

newsletter



Message from the Chair

by Michael Moore, PMS Chair



Pacific Masters is the largest LMSC (Local Masters Swim Committee) in the United States with just over 10,000 members. Last year there was over 120 clubs registered with Pacific Masters. In 2002 there was 226 members who when registering said they were a Masters Coach.

Clubs are the backbone of Pacific Masters and the coaches are the backbone of the club. Adults will choose clubs that are convenient for them but they will also choose clubs for the coaching that they provide.

Coaching swimmers is a tough job. For many coaches that means they have to come before practice to open up the facility, put in the lane lines and welcome the swimmers. They have to design workouts figuring out what program that will meet the needs of the many swimmers. There are as many different goals as there are swimmers in the water. Many coaches are also the chief recruiters for the club. It is the coach who is actively looking for members to join the club and to fill in the lanes.

Kerry O'Brien and Brian Stack, the two chairs of the Coaches Committee, organized the first coaches round table and it was held on January 25th. Finis brought coaching "toys" for the coaches to try out.

Besides trying out the equipment, the coaches discussed coaching and running a club. The coaches will be having another round table in April. For further information contact either Kerry O'Brien (swim4wc@netscape.net) or Brian Stack (stackb@aol.com)

Pacific Masters Swimming recognize and honor these men and women who toil for their swimmers with the Coach-of-the-Year award. 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. Send your nomination to Michael Moore, 350 Wayland Street, San Francisco, CA 94134. Nominations are due by the May meeting (May 28th).

Previous

Coach of the Year Winners

1991 - Kerry O'Brien

1992 - Mike Collins *

1993 - (changed to year
awarded)

1994 - Polly Kraemer-Upshaw

1995 - Mo Chambers *

1996 - Doug Huestis

1997 - Brian Stack

1998 - Tim Sheeper

1999 - Tina Talbot

2000 - Marie McSweeney

2001 - Sharlene Van Boer

2002 - Joel Wilson

* Recipient of the National
Coach-of-the-Year-Award

Be Prepared for Cardiac Emergencies

From the USMS Safety Committee

Within the past year, the Baltimore Sun ran a story about a very fit male swimmer and runner in his mid-40s who passed out after workout in the locker room. It took more than twenty minutes for the ambulance to arrive. Fortunately three physicians administered CPR to him and he made a full recovery.

This past summer, a masters coach sent an email to a list of friends describing an incident in which a man who she described as "an extraordinarily fit runner" passed out in the pool after warmup with no prior symptoms. He had had a cardiac arrest and, once again, luckily recovered.

How many times have you imagined what you would do if your friend in the next lane suddenly stopped swimming and clutched his or her chest? Are you adequately trained to handle this situation so that you can maximize the chances that your friend will survive his or her cardiac episode?

Although most of us don't like to think about these situations, incidents do occur. One way that masters teams and workout groups can be prepared for a cardiac incident is to encourage each swimmer in the group to get CPR (cardiopulmonary resuscitation) training. There are many inexpensive options and there couldn't be a better investment of time and money. Well-recognized organizations offering training include:

American Red Cross. <http://www.redcross.org/>
 American Heart Association. <http://www.americanheart.org/>
 National Safety Council. <http://www.nsc.org/>

Subscribe to the Pacific Masters Update:
<http://www.pairlist.net/mailman/listinfo/pacmasterupdate>

The way to keep informed about what is happening in the northern California swimming community.

For information on Hawaii Open Water/Roughwater Competitions, go to www.hawaiimastersswim.org or www.wrswwim.com (Roughwater)

We just updated our site and added a few more events for 2003. If you're planning on travelling to Hawaii take a look at our schedule and hopefully you can stop by for a swim:

<http://www.hawaiiswim.com/NewFiles/other.swim.html>

Strawberry Canyon Masters Invitational Meet

Saturday, March 22, 2003

Sanction # 38-03-07

Note: Until the pool length has been certified, events swum in this pool shall not count for USMS Records and Top Ten.

Location: Spieker Aquatics Complex, UC Berkeley, Bancroft Way at Dana Street. Limited \$5 indoor 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. 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 deckseeded. 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.

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.

Mail: Consolidated Entry Form, a photocopy of your 2003 USMS registration card, and your entry fee to Eric Deam, 19 Orchard Lane, Berkeley, CA 94704. No refunds.

Deadline: Entries must be postmarked no later than March 8 (or received by March 12). Please do not send mail requiring a signature for receipt.

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: Eric Deam, (510) 841-4825

Referee: John Duncan

Events: (Odd=Women; Even=Men)

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

POOL MEET

Santa Cruz Masters Aquatics and The University Of California-Santa Cruz 2003 Pacific Masters SCY Championships

April 4, 5, 6, 2003

Sanction # 38-03-09

Note: Until the pool length has been certified, events swum in this pool shall not count for USMS Records and Top Ten

Location: East Field House, UCSC Campus. Take Hiwy 1 (Mission St.) north from Hiwy 17/Hiwy 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, walk back up the hill along the path to the pool. **DO NOT PARK AT THE POOL** 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).

Course: 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.

Time: Friday check-in and warm-up begin at 8:30 A.M. Women's 1650 starts at 10:00 A.M. on both courses. Men's 1650 will start after the conclusion of the women's heats.

Saturday and Sunday Check-in and warm-up at 7:30 A.M. Meet starts at 9 A.M., with the women's heats on both courses. **PLEASE NOTE:** You must check-in anew each day, and have checked in three-fourths hour (45 min.) prior to the estimated start of your event or you will be scratched!

Entries: This is a cardless meet. Use a consolidated entry form and follow all directions. Enclose copy of your 2003 registration card! Maximum of 5 events per day, 7 events for three day meet, excluding relays.

Fees: \$10.00 for 1 event; \$25 for 2-4 events; \$30 for 5-7 events. Excluding relays. No surcharges. Fee for relays is \$4 per relay. All fees payable to "U.C. REGENTS".

Deadline: Entries MUST be postmarked no later than Saturday, March 22, and/or received no later than Wednesday, March 26. Meet Director is forbidden to accept late entries by PMS!

Mail check, consolidated race entry, and USMS registration photocopy to: PMS CHAMPIONSHIPS, c/o Santa Cruz Masters, P.O. Box 8422, Santa Cruz, CA 95061

Snackbar: available all three days. Concessionaires will have quality comestibles for your eating pleasure. Commemorative T-shirts or hats will be offered for sale.

Relays: Deck entered on yellow relay entry cards. Swimmers may swim only once in each relay event. Cards must show correct first and last names, correct age, and, for mixed relays, the gender of each relay swimmer. The name of the lead-off swimmer must be clearly designated.

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 for 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.

Program: available for \$5 donation to UCSC Men's and Women's Swimming.

Timing plan: CRUZ Masters will provide one timer per lane throughout meet. Additional timers for all three days will be requested from those present. We suggest that each team bring a "designated timer", a non-competitor, to assist.

Meet director: Joel Wilson (831.425.5762). **Referee:** Leonard "Bud" Myer

Schedule of events: Odd - women, Even - men

Friday, April 4, 2003

- 1 - 2 1650 yd. freestyle
- 3 800 yd. Mixed free relay
- 5 - 6 400 yd. I.M.
- 7 - 8 200 yd. Freestyle

Saturday, April 5, 2003

- 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
- 21 - 22 50 yd. Butterfly
- 23 - 24 200 yd. Breaststroke
- 25 - 26 100 yd. I.M.
- 27 - 28 200 yd. Medley relay

Sunday, April 6, 2003

- 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. Breaststroke
- 41 - 42 200 yd. I.M.
- 43 - 44 50 yd. Backstroke
- 45 400 yd. Mixed medley relay

OW CLINIC/SWIM

San Mateo Master Marlins Open Water Clinics and One Mile Swim

Saturdays, April 19, April 26 and
May 3, 2003

Sanction #: Pending

Location: Joinville Aquatic Center, 2111 Kehoe Ave., San Mateo, CA and Parkside Aquatic Park, San Mateo, CA.

Directions: to Parkside Aquatic Park - From 101 N, exit at Kehoe Ave. From 101 S. exit at 3rd Ave. East, crossover the freeway, and turn right on Norfolk. Proceed to Kehoe Ave. Turn right onto Kehoe Ave. Proceed through two stop signs. At the third, Roberta Ave., turn right and proceed for 0.4 miles. Turn left into Parkside Aquatic Park
Clinic Check in Times: 7:45 A.M. check-in. 8:00 A.M.-9:00 A.M. classroom time; 9:00 A.M. -11:00 A.M. in water instruction and video; 11:30 A.M. short open water swim.

Open Water Swim Check-in: Begins at 7:00 A.M. and closes at 8:30 A.M. Race start is at 9 A.M.

Clinic Descriptions: Clinic#1: We will focus on the fundamentals of open water freestyle. Time will be spent in the classroom and in the pool at Joinville Aquatic Center and at the open water course at Parkside Aquatic Park.

Clinic#2: We will focus on strategies and techniques used in both lake and open water swims.

OW Swim Course Description: One mile salt water triangular course; in water start and sandy beach exit. Expected water temp. 65 degrees

Swim Divisions and Awards: Awards in 5 yr age divisions: 19-24, 25-29, 30-34, 35-39, etc. Special award to oldest finisher.

Clinic Registration: Must pre-register. Registration closes with first 25 entries for each clinic.

Entry fee: Clinic fee is \$20.00 (for each clinic) pre-registration or \$15.00 with a paid entry to the subsequent Parkside Aquatic Mile on May 3.

Open Water Swim fee is \$25 pre-registration; \$30 on race day. Make checks payable to SMMM. Send entries and a copy of your 2003 USMS card to SMMM, Joinville Aquatic Center, 2111 Kehoe Ave. San Mateo, CA 94403. Consolidated entry forms are available on the Pacific Masters Website (www.pacificmasters.org) or in this magazine.

Contact information: Thomas Huggins, 650-522-7460 (Joinville Aquatic Center), thuggins@cityofsanmateo.org.

Deadline: No deadline for clinic entries but registration closes at 25 participants.

Swim Deadline: Postmarked by April 27, 2003.

Amenities: Swim entry fee includes short sleeve t-shirt, post-race beverages and snacks; Picnic tables and bbq grills are available. Walking distance from Joinville Aquatic Center locker rooms with showers.

OPEN WATER MEETS

Redwood Coast Masters Spring Lake One Mile Open Water Swim

Saturday, May 10, 2003

Sanction # Pending

Location: Spring Lake, Santa Rosa, CA.

Directions: 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 the course.

Entries: Online: go to www.lifeguardsforlife.org (via active.com)

Mail: Indicate estimated one-mile swim time on entry. Send entry form or consolidated card, a photocopy of 2003 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: \$25 entry fee for pre-entries, \$30 entry fee for late and race day entries. Entry fee is non-refundable and non-transferable. **ALL ENTRIES INCLUDE A FREE T-SHIRT.**

Deadline: Entries must be postmarked by April 25, 2003.

T-Shirts: All entries 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

Website: www.lifeguardsforlife.org (map to event location available and downloadable entry forms)

PMS Swimmers and Coaches to participate in the USMS/USA Swimming High Altitude Training Camp.

Swimmers **Laura Val** and **Ed Cazalet** were selected as athletes to attend the 6th USMS Camp at the Olympic Training Center in Colorado Springs, February 1-5. Additionally, **Scott Williams**, Head Coach of The Olympic Club, and **Steve Thompson** MPT, CSCS, Unat., were selected as coaches.

They will be part of a group of 12 athletes and 5 staff chosen to experience this once in a lifetime opportunity. Information regarding this unique camp, and an application, can be found at www.usms.org/ in the Coaching section or you can email NancyRidout@mindspring.com for an application.

Davis Aquatic Masters Lake Berryessa Annual One and Two Mile Swims

Saturday, June 7, 2003

Sanction # Pending

Location: Oak Shores Park off Knoxville-Berryessa Rd., on west shore of Lake Berryessa.

Directions: 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. Carpooling is strongly encouraged.

Course: One and two mile buoys mark courses 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 A.M. for all 1 mile swims. The two mile starts at 9:30 A.M., one mile at 11:15 A.M.

Swim Procedure: Deep water starts. No late starters. Caps are provided and are mandatory. No individual escorts. Safety craft will patrol the course. 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, and eligibility for raffle prizes.

Entry fees: For 1 Mile and 2 Mile swims are \$25 if postmarked by May 21, 2003 (\$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 2003 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 register on DAM's website at www.damfast.org.

Deadline: Postmarked by May 21, 2003

Awards: Awards will be given to the top 3 male & female finishers in each division. Special awards will be given to the top overall male and female finishers in the following divisions: 2-mile Masters, 1-mile Masters, 1-mile USA Swimming, and the 500 yd. Youth swim.

T-shirts: May be ordered on entry form for an additional \$9 each prior to May 21, 2003. A limited number of T-shirts will be available on race day for \$15 each.

Traditional Post Swim Picnic: An onsite food service will be providing a tasty meal 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 are available.

Race Director: Laurel King (530) 304-3108; email laurel@outdoormind.net



Confusion with the 2002 Open Water Awards

by Marcia Benjamin

We had a little confusion in the results of the 2002 Open Water Awards. After all the results were tallied it was discovered that one swim was not included. So I adjusted all the results and was preparing to notify all the winners of the change. Then it was discovered that the forgotten swim was not sanctioned by PMS for 2002 and thus could not be included. So, back to the original results.

All PMS swimmers who placed tenth or better in any of the 16 open water swims of 2002 were entered in the Points Competition. You must be registered in PMS during the swims to qualify for this award. Total points from each swimmer's seven best placings determine the winners. If you age up during the summer, your points go with you. Awards go to the top three swimmers in each age group. Next year the Open Water award will be based on half the total number of swims offered. Relay swims do not count in the total. Next year we have approved 15 swims for our 2003 calendar, so the best eight will count.

I'm amazed at the seriousness in which people hold this competition. I get dozens of calls and emails from people who follow not only their own points but others in their age group. People plan their vacations around completing a certain number of swims. Even the people who don't win an award call me up and check on their points. Sometimes the winners are swimmers who excel in the pool, but frequently people who have never even qualified for Nationals are among the top three in Open Water.

There is also a USMS competition for Open Water points, the All-Star Awards, that I tabulate as well. For this award you must participate in at least one USMS Open Water Championship swim and at least one USMS Postal Championship. You must swim at least three events to win the award. This award is not as competitive as the PMS Open Water awards, but it is tougher to enter the Open Water swims if they're not in your neck of the woods. The USMS Open Water Championships rotate among regions each year, but at least one is always on the West Coast. Your points also age up with you, and you cannot count a swim more than once in each age group. Many people swim the Hour Swim in both age group and some even swim the 10K twice!

Good luck in 2003. I appreciate all the feedback from you all.



Coaches at the Coaches Clinic

photos by Rodney Centero

l-r Rick Powers, DAM, Laureen Walting TOC, Joel Wilson, CRUZ, Kerry O'Brien, WCM, Finis Rep, Roque Santos, WCM

New USMS Fitness Committee Events

The USMS Fitness Committee has planned some fun, challenging events for 2003. These events are less competitive in nature, and can be done any time at any pool. You can use an event to set a goal, which will make your time in the pool more interesting, challenging, and fun. Your goals may involve any number of possibilities, such as learning to swim a new stroke, swimming faster, swimming greater distances, or logging your distance over time. Having a goal is an ideal way to enhance your exercise and fitness experience, so consider trying one of the USMS Fitness Events. Entry forms are on the web at www.usms.org.

Virtual Geographic Swim Series The Virtual Geographic Swim Series - Starts now! This event is a new USMS Fitness challenge designed to take the monotony out of your trips back and forth across the pool. Now you can "Swim America's Waterways" and join others throughout the country and world in applying any pool lengths you actually do to virtually swimming some of the most important bodies of water in the US. Each swim was designed by a Masters swimmer who lives close to the featured waterway. Some of our virtual swims are actually open water courses, and others are waters most would not dare to swim in reality. These Virtual swims are also designed to educate you about the different places, and perhaps, lure you to visit someday.

Start by picking a swim from the list. See the Fitness section of the USMS web site (www.usms.org) for a complete list of swims, plus details and entry forms. Read and print the swim document, and record your yards (or meters) as miles on the chart provided in the swim. Record one log per swim. We have a generic log for you to use if a swim does not have one. At the end of 2003, you will be able to send in your logs for a personalized certificate, and possibly even recognition on the web. T-shirts with the design (shown above) will also be available. Start today! This event lasts all year, but the sooner you start, the more waterways you will travel. Please note: the Crawfish Masters offer their own shirt for their annual Lake Pontchartrain swim. You may purchase your own shirt from them, but orders must be received by Feb. 15. The Crawfish will accept your word that you will get across their lake sometime this year.

The Virtual Geographic Swim Series is intended to be an annual USMS Fitness series. We currently feature six swims, and hope to eventually have at least one from every state in the United States. If you are interested in designing a swim for your area, please let us know. We generally recommend keeping swims within a 50-mile distance, and these Virtual Swims can easily be enhanced with information and photos from the Internet. Submit your ideas by e-mail to Fitness@usms.org, and we will review them. So, get in the water and go — your destination is closer than you think!

Check-Off Challenge— coming around again next fall.

The list of **Local Team Fitness Events** continues to grow. Right now they are listed on the USMS Calendar of events.



SICK CALL

George Cunningham, who suffered a stroke late last year, is feeling much better and is walking around the house and is able to drive around his town in the Santa Cruz mountains.

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. 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.
Street		F <input type="checkbox"/>	
City	State	no. of events entered:	
Phone	*Age	Zip	
Club	Club Abbr.	Birthdate	
Entry Fee			

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

T-Shirt size:

Event No.	Est. Time	Distance-Stroke	Event No.	Est. Time	Distance-Stroke
			Email (Optional)		

"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
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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. *21st Century Swimming*, v.2 Backstroke, v.5, IM, v.6 Starts, Turns, Finishes, v.7 Advanced Drills
2. *Ultimate Breaststroke*, featuring Adrian Moorhouse and Nick Gillingham.
3. *Core Stabilization & Shoulder Stabilization* (2 tape set with book), Matt Wren MS, PT
4. *Basic Training from the Fast Lane* - Coach John Tremblay, 1992
5. *Core Body Strength* with Coach Scott Volkens (Mobility and Flexibility).
6. *Australian Swim Coaches Teaching Association* with Coach Bill Sweetnam v.2. Backstroke, v5. Individual Medley, v6. Starts, Turns, Finishes, v7. Advanced Drills
7. *Ultimate Breaststroke* with Adrian Moorhouse, and Nick Gillingham
8. *How Swimming Works*, New Ideas in Freestyle & Backstroke - Dr. Marty Hull, 1996
9. *From the Fast Lane* (3 tapes)- John Moffet vol. 1-Basic Technique, vol. 2-Basic Training, vol. 3-Advanced Technique
10. *Swim Power, Unlock Your Ultimate Potential* (Technique, Training & Tips)- Steve Tarpinian
11. *Water: How to Be Safe In It, Have Fun In It, Move Powerfully In It, Swim Fast In It* - Dr. Marty Hull
12. *Fluid Swimming: The Importance of Range-Of Motion in Swimming, Stretching Exercises to Improve ROM, Strengthening Exercises to Use It Better* - Dr. Marty Hull
13. *Swimming Fastest II* - John Tremblay
14. *Swim Smarter/Swim Faster* - Richard Quick
15. *Swim Smarter/Swim Faster II* (Starts & Turns) - Richard Quick
16. *Forbes Carlisle Seminar* - Taped at the Olympic Club, 1995
17. *From the Bottom Up* - Mike Bottom (3 tapes) Freestyle, Backstroke, Breaststroke
18. *Excellence in Swimming Stroke Technique*
19. *Stretching* - Bob Anderson
20. *Clinical Sports Massage* - Benny Vaughn
21. *Gettin' Better* - John Nabor
22. *Red Cross Swimming & Diving Skills*
23. *ASCA World Clinic, 1992* (4 tapes) Freestyle, Backstroke, Breaststroke, Butterfly
24. *Weight Training for Adult Swimmers* - from Rinconada Masters 50+ Clinic
25. *Masters Starts & Turns* - ASCA
26. *Gold Medal Series* (4 tapes) - Don Gambriel Freestyle, Backstroke, Breaststroke Butterfly
27. *Classic Swimming Series* (4 tapes) - Don Gambriel
28. *Breaking the Mental Barrier* (audio tapes)
29. *Residential Pools* by SwimEx, Aquatic Therapy, Sports & Conditioning Pools

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Membership Card Replacement	2.00
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Video/audio tape mailing charge	5.00

USMS/PMS Records, Top Ten, and PMS member teams can be found on the PMS website (www.pacificmasters.org/). *Building a Successful Masters Club* and *Places to Swim* can be found on the USMS web site (www.usms.org/).

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2003 Event Schedule - cont. from back page

- Sat.-Sun. Oct. 4-5 RINC PMS SCM
- Championships, Jim Shaw, 3 Hawk View,
- Portola Valley, CA 94301, (650) 529-1173,
- jfs45@aol.com
- Sun. Oct. ? SAC 30th Annual
- Pentathlon, Andrew Brenan, P.O. Box
- 188205, Sacramento, CA 95818, (916) 801-
- 2627(d), (916) 923-5174(e), revols@earthlink.net
- Sat. Dec. 6 SNM Reno
- Winners Meet, Gwen Shonkwiler 3315
- Thornhill Dr. Reno, NV 89509, (775) 323-
- 2174, gwen@scs.unr.edu

2003 Meeting Dates: Feb. 19, Mar. 19, Apr. 16, May 28, June 25, July, 23, Aug. 27, Sept. 24, Oct. 22, Nov. 19. 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 in front of the building.

2003 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

	LC Long Course Mtrs.	OW Open Water	SC Short Course Yds.	SCM Short Course Mtrs.
Sat.	Mar. 8	RINC	Spring Short Course Meet, Jim Shaw, 3 Hawk View, Portola Valley, CA 94301, (650) 529-1173, jfs45@aol.com	
Sat.	Mar. 22	SCAM	Invitational, Eric Deam, 19 Orchard Ln., Berkeley, CA 94704, (510) 841-4825, edeam@lycos.com	
Fri.-Sun.	Apr. 4-6	CRUZ	PMS SCY Championships, Joel Wilson, P.O. Box 8422, Santa Cruz, CA 95061, (831) 425-5762, openwatr@got.net	
Sat.	Apr. 19	SMMM	Open Water Clinic #1, Thomas Huggins, 2111 Kehoe Ave., San Mateo, CA 94403, (650) 522-7460, thuggins@cityofsanmateo.org	
Sat.	Apr. 26	SMMM	Open Water Clinic #2, Thomas Huggins, 2111 Kehoe Ave., San Mateo, CA 94403, (650) 522-7460, thuggins@cityofsanmateo.org	
Sat.	May 3	SMMM	Parkside Aquatic Park (1 mile), Thomas Huggins, 2111 Kehoe Ave., San Mateo, CA 94403, thuggins@cityofsanmateo.org	
Sat.	May 10	RCM	Spring Lake (1 mile), Jim McCray, P.O. Box 337, Healdsburg, CA 95448, (707) 528-4718, redwoodcoastopenwater@yahoo.com	
Th.-Sun.	May 15-18	USMS	SC Nationals, Tempe AZ	
Sun.	May 18	TVM	Lake Del Valle Open Water Clinic #1, Glenn Abersold, P.O. Box 5166, Pleasanton, CA 94566, (925) 961-0409(e), glenn217@attbi.com	
Mon.	May 26	TVM	Lake Del Valle Open Water Clinic #2, Glenn Abersold, P.O. Box 5166, Pleasanton, CA 94566, (925) 961-0409(e), glenn217@attbi.com	
Sat.	May 31(tent)	TVM	Lake Del Valle (2 mile, 10K), Glenn Abersold, P.O. Box 5166, Pleasanton, CA 94566, (925) 961-0409(e), glenn217@attbi.com	
Sat.	June 7	DAM	Lake Benyessa (1, 2 mile), Laurel King, Davis Aquatic Masters, P.O. Box 921, Davis, CA 95617, (530) 662-1889, laurel@outdoormind.net	
Fri.-Sat.	June 13-14	WCM	Long Course Invitational, Kerry O'Brien, 41 Mayo Lane, Walnut Creek, CA 94596, (925) 934-5657, swim4wc@netscape.net	
Sun.	June 22	BMW	Splash and Dash, Doug Huestis, 9 Escondido Ave., San Francisco, CA 94132, (415) 681-5496	
Sat.	June 28	RCM	Lake Sonoma (2 mile), Jim McCray, P.O. Box 337, Healdsburg, CA 95448, (707) 528-4718, redwoodcoastopenwater@yahoo.com	
Fri.-Sun.	July 11-13	CRUZ	PMS LC Championships, Joel Wilson, P.O. Box 8422, Santa Cruz, CA 95061, (831) 425-5762, openwatr@got.net	
Sat.	July 19	TOC	Trans Tahoe Relay, Scott Williams, 524 Post St., San Francisco, CA 94102, (415) 775-3088(d), (415) 499-5104(e), swilliams@olyclub.com	
Sat.	Aug. 2	CRUZ	Santa Cruz Pier (1 mile), Santa Cruz Roughwater Swim, 323 Church St. Santa Cruz, CA 95060, (831) 420-6015, rgould@santa-clarita.com	
Sun.	Aug. 3	CRUZ	Pier-to-Pier (10K), Joel Wilson, P.O. Box 8422, Santa Cruz, CA 95061, (831) 425-5762, openwatr@got.net	
Sun.	Aug. 3	CRUZ	Cruz Cruise (2 mile), Scott Patterson, 108 Anthony St., Santa Cruz, CA 95060, (831) 426-1043, scottcp@sasquatch.com	
Sun.	Aug. 10	SNM	Donner Lake, Gwen Shonkwiler, 3315 Thornhill Dr., Reno, NV 89509, (775) 323-2174, gwen@scs.unr.edu	
Thu.-Sun.	Aug. 13-17	USMS	USMS Nationals, Rutgers NJ	
Sun.	Aug. 17	MAM	2 x 1 Relay, Will hale, 7321 Lynn Ave., El Cerrito, CA 94530, (510) 622-5060 (w), (510) 526-0694, whale@dhs.ca.gov	
Fri.-Sun.	Aug. 22-24	TSUN	IGLA SCM Championships, Joe Healy, 142 Church St., San Francisco, CA 94114, (415) 621-9964, jhealysfo@aol.com	
Sat.	Aug. 23	TCAM	Pinecrest Lake (1, 2 mile), John Brunolli, 22636 Cedar Pines Ave. Twain Harte, CA 95370, (209) 586-8944, brunolli@bonespt.com	
Sun.	Sept. 14	RAD	Whiskeytown (1, 2 mile), Pete O'Neill, 4429 Moyvane Dr., Redding, CA 96001, (530) 225-0020 ex 726, poneill@jett.net	
Wed.-Sun.	Sept. 10-14	USMS	National Convention, San Diego	
Sat.	Sept. 20	RAMS	Folsom Lake (1, 2 mile), Nancy Kelley, 4065 Silver St., Rocklin, CA 95677-1534, (916) 624-0715, nancyk@vfr.net	
Sat.	Sept. 27	RINC	PMS SCM 1500 Championships	
Sun.	Sept. 28	SMMM	Meters Pentathlon, Cindy Lee, 2111 Kehoe Ave., San Mateo, CA 94403, (650) 522-7460	

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PACIFIC MASTERS SWIMMING OFFICERS

Chairman:
Michael Moore
350 Wayland
San Francisco, 94134
chairman@pacificmasters.org

Administrative Vice-Chair:
Richard Smith
4309 Surita St.
Sacramento, 95864
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:
Bill Grohe
189 Galewood Circle
San Francisco, 94131
At-Large@pacificmasters.org

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@pacificmasters.org

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