

newsletter



Michael Moore, PMS Chair

Message from the Chair

Coach of the Year

Pacific Masters Swimming has many good coaches who have demonstrated outstanding coaching qualities. Pacific tries to honor an exceptional coach each year with the coach of the year award. The award is based upon: The coach and Club held current Pac Masters registration during the year under consideration.

The criteria for the award will be considered first, since January 1 of the preceding year, and second, over the coach's career with his or her club. Outstanding contributions to his or her club and its individuals are measured by the following competitive and non-competitive factors:

Competitive factors shall include club and individual performance at Pac Masters and USMS Championships in any sanctioned course, as well as relay and individual Pac Masters, USMS and World records that reflect the coach's skill and inspiration.

Non-competitive factors shall include club vigor, size and growth, club participation and volunteering, and club having hosted well-run events.

It shall include outstanding service to Pac Masters, USMS and to other public or private community organizations; outstanding professional contributions, such as participation in clinics and published works.

Nominations may be made by any registered Pac Masters club officer in the form of a written statement addressing both the criteria above and the instructional and inspirational qualities of the coach. The nominating letter and a maximum of four supporting letters from registered Pac Masters swimmers shall be submitted to the Chairman at or before May 19th meeting of Pacific Masters.

Why did we get into swimming? For some it was an activity that was started at a very early age, many became age-group swimmers and have continued swimming.

Some discovered swimming later in life and have enjoyed swimming for the exercise and the camaraderie of swimming with friends in "our" lanes. And some enjoy the competition.

On the day I am writing this message, I swam the United States Masters One Hour Postal Swim with some of the USF swimmers at the USF Koret Recreation Center. Bill Grohe and I swam in adjoining lanes. Bill had arranged for me to swim at the beautiful 50 meter pool and he also got Tanako Hagiwara to be our lap counter.

Bill and I swam up and down the lanes looked like two white whales. Put on your sunglasses, the glare was blinding.

Everyone has his own strategy of how to swim the postal. I tell people that mine is to go out slow then ease off. Bill is in the next lane and is about 17 years older than me and we have swum against each other so I know that I will swim more yards than he will in the hour.

What do you think about during the swim? It was strange, I actually thought about swimming. When coming going off the wall, I worked on streamlining - arms straight and against the head, toes pointed. When I thought about doing it right, I got about a body length beyond the flags before I had to take my first stroke (if I was not thinking about being in a streamlined position, I almost made it to the flags before the first breath).

During the middle part of the race, I counted my strokes - when I did things well, it took 16 arm pulls. When I got sloppy, it was 19

strokes. (Note to self - work on doing it right in practice so it becomes automatic).

I will also admit that it was tiring to swim the hour swim and that there were times when I thought about doing the back stroke or resting at the side for a minute. I wanted to but I couldn't. I kept seeing Bill in the lane next to me swimming along and if he could do it then I could do it (and if the truth were told I did not want to give up ANY of the lead I had on him).

At 48 minutes into the race I looked at my watch, with 12 minutes to go, I thought I would pick up the pace. I started to swim faster. I worked on finishing the stroke. For me the perceived effort was going from about 70% to about 90% effort. The result was I dropped 3 seconds from my 100 split. (I keep telling myself it was after swimming two miles)- it seemed like so much effort for so little result.

Near the end of the race, I looked at the clock and saw there was only 90 seconds left, so I sprinted. Maybe I could swim that last 100 yards before the one-hour was up. I pushed off the wall hard, started taking faster strokes. I did not have to wonder where my arms were; they were tired and felt like I had lead weights on them.

The hour swim was tough, but in a way it was fun. It was seeing what kind of shape I was in. I could compare my yardage to the last time I swam the event - it was close. I was supporting one of our Pacific Masters teams and I worked on my stroke technique. Not a bad way to start out a Thursday morning.

POOL MEET EVENTS

Strawberry Canyon Masters Invitational Meet

Saturday, March 20, 2004

Sanction # 38-04-09

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 deck seeded. All swimmers in the 500 freestyle must check in by 8:30 a.m. All others must check in at least 30 minutes prior to the expected starting time of each event. Swimmers who do not check in will not be allowed to swim. The meet will be seeded slowest to fastest.

Entries: Swimmers are limited to five (5) events, excluding the relay. This is a cardless meet.

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 2004 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 5 (or received by March 10). 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

Assistant Meet Director: Serena Kwan

Referee: TBD

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.

Santa Cruz Masters Aquatics and The University Of California-Santa Cruz 2004 Pacific Masters Short Course Championships

April 2, 3, 4, 2004

Sanction # 38-04-10

Location: East Field House, UCSC Campus. Take Hiway 1 (Mission St.) north from Hiway 17/Hiway 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, stroll back up the hill along the path to the pool - about a 400 yard walk. DO NOT PARK AT THE POOL ON FRIDAY unless you buy a parking permit at the entrance to campus or bring lots of quarters. Meters are closely monitored and non-meter zones are VIGOROUSLY TICKETED (\$25.00).

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! However, the check-in deadline for the first event each day is 30 minutes before the scheduled start of the meet.

Entries: This is a cardless meet. Use a consolidated entry form and follow all directions. Enclose a copy of your 2004 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 20, and/or received no later than Wednesday, March 24. Meet Director is forbidden to accept late entries by PMS. PLAN AHEAD! ENTER NOW!!

Mail check, consolidated race entry, and 2004 USMS registration photocopy to: PMS CHAMPIONSHIPS, c/o Santa Cruz Masters, P.O. Box 8422, Santa Cruz, CA 95061

Snack bar: 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 numbered events: women; even numbered events: men

FRIDAY, APRIL 2, 2004

- 1 --2 1650 yd. freestyle
- 3 --4 800 yd. free relay
- 5 --6 400 yd. I.M.
- 7 --8 200 yd. freestyle

SATURDAY, APRIL 3, 2004

- 9 --10 1000 yd. freestyle
- 11--12 100 yd. butterfly
- 13 --14 50 yd. breaststroke
- 15 400 yd. Mixed 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.
- 27 200 yd. Mixed medley relay-

SUNDAY, APRIL 4, 2004

- 29 --30 500 yd. freestyle
- 31 --32 100 yd. breaststroke
- 33 --34 200 yd. butterfly
- 35 --36 100 yd. backstroke
- 37 --38 200 yd. free relay
- 39 --40 100 yd. freestyle
- 41 --42 200 yd. I.M.
- 43 --44 50 yd. backstroke
- 45 --46 400 yd. medley relay

POOL AND OPEN WATER MEETS

Tri Valley Masters 1st Annual Battle of the Bay 6 Hour Team Marathon

Date: Saturday, May 1, 2004

Sanction # 38-04-11

We invite you to participate in the first annual TVM Battle of the Bay. This unique event is open to first 20 Pacific Masters swim teams that are comprised of a minimum of 12 swimmers each. This is sure to be an exciting event to see who will be crowned "King of the Bay". Plus, with \$1,000 in available prize money - the stakes are even more compelling.

Location: Dolores Bengtson Aquatic Center, 4455 Black Ave. Pleasanton California.

Directions: From I-580, take Santa Rita exit south about two miles to Black Ave. Turn right on Black Ave. Pool is on the right. From I-680, take Bernal exit east to Valley Ave, go left on Valley Ave about two miles to Santa Rita Rd., turn right on Santa Rita about 0.5 mile to Black Ave, turn right on Black Ave, pool is on the right about half a block. DO NOT PARK AT THE CHURCH, PAC BELL, OR POST OFFICE PARKING LOTS ACROSS THE STREET. YOU WILL BE TOWED.

Course: 25 yard x 50-meter outdoor, heated pool. Up to 20 dedicated team lanes will be available and allocated based on number of team entries received. A warm-up area will be available during the event. Locker rooms with showers are available.

Start Time: Event begins promptly at 7:00 a.m. Warm-ups begin at: 6:00 a.m to 6:45 a.m

Race Duration: 6 hours

Event Rules: Each team must be comprised of minimum of 12 and a maximum of 20 swimmers. Each swimmer must swim a minimum of 200 yards per leg swum. Swimmer transitions may be from in the water or from the blocks as long as the finishing swimmer touches the wall first. The event will run for 6 hours. There will be a TVM Judge for each team to monitor distance swum and legal exchanges. The team that swims the most total yards will be deemed the winner. Teams are responsible for their own food and drink.

Awards: Prize Money 1st Place: \$500, 2nd Place: \$250, 3rd Place: \$100

Bonus: For the first team to break 36,000 Yards a \$150 Bonus will be paid. An awards ceremony will be held immediately following the conclusion of the event.

Team Entry Fee: In our office by March 26 and no later than April 15th - \$300 ; In our office by April 16 and no later than April 23rd - \$350. No entries will be accepted after April 23rd. Make checks payable to "Tri Valley Masters" and mail with entries to: PO Box 5116, Pleasanton, CA 94566; Attn: Battle of the Bay

Entries will be limited to a maximum of 20 teams. Please return completed entries early. Entry forms can be obtained by sending a request to the above address. An entry will not be considered complete unless copies of all USMS cards are included for all swimmers, signatures for all swimmers are present, and a check is included, made payable to Tri Valley Masters for the appropriate amount. Incomplete entries will be held until all pertinent information is received. Delays may result in your team being eliminated by the number of entries accepted. No refunds.

Swimmer Eligibility: All team members and must be currently registered with United States Masters Swimming (USMS), and must be at least 19 years of age as of May 1st, 2004. All competitors must include a copy of their 2004 USMS registration card with their Official Entry Form. Each team member's USMS number must also be written on the Official Entry Form. For all swimmers not currently registered with USMS, please contact your Local Masters Swimming Committee Registration Chair. For Pacific Masters Swimming, the contact is Nancy Ridout. Do not bring an application and fee to the event expecting Tri Valley Masters to process your form. Please have this done prior to the event.

Additional Event Information: Mary Nygren - Head Coach, 925-454-0117, email: bemari_99@yahoo.com, Tom Fristoe, tfristoe@tentoe.com, Bill McCracken, mccracmiller@pacbell.net

San Mateo Master Marlins Open Water Clinics and One Mile Swim

Clinics: Saturdays, April 10, April 17, 2004

One Mile Swim: Saturday, May 8, 2004

Sanction #: OW-0401

Location of Clinics: Joinville Aquatic Center, 2111 Kehoe Ave, San Mateo, CA

Location of Swim: Parkside Aquatic Park, San Mateo, CA

Directions: From 101 N, exit at Kehoe Ave. From 101 S, exit at 3rd Ave. East. Crossover freeway, turn right on Norfolk, proceed to Kehoe Ave and turn left. Follow Kehoe to Joinville Aquatic Center. To proceed to Parkside Aquatic Park turn right on Roberta Ave (just past Joinville Aquatic Center) and go 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 and Race Day Registration: Begins at 7:00 a.m. and closes at 8:30 a.m.. Race start is at 9:00 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. 55-60 degrees.

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

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

Entry fee: **Clinic fees** are \$20 per clinic or \$15.00 per clinic if pre-registered for Parkside Aquatic One Mile Swim.

Open Water Swim fee is \$25 if pre-register by April 30; \$30 on race day. Make checks payable to SMMM. Send entries and a copy of your 2004 USMS card to SMMM, Joinville Aquatic Center, 2111 Kehoe Ave, San Mateo, CA 94403. Consolidated entry forms are available on the Pacific master Website (www.pacificmasters.org) or in this magazine. If race cancels for any reason refunds will be less \$5 for processing.

Contact information: For OW Clinics Thomas Huggins, 650-522-7460 (Joinville Aquatic Center), huggins@cityofsanmateo.org.

For OW Swim: Joel Swartz, openwater@sanmateomarlins.org.

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

Swim Deadline: Postmarked by April 30, 2004.

Amenities: Swim entry fee includes short sleeve t-shirt, post-race beverages and snacks. Picnic tables and BBQ grills are available at Parkside Aquatic Park. Locker rooms with showers at Joinville Aquatic Center.

OPEN WATER MEETS

Redwood Coast Masters Spring Lake One Mile Open Water Swim

Saturday, May 22, 2004

Sanction # OW-0402

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.

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 2004 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.

Deadline: Entries must be postmarked by May 7, 2004.

T-Shirts: The first 200 entries will receive a free 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)



photo by Peter Kapetanic

Davis Aquatic Masters Lake Berryessa Annual One and Two Mile Swims

Saturday, June 5, 2004

Sanction # OW-0403 (1-mile), OW-0404 (2-mile)

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 Elite, 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 11:25 a.m.

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

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

Entry fees: For 1 Mile and 2 Mile swims are \$25 if postmarked by May 26, 2004 (\$35 late and race day). Pre-race day entry fees for combined 1 and 2 Mile is \$35 (\$45 late and race day). Send entries, with a photocopy of 2004 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 26, 2004

Awards: Commemorative awards to the 1st three finishers in each age and gender group. Special awards are given to 1st man and woman overall in the 2 and 1 mile. Awards to top three men and women finishers in combined and wetsuit (no age group) categories.

T-shirts: May be ordered on entry form for an additional \$10 each prior to May 26, 2004. 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

Injury

By Dore Schwab



Injury is the leprosy
of athletes

In any sport at every level
It sets one apart - alone -
When disease/hurt denies
Commands to the body
Which yesterday were habits
Practiced routine functions
Which defined the sport's skills

Uncomfortable peers isolate him
After a brief expression of sympathy
Too conscious of the contagion of
proximity
And their own vulnerability.
If they don't see it - it doesn't exist
Staying hidden just below
The surface of reality

Still the injuree feels rejection
That sets him apart - somehow inferior
Flawed, disgraced, less than he was
Just yesterday when competitors
Camaraderie included him

It is not like retirement
When age relegates performance
To lower standards, slower time
Less distance - expected demotion
Of skills we know can be forestalled
By hard work, improved techniques

Tighter focus and more hard work.
Aging, though inevitable, can be put off
And the gradual slide into a new level
Where fast accomplishments guarantee
Acceptance and positive memories
Ensure one's place in the loop

But injuries are abrupt
And presage a free fall
Into an unknown
We've not been trained
To perform

A mini-death
Of an important part
Which made life
Special - and worth
The effort

Visit our website
www.pacificmasters.org

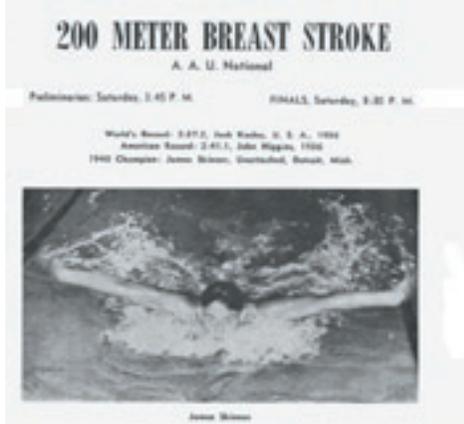
GENERAL INFORMATION

1941 AAU Swimming Championships

The following note is from Ann Hirsch, WCM

"Breaststroke Sidelines

Is the title of this page incorrect? Not at all. In 1941, swimmers did the over-arm breaststroke (butterfly) and the conventional breaststroke in



their race. Usually in the 200, they did 100 of each. There was no dolphin kick. This is why there are some butterflyers today who were swimming in the late 30's or early 40's who did the breaststroke kick then and do it now.

At this meet Fred Taoli (SMMM) representing Stockton J.C. and the late Ray Taft representing The Olympic Club were swimming. I was ten and swam the 50 meter free for girls 10 and under. It was a very exciting time! Adolph Kieffer and Jim Councilman were also there."

(Ed.note) I was able to obtain an original copy of the xeroxed picture Ann sent me and it is reproduced above.

In looking through the program book, I found a story of this swimming meet - how it had been a year in the planning - with a picture and list of all the important people. There was also a Beauty Queen contest with 35 entrants 16-21 and unmarried! The winner won \$25 and a trophy. Most of the events were for men and those pictured wore one piece suits that looked like a tank top and shorts together. According to text under a group picture from Hawaii, the four women pictured were going on to High Point, NC for the women's nationals.

Barry Fasbender notes that James Skinner, who is doing the "breast stroke", is the father of 48 year old Peter Skinner, who now swims for the Stanford Masters. James swam for Matt Mann at the University of Michigan.

Father of Masters Swimming Dies

Doc Councilman died on January 4, 2004, in Bloomington. He will be remembered as the single most influential person in modern swimming and he was a Founding Father of Masters. Two of our first three grants from the USMS Endowment went to the Councilman Center for the Study of Swimming. Without trying to reiterate all of the many accolades and tributes to Doc, the Greater Indiana Masters (GRIN) has made a generous monetary contribution to the USMS Endowment Fund in his memory. For literally all of us in USMS whose lives are touched in unseen ways every day through the innovations and energy that Doc brought to our sport, this is a small way to pay back. I would encourage everyone to consider the Endowment Fund as a means of expressing your appreciation and to memorialize this legendary Masters swimmer. The last time I saw Doc was at an IU Masters Swim Meet several years ago. Parkinsons Disease had him confined to a wheel chair and talking was difficult, but with the aid of his good friend (and Masters swimmer) Doug Strong, he entered the meet and swam the 50 and 100 breast stroke! Memorial gifts should be sent as follows: Checks payable to The USMS Endowment Fund, P.O. Box 10, Noblesville, IN 46061. Information contact: Doug Church, Chair, Board of Governors, USMS Endowment Fund, DChurch@cchalaw.com

Previous Coaches of the Year

2003	Scott Williams	TOC
2002	Joel Wilson	CRUZ
2001	Sharlene Van Boer	RHMS
2000	Marie McSweeney	TAM
1999	Tina Talbot	SANR
1998	Tim Sheeper	MNLO
1997	Brian Stack	MAM
1996	Doug Huestis	TOC
1995	Mo Chambers	MVM
1994	Polly Upshaw	SCAM
1993	Michael Collins	DAM
1992	Kerry O'Brien	WCM

California Senior Games Swimming Competition

Saturday, May 15, 2004

Recognized by Pacific Masters Swimming

Location: Rancho Cordova Swim Center

This swim meet is part of a larger athletic competition for adults age 50 and over. It includes sports like archery, badminton, bowling, cycling, golf, handball, soccer, and many more. The swimming competition consists of 50 and 100 yard races in all competitive strokes. Age groups are in 5 year increments. There is a novice group for swimmers with "minimum competitive experience" and well as an 'open' group.

For more information contact Anita Hazen, 916-973-1998 or email aahazen@comcast.net.

You are Invited

The next World Masters Games in 2005 (WMG2005) will be hosted in Edmonton, Alberta, Canada. This will be one of the major Masters events in 2005 and the organizing committee is expecting around about 2000 swimmers in addition to the 20,000 athletes participating in other sports.

The Canadian Masters Swimming Championship in May 2004 will be hosted in the same city and pool as the WMG2005. This is the last chance to train and compete on an international level in the same pool that WMG2005 competitors are swimming in! The meet set-up will be close in the WMG2005 as possible to give swimmers and officials a chance to participate. We are expecting 700 swimmers during the 4 days and a lot of international competitors

The full Meet Registration packages will be posted on MSC Web Site and included in the Waves/La Vague, also posted on the meet website at <http://members.shaw.ca/nationals>, also supplied to USMS, European Masters bodies and FINA Masters for their websites

COMPETITION ENTRY INSTRUCTIONS

Pacific Masters Swimming Competitions

HOW TO ENTER

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

AGE GROUPS

Entrants must be at least 19 years old.

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

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

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

POOL COMPETITIONS

Entry Procedures: Thoroughly read the Entry procedures for each competition. For all meets, individuals must send a copy of the Consolidated Entry Form below with a photocopy of their USMS registration card. Failure to provide a copy of this card will result in a \$3.00 look-up fee. Individual event information must be completed in the designated area only if the meet is designated as a **cardless meet**. All other meets require event information on official PMS pink (for women) and blue (for men) cards. At all

meets, including cardless, relays must be entered on official yellow PMS relay entry cards.

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

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

Strictly Forbidden: Entering more than five individual events per day • Using hand paddles in warmup areas.

• Diving in warmups unless in designated sprint lanes (entering the warmup pool must be done with feet first with one hand in contact with the pool deck). • Smoking in any area where swimmers may be present.

OPEN WATER COMPETITIONS

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

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

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

Consolidated Entry Form • Pacific Masters Swimming

Name (as it appears on registration card)		Sex M <input type="checkbox"/>	1. Place USMS card in this space. 2. Photocopy with this consolidated entry form. 3. Send in photocopy with each entry. *Age for LCM & SCM meets is age as of Dec. 31st of current year. Age for SCY meets is age of last day of meet.
Street		F <input type="checkbox"/>	
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

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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Rev 9/02

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 for 1 or 2 tapes 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. **Championship Winning Swimming**, Richard Quick and Milt Nelms, 10 tapes including 2-a) Freestyle, 2-b) Backstroke, 2-c) Breaststroke, 2-d) Butterfly, 2-e) Walls: Turns for all Strokes, 2-f) Starts, 2-g) Underwater Swimming – The Fifth Competitive Stroke, 2-h)
2. **Open Water Swimming**, Skills, Techniques, and Tactics, Michael Collins & Gerry Ridrigues – DVD format only
3. **21st Century Swimming**, v.2 Backstroke, v.5, IM, v.6 Starts, Turns, Finishes, v.7 Advanced Drills
4. **Ultimate Breaststroke**, featuring Adrian Moorhouse and Nick Gillingham.
5. **Core Stabilization & Shoulder Stabilization** (2 tape set with book), Matt Wren MS, PT
6. **Basic Training from the Fast Lane** - Coach John Tremblay, 1992
7. **Core Body Strength** with Coach Scott Volkens (Mobility and Flexibility).
8. **Australian Swim Coaches Teaching Association** with Coach Bill Sweetnham v2. Backstroke, v5. Individual Medley,

- v6. Starts, Turns, Finishes, v7. Advanced Drills
9. **How Swimming Works**, New Ideas in Freestyle & Backstroke - Dr. Marty Hull, 1996
10. **From the Fast Lane** (3 tapes)- John Moffet vol. 1-Basic Technique, vol. 2-Basic Training, vol. 3-Advanced Technique
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. **Forbes Carlisle Seminar** - Taped at the Olympic Club, 1995
15. **From the Bottom Up** - Mike Bottom (3 tapes)Freestyle,

PRICE LIST

Membership Card Replacement	2.00
USMS/PMS Registration Forms	free
USMS Brochures (up to 20)	free
Pad -100 Consolidated Entry Forms	3.50
USMS 2004 Rule Book	8.00
USMS Mini Rule Book (rules only)	5.00
USMS Decals (each)stick-on or static cling	0.50
PMS Luggage Tag for PMS Card	2.00
Video and audio tape deposit	50.00
Video/audio tape mailing charge (per one or 2 tapes order)	5.00

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

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/).

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	

2004 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

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

Sat.	5/01/04	TVM	Battle of the Bay
Sat.	5/08/04	SMMM	Parkside Aquatic Park (1 mile) (OW)
Sat.	5/15/04	TVM/WCM	Open Water Clinic
Sat.	5/22/04	RCM	Spring Lake (1 mile) (OW)
Thurs-Sun	6/3-9/04	FINA	World Championships, Italy
Sat.	6/05/04	DAM	Lake Berryessa (1.2 mile) (OW)
Fri.-Sat.	6/11-12/04	WCM	Long Course Invitational (LC)
Sun.	6/13/04	SCCP	Santa Cruz Open Water Festival
Sat.	6/19/04	TVM	Lake Del Valle (0.75mi, 1.5 mi)
(OW)			
Sun.	6/20/04	BMW	Splash and Dash (LC)
Sat.	6/26/04	RCM	Lake Sonoma (2 mile) (OW)
Wed.-Wed	7/7-14/04		Olympic Trials
Fri.-Sun.	7/9-11/04	CRUZ	PMS LC Championships
Sat.	7/24/04	TOC	Trans Tahoe Relay (OW)
Sat.	7/31/04	CRUZ	Santa Cruz Pier (1 mile) (OW)
Sun.	8/01/04	CRUZ	Pier-to-Pier (10K) (OW)
Sun.	8/01/04	CRUZ	Cruz Cruise (2 mile) (OW)
Sun.	8/08/04	SNM	Donner Lake 2.7 miles (OW)
Thu.-Sun.	8/12-15/04	USMS	USMS Nationals, Savannah, GA
Sun.	8/15/04	MAM	2x1 Relay (OW)
Sat.	8/21/04	TCAM	Pinecrest Lake (1, 2 mile) (OW)
Sun.	9/12/04	RAD	Whiskeytown (1, 2 mile) (OW)
Wed.-Sun.	9/15-19/04	USMS	National Convention, Orlando
Sat.	9/18/04	RAMS	Folsom Lake (1.5 mile) (OW)
Sun.	9/26/04	SMMM	SCM Pentathlon
Sun.	10/03/04	SAC	31st Annual Pentathlon (SCY)
Sat.-Sun.	10/8-10/04	WCM	PMS SCM Championships
Sat.	12/04/04	SNM	Reno Winners Meet Affair (SCY)
Sat.	12/11/04	SJAM	Christmas Relays cancelled

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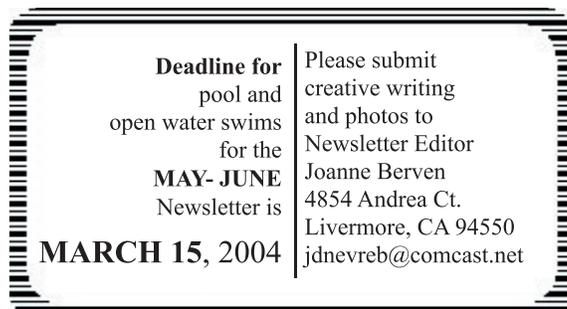
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2004 Meeting Dates: January 14, February 18, March 17, April 14, May 19, June 23, July 21, August 25, September 29, October 20, November 17. All meetings will be held at the Oak Hill Park Community Center, Danville, CA and begin at 7:30 PM. All are 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.

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