cardiac victims who were connected to an AED within the first four minutes have a recovery rate ten times higher than victims who only received CPR.

Now, the first item, safety training for the USMS coach/supervisor, already has generated much discussion, some rather heated. Keep in mind the action item asks that this topic be considered, not implemented. The Safety Education Committee wants USMS members to start a dialogue (diatribe?) about this issue. In California (and maybe three other states), safety training for coaches isn't a hot potato. Title 24, the Marks bill, requires that supervisors of “aquatic activities” be certified in emergency water safety if there is no lifeguard on duty. It was the crux of a lawsuit at a central coast high school when a student was found at the bottom of the pool at the end of an athletic team's use of the pool. The coach was the only supervisor, and the issue was not negligence but expired certification that is required by the Marks bill.

But for most LMSC's, this is an issue. Already the dialogue has begun. Many “yaysayers” and “naysayers” have already spoken, and I'm sure it will be a good part of the discussion at convention. USA Swimming had this discussion about 15 years ago; but because a tragic accident was the catalyst, the support for coaches safety training was strong. The current argument from some members of USMS, is that masters swimmers are different than USA swimmers. That's true . . . but, from my perspective as someone who has taught lifeguard training for 40 years and Safety Training for Swim Coaches for 15 years, for everyone it's the same hard, rough decks; wet, slippery floors; crowded lanes; inconsiderate or clueless lanemates; misuse of equipment, shallow pools; facility issues; and more. It's our members who are more likely to suffer a cardiac emergency. It's many of our swimmers who fit the description of the typical spinal cord injury victim in aquatic accidents—male, 15-24 years of age, and athletic.

So, whose responsibility is safety? USMS, PMS, your club, your coach, the facility, you? Everyone's or no one's? If USMS were to publish a safety handbook, who should be the targeted audience? Let the discussion begin!!

## Peggy Lucchesi Award

The Peggy Lucchesi Award was presented by George Cunningham in memory of his sister to someone who brings joy to our Masters Swimming Program. This year's recipient is **Marcia Benjamin** in recognition of her happy attitude towards swimming, her willingness to take on chores for our organization that other are avoiding, such as being the Open Water Chair, Scheduling Chair (currently), PMS rep to evaluate Open Water races. She gives back to the sport as Coach of the Laney College Swim Team and in the past has worked with the Cal Swim and Waterpolo programs. She has been both a Masters All American and a Junior College All American.



photo by Peter Kapetanac

*George Cunningham CRUZ and  
Marcia Benjamin UNAT*

## Coaches Committee Announces New Program for Pacific Masters Coaches

by **Brian Stack Coaches CoChair**

With approximately 110 organized teams and many more registered coaches, Pacific Masters maintains one of the most coach friendly environments in the US. In a continuing effort to provide new and developing coaches with educational opportunities relevant to their needs, Pacific Masters Swimming Coaches CoChair Kerry O'Brien has developed **The Pacific Masters Mentor Coach Program**. The program is designed to pair up experienced coaches with coaches who are new to Masters or swim coaching in general, and would like to have an experienced brain to pick for a while. Several Pacific Masters coaches have volunteered to host a mentoree during a scheduled practice at their home facility, and spend some additional time sharing experiential as well as academic knowledge with the participant. The volunteer coaches, all experienced clinicians, are located in various areas of the LMSC to provide access to everyone. The program will provide a stipend to the host coach and a stipend to the mentorees team to help differ costs incurred by hiring a replacement coach in the mentoree's absence. Look for more info to come in the form of a brochure explaining the program and how to register.

## "The PMS Fitness Clinic Series" Returns

by **Brian Stack Coaches CoChair**

Those of you who've been around for a while will remember in the not to distant past, a little program we called The PMS Fitness Clinics. The clinics were hosted by an interested team, staffed by volunteer coaches from the LMSC, and funded by the Fitness Committee. The clinics were aimed at teach some Fitness Fundamentals to groups of interested PMS members. Clinics often included video taping and analysis. Attendance was open to everyone. Sadly this program has been on hiatus for the last couple of years, suffering from a bad case of nobody-to-run-things-itis.

The Fitness Chair, and the Coaches CoChairs have put together a plan to get this idea back off the ground. We'd like to do it just like we did before. We'll need some teams who are willing to host a 4 hour clinic, including about 90 minutes of pool time and a comfortable room for an intro lecture, video analysis, and wrap up. We'll provide the coaches and the hardware, coaches from the host team are welcome and encouraged to participate. Clinics will be limited to 20 PMS registered swimmers. The intention of the program is to bring the message of a lifetime of fitness through swimming to the Pacific Masters membership. The program is also designed to introduce the novice and intermediate swimmer to stroke concepts that support the quest for fitness through swimming. For more information contact Coaches CoChair Brian Stack at [stackb@aol.com](mailto:stackb@aol.com).

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## Technical Rule Changes To Conform To USA-S Rules

USMS Rules Committee  
June 28, 2002

EFFECTIVE DATE: **JUNE 1, 2002** (same as USA-S effective date)

In accordance with USMS rule 601.4.6B, the rules of competition within USMS have changed due to actions taken by the USA Swimming Rules Committee on or about June 1, 2002 and the USMS Rules Committee on June 28, 2002. The actions by USS were in response to a request for interpretation of the USA-S rules in light of the current FINA rules. The changes are detailed below. Please inform all coaches, officials, meet directors, LMSC web sites, and members of USMS of these changes.

Questions can be directed to Leo Letendre, USMS Rules Chairman, 267 Glandore Dr, Manchester MO 63021, e-mail: [Rules@usms.org](mailto:Rules@usms.org)

### SUMMARY OF CHANGES

Backstroke: To permit the movement of toes and feet above the surface of the water after the start signal is given. Toes, however, may NOT be brought over the lip of the gutter.

### USMS 101.1.2B BACKSTROKE START

**B – All courses –** The swimmers shall line up in the water facing the starting end with both hands placed on the gutter or on the starting grips. Prior to the command "~~Take your mark,~~" and ~~until the feet leave the wall~~ at the starting signal, the swimmer's feet, including the toes, shall be placed under the surface of the water. Standing in or on the gutter or curling the toes over the lip of the gutter is not permitted at any time ~~before the~~ start. A backstroke starting block may not be used.

# 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"/> | 1. Place USMS card in this space.<br>2. Photocopy with this consolidated entry form.<br>3. Send in photocopy with each entry.<br><br>*Age for LCM & SCM meets is age as of Dec. 31st of current year.<br>Age for SCY meets is age of last day of meet.<br><br>T-Shirt size: <input style="width: 50px;" type="text"/> |
| Street                                    |            | F <input type="checkbox"/>     |   |
| no. of events entered:                    |            |                                |   |
| City                                      | State      | Zip                            |   |
| Phone                                     | *Age       | Birthdate                      |   |
| 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.

- |   |   |
|---|---|
| <ol style="list-style-type: none"> <li>1. How Swimming Works, New Ideas in Freestyle &amp; Backstroke - Dr. Marty Hull, 1996</li> <li>2. From the Fast Lane (3 tapes)- John Moffet vol. 1-Basic Technique, vol. 2-Basic Training, vol. 3-Advanced Technique</li> <li>3. Swim Power, Unlock Your Ultimate Potential (Technique, Training &amp; Tips) - SteveTarpinian</li> <li>4. Water: How to Be Safe In It, Have Fun In It, Move Powerfully In It, Swim Fast IN It - Dr. Marty Hull</li> <li>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</li> <li>6. Swimming Fastest II - John Trembley</li> <li>7. Swim Smarter/Swim Faster - Richard Quick</li> <li>8. Swim Smarter/Swim Faster II (Starts &amp; Turns) - Richard Quick</li> <li>9. Forbes Carlisle Seminar - Taped at the Olympic Club, 1995</li> <li>10. From the Bottom Up - Mike Bottom (3 tapes)Freestyle, Backstroke, Breastroke</li> <li>11. Excellence in Swimming Stroke Technique -</li> <li>12. Stretching - Bob Anderson</li> </ol> | <ol style="list-style-type: none"> <li>13. Clinical Sports Massage - Benny Vaughn</li> <li>14. Gettin' Better - John Nabor</li> <li>15. Red Cross Swimming &amp; Diving Skills</li> <li>16. ASCA World Clinic, 1992 (4 tapes) Freestyle, Backstroke, Breastroke, Butterfly</li> <li>17. Weight Training for Adult Swimmers - from Rinconada Masters 50+ Clinic</li> <li>18. Masters Starts &amp; Turns - ASCA</li> <li>19. Gold Medal Series (4 tapes) - Don Gambriel Freestyle, Backstroke, Breastroke, Butterfly</li> <li>20. Classic Swimming Series (4 tapes) - Don Gambriel, Men's Swimming, Women's Swimming, Swimming Techniques, Coaches Techniques</li> <li>21. Breaking the Mental Barrier (audio tapes)</li> </ol> |
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**Deadline for**  
pool and open water swims  
for the  
November-December Newsletter is  
September 15, 2002  
Please submit articles  
and/or photos to  
Newsletter Editor  
Joanne Berven  
4854 Andrea Ct.  
Livermore, CA 94550  
jdnevreb@attbi.com

## PRICE LIST

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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.

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# 2002 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

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

|             |      |  |
|-------------|------|--|
| Sept. 8     | RAD  | Whiskeytown (1, 2 mile),<br>Pete O'Neill, 4429 Moyvane Dr., Redding, CA 96001,<br>(530) 225- 0020 ex 726, poneill@jett.net |
| Sept. 11-15 | USMS | National Convention, Dallas, TX  |
| Sept. 21    | RAMS | Folsom Lake (1, 2 mile),<br>Nancy Kelley, 4065 Silver St., Rocklin, CA 95677-1534,<br>(916) 624-0715, nancyk@vfr.net       |
| Sept. 29    | SMMM | Meters Pentathlon,<br>Dale Finch, 76 Elm St., San Carlos, CA 94070,<br>(650) 654-1554, dfinch@ix.netcom.com                |
| Oct. 5      | ACM  | 1500 SCM Championship<br>Theresa Wistrom, 1601 Dry Creek Rd., Healdsburg, CA 95448<br>(707) 433-1886, TGWistrom@aol.com    |
| Oct. 6      | SAC  | 29th Pentathlon,<br>Andrew Brenan, P.O. Box 188205, Sacramento, CA 95818,<br>(916) 923-5174, revols@earthlink.net          |
| Oct. 12-13  | WCM  | SCM Championship Meet,<br>Kerry O'Brien, 41 Mayo Lane, Walnut Creek, CA 94596,<br>(925) 943-5856, swim4wc@netscape.net     |
| Dec. 7      | SNM  | Reno Winners Meet,<br>Gwen Shonkwiler, 3315 Thornhill Dr., Reno, NV 89509,<br>(775) 323- 2174, gwen@scs.unr.edu            |

**2002 Meeting Dates:** Sept. 25, Oct. 23, Nov. 20.

All meetings will be held at the Oak Hill Park Community Center, Danville, CA and begin at 7:30 PM. All are welcome.

**Directions:** On I 680, take Stone Valley Rd. EAST. Go approximately 2 miles. Oakhill Park is on the right, just before Monte Vista High School. Parking lot is before the building.

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 Waiioleka #39, Honolulu HI 96789

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