

newsletter



Message from the Registrar

by Nancy Ridout



2006 Memberships And Renewals Can Begin!

Your membership expires on December 31st. By renewing now, your membership will continue through 2006 with no gaps in benefits and you will avoid last minute hassles in rejoining later. Up to date USMS registration is mandatory for club and event liability insurance coverage. You may change your club affiliation upon renewal with no transfer forms, fees, or waiting period. When you receive your 2006 membership card, make several copies of it for event entry purposes and as a backup in case yours is lost. You can get a duplicate card from the PMS Office for a \$2 fee.

The 2006 membership fees have increased in order to bring our income and expenses into better balance. Your total fee is made up of a national (USMS) portion and a local (PMS) portion. The PMS portion has been raised from \$10 to \$15 to be able to continue to offer its members the same high quality program to which they are accustomed. The 2006 total fee is \$35 (\$20-USMS, \$15-PMS). **Swimmers who have reached the age of 90 pay no membership fee.**

Services and Benefits of Membership include:

continued on next page

<p>United States Masters Swimming, Inc.</p> <p>Pacific Masters Swimming, Inc.</p> <p>2006 Membership Application</p> <p><input type="checkbox"/> Renewal 2005 number if known: _____</p> <p><input type="checkbox"/> New Registration</p> <p>YOU MUST PAY FEE OF \$35 (Fee includes: USMS = \$20, PMS = \$15)</p> <p>(SEP. / OCT. REDUCED 2006 FEE \$25 if joining for the remainder of the calendar year)</p> <p>Make check payable to Pacific Masters Swimming</p> <p>Mail to: Nancy Ridout 580 Sunset Parkway Novato, CA 94947 (415) 892-0771 registrar@pacificmasters.org</p> <p>Registration Expires 12/31/06</p>	<p>PLEASE PRINT CLEARLY.</p> <p>Your name on this form and on meet entry forms must be identical.</p>				
	Last Name _____		First Name _____		Middle Initial _____
	Mailing Address _____			Home Phone No. () ()	
	City _____	State _____	Zip _____	Work Phone No. () ()	
	Date of Birth Month _____ Day _____ Year 19 _____		Age _____	Sex _____	e-mail address _____
	CLUB (Indicate Club affiliation or Unattached) _____			Today's Date Month _____ Day _____ Year 20 _____	
	<p>"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."</p>				
	Signature _____				<p>I am a Masters Coach <input type="checkbox"/></p> <p>I am a Certified Official <input type="checkbox"/></p>
	<p>I wish to contribute to the following foundations <i>and have added the additional amount</i> to my 2006 registration fees.</p> <p><input type="checkbox"/> \$1 or () The US Masters Swimming Foundation.</p> <p><input type="checkbox"/> \$1 or () Pacific Masters Swimming.</p> <p><input type="checkbox"/> \$1 or () The International Swimming Hall of Fame.</p>				
					revised 9/30/05

cont from previous page

Benefits of Membership:

- The opportunity to meet and train with some of the most experienced coaches in the area.
- The benefit of coaching and training with USMS member clubs throughout the country while traveling or vacationing.
- A subscription to *USMS Swimmer*, a bi-monthly national swimming publication which runs concurrently with your membership.
- The PMS Newsletter (inserted within *USMS Swimmer*) featuring up-to-date information on events occurring in our area.
- Web sites www.PacificMasters.org and www.usms.org which provide up-to-date and archived information on swimming, training, discussion forums, Web-based publications, membership, event calendars, links to other swimming sites, and places to swim.
- The privilege of participating in any PMS and USMS sanctioned postal, pool, open water event, or clinic.
- Liability insurance for your club and event sponsors and personal secondary accident insurance.
- Borrowing privileges from the PMS videotape library.
- A central PMS Office to answer any of your swimming questions (registrar@pacificmasters.org or 415-892-0771).
- Member based (optional) email service with updates and current swimming information.
- Toll-free access to the USMS National Office (1-800-550-SWIM and usms@usms.org)

At the bottom of this form you will find an opportunity to contribute to three tax-deductible groups, the USMS Endowment Fund, Pacific Masters Swimming, and the International Swimming Hall of Fame. Just \$1 from each of us can make a difference to the ongoing missions of these organizations.

USMS is perhaps the best kept secret in adult fitness, and it also continues to be the best bargain. USMS and PMS are committed to offering a program that will continue to provide you the great opportunities and benefits of *swimming for life*.

Stroke Tips

by Leianne Crittenden

(This is part 3 of Leianne's "Take Away's" from the Olympic Training Center Camp.)

Backstroke:

Roll those hips and shoulders

Try to make your hips and shoulders be in a line perpendicular to the water (so hips are down and shoulder is out of water)

On the pull, as you catch for your stroke, your arm should be cocked at a 90 degree angle, and as you pull, your hand sweeps close to your body so that your body is pulled past your hand

Drill to overcompensate by making sure your hips are in the water as your opposite arm is in the air

Drill by slowly placing hands palm down above your head in the water to make sure you do not overreach above your head (if done fast this will damage your shoulders, but is useful as an overcompensating drill to show how hands should enter water)

Breaststroke:

Finish your kicks by snapping the feet together

Keep your feet wider than your knees

Shoot hands forward, as close to being on top of the water as you can

Remember on the pull down/underwater, work to keep elbows at your side, shrug shoulders to make your body smaller with less drag

Drill alternate one stroke butterfly with two of breaststroke to get the feel of an undulating stroke

Drill To make sure that you do not pull your knees up (which creates drag), do breaststroke kicks on your back, checking to see that your knees do not come out of the water.

Butterfly:

Remember, there are two kicks in butterfly, and they start from the chest, not the hips

One kick at the beginning of the stroke and one as your hands exit the water

Butterfly is more like breaststroke than freestyle, so you do not want to dive down to catch the water

Your hands enter the water shoulder width apart, then float apart until you catch the water, bringing the hands in together under your body

Do not finish your stroke by touching your thighs like in freestyle - too tough on the shoulders

Sweep hands out of the water at about your hips and recover both arms straight with elbows locked to enter again in front of you, shoulder width apart

Drill use one arm stroke and make sure you put two kicks at the proper place (when hands enter water and when they leave it), no breaths

Freestyle:

Elbows up! On both the recovery out of the water and during the pull phase, make sure your elbows are higher than your hands

Catch the water early in the stroke and keep elbows high to obtain power from your arm and back muscles

After the hand catches at the beginning of the stroke, initiate the pull by driving the opposite hip down, powering the pull with the force from the hip rotation

Accelerate your pull through the stroke, making it faster as you pull thorough the water

Drill for making sure your elbows stay up by "saluting" - place your hand into the water after touching your forehead

POOL MEETS

Message from the Chair:

Pacific LMSC sent 19 delegates to the USA Swimming Convention September 14 through 18 in Greensboro, North Carolina. Delegates were: **Joan Alexander, Kristy King, Marcia Benjamin, Joanne Berven, Barbara Thomas, Barbara Byrnes, Karla Rees, Michael Moore, Paul Wrangell, Cris Meier Windes, Jim Clemmons, Jim Wheeler, Jon Steiner, Dore Schwab, Ann Cribbs, Barry Fasbender, Richard and Joan Smith and Leianne Crittenden. Nancy Ridout**, as Past President of USMS and current FINA representative, also attended. The USMS Convention is a working meeting where the House of Delegates authorizes the actions affecting USMS for the upcoming year. It is held with the annual conventions for all water sports in the US (water polo, diving, synchronized swimming and USAS swimming).

Convention Issues. Among the issues covered were elections of new officers and directors, pursuant to the governance project completed over the last several years to streamline the administration of the national organization. A new President, **Rob Copeland**, was elected, as well as four new vice presidents and a new board of directors, which includes Michael Moore. The ongoing governance project has streamlined the number of directors and recommended that many of the committees' work be accomplished through a coordinator who will call for assistance as needed. The House of Delegates also authorized USMS to hire an Executive Director for the organization. Full details of the convention, including minutes of all committee meetings are on the USMS website.

Personnel. We also have a new Zone representative for Oceania (Pacific and Hawaii LMSCs). **Janet Renner** of the Hawaii



Michael Moore

LMSC will follow in **Joan Alexander's** footsteps. Many thanks to Joan, who has led the Oceania Zone for the last four years, and has had significant involvement in the governance project over the last several years. **Barry Fasbender**, chair of the Championship Committee for the past 4 years, has stepped down as chair but will continue as a member of the committee. Thanks to him for his leadership efforts on one of the most active USMS committees.

In addition, **Nancy Ridout** served her last day on the USMS Executive Committee on September 18th. She has tirelessly served Masters swimming, and was described as "the queen of masters swimming" when she was awarded the Dorothy Donnelly service award at the convention. She served on the Executive Committee for 16 of the past 20 years, more than any other person on the EC - seeing the masters program grow to over 50,000 swimmers nationwide during that time period. Thanks Nancy for many jobs well done during your tenure. Nancy continues to serve as USMS representative to FINA.

New Swimming Rules: At the Convention new rules were passed for breaststroke and backstroke. For breaststroke, it is now permitted to do a butterfly kick on the pulldown off the start and turn. The butterfly kick must begin after the arm pulldown and be followed by a breaststroke kick. Note that this rule is still subject to further interpretation by FINA over the next couple months, so continue to check for the final rule. In backstroke, at the start, a swimmer's toes may be above the water on the start, so long as they do not curl over the gutter.

Update on FINA World Championships The meet booklet is now available, and a limited number were distributed at the Convention. Copies will be available at Pacific Masters Meets. In addition, it is posted on line at www.2006finamasters.org

You can register now by mail, and we encourage you to do so. It would be very helpful if you register now so that we can work out the kinks in the registration system.

Opportunity Knocks – Swim for Malaria!

Pacific Masters Swimming encourages you to support the World Swim for Malaria, a global grassroots swimming initiative partnering with PriceWaterhouseCoopers, Speedo, and Microsoft that can be swum on or before December 3rd. The goal is to have a million people participate in this event. 100% of all monies raised will go toward the purchase and installation of mosquito netting - the single most effective way of preventing malaria. Though we don't experience malaria first hand here in the US, at least a million people die from malaria each year. Some put the estimates as high as 2.7 million. 70% of the deaths are of children under 5.

You can find all the information you need at www.worldswimformalaria including sponsorship forms, how to collect and submit donations, the background and goals of this event, and the pledges of participation of individuals, groups, Masters teams, and corporate organizations around the world. You can join the Stanford Masters who will be hosting this event on December 3rd or you can organize this event at your own pool.

Pacific Masters encourages you and your friends and teammates to join in this effort to make a real difference in the world.

You will be able to change your event and times until 3 June 2006 (but you will have to do it on line). On January 1, you will be able to register on-line. Please note that you must be affiliated with a team to complete in the Worlds, no "unattached" registrations are permitted. If you wish to change your affiliation to join a team or change teams, please review the registration process and time frames on the Pacific website.

In addition to some of the best Masters swimming competition ever, the Worlds will have diving, synchro and polo there. If you want to compete in those disciplines contact <http://www.usawaterpolo.com/> <http://www.usasynchro.org/> <http://www.n2.net/diving/>

POOL MEET

Sierra Nevada Masters 12th Annual Reno "Winners" Meet

Saturday, December 3, 2005

Sanction # 38-05-21

Facility: Northwest Pool in Reno, Nevada. 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.

Directions: 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.

Check-in: This meet will be deck seeded, slow to fast. 11:00 am warmup and noon start. Swimmers in Events 1-13 must check-in by 11:30 AM. Check-in for the remaining events is 12:30 PM.

Entries: Send your entries on a PMS Consolidated Entry Form and a photocopy of your 2005 usms card. Entry fee is \$3.00 per swimmer (pool use fee) and \$2.00 per individual event. No fees for relays.

Deadline: Entries must be postmarked by Friday, November 25, 2005 or received by Monday, November 28, 2005. Consolidated entry forms must be filled out completely, including age as of December 3, 2005. There will be no refunds.

Late entries: Fees for entries received later than November 28 or any deck entry will be \$3.00 per swimmer and \$3.00 per individual event. **Deck entries will not be accepted after 12:30 PM on meet day. Make checks payable to: Sierra Nevada Masters** and mail to: Gwen Shonkwiler, University of Nevada/MS 283, Reno, NV 89557

Age groups: Individual: 18-24, 25-29, 30-34...Relays: 18+, 25+, 35+...100+

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

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

Referee: Rick Kaufmann

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

	W	M
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

Don't Waste Your Base TAM's 1650 Postal January & February 2005

Sanction # 38-06-01

What You Need: A 25 yard/25 meter/50 meter pool and someone to time you (who can count to 66)

Distance: 1650 yards/1500 meters

Date: Anytime during the months of January and February, 2006

Eligibility: All swimmers registered with USMS for 2006 are eligible to participate.

Rules: All USMS and PMS rules apply. A split sheet with 50 yard/meter splits must be signed by at least by one timer. Times not entered to the 1/100 will be rounded up. Drafting/circle swimming not permitted.

Entry Fees: For individual entries: \$6.00 for U.S. entries, \$10.00 for international entries. For relay entries: \$4.00 for each four (4) person relay entry. Checks should be made payable to Tamalpais Aquatic Masters. Entry fees are not refundable or transferable.

Entry Forms: You may enter using a consolidated entry form and attaching a split sheet with 50 yard/meter splits signed by at least one timer. Enter relays by filling out the relay form and attaching photocopies of the four (4) individual entries. A copy of your current 2006 USMS card must accompany all individual entries. Mail entries to TAM 1650, 1000 Fourth Street, Suite 875, San Rafael, CA 94901.

Age Divisions: 18-24, 25-29, 30-34, etc., male and female.

Relays: Four (4) person relay entries will be accepted in the following age groups: 18+, 25+, 35+, etc., male, female and mixed (each person swims the 1650; relay entries are scored on total time for the four (4) 1650s). There is a \$4.00 entry fee for each four (4) person relay entry.

Postmark Deadline: All entries must be postmarked by March 10, 2006.

Awards: Awards will be given for 1-3 place for individual events and first place for relays.

T-shirts: T-shirts are available for \$15 each. XX large are \$16. If you wish to order a T-shirt, please indicate the size you want on your check.

Information: For more information or questions please contact Jon Steiner at (415) 459-2000, Fax: (415) 459-3668, email: lawjls@aol.com

FOG City Winter Quadrathon Meet Sunday, January 29, 2006

Sanction # 38-06-03

Location: Herbst Natatorium at St. Ignatius College Preparatory School, 2001 37th Avenue, San Francisco. Located off Sunset Blvd. between Quintara and Rivera Streets.

Facility: Indoor, 25-yard x 8-lane competition pool. 5 competition lanes with 2 lanes available for warm-up/down throughout the meet. There will be breaks in the competition (between events) to ensure that swimmers have rest between events. Electronic Timing with touch pads will be used. Bleachers are available.

Time: Warm-up will start at 12:30 p.m., meet starts at 1:30 p.m.

Check In: 12:45 p.m. for 500 Freestyle deck entries. 1:00 p.m. for 500 Freestyle pre-entered swimmers. 1:30 p.m. for all other events.

Entries: This is a cardless meet. Send your entry on a consolidated entry form with a copy of your (year 2006) USMS Card.

Entry fees: Flat fee of \$20.00 (for 1 to 4 events) if postmarked by Friday - January 20, 2006 or received at the pool by Monday, January 25, 2006.

Deadline: Monday January 25, 2006 Late and deck entries (accepted until check in time on the day of the meet) is a flat fee of \$35.00 (for 1 to 4 events)

Make checks payable to St. Ignatius College Prep.

Mail to: Diane Davis/Aquatics, 2001 37th Ave., San Francisco, CA 94116.

Awards: Raffle

Meet Director: Diane Davis (415-731-2522).

Meet Referee: Michael Moore.

Events:

(Odd=Women, Even=Men)

1-2 500 yd. Free

3-4 100 yd. Free

5-6 200 yd. Free

7-8 50 yd. Free

OPEN WATER POINTS

University of San Francisco Masters 2006 Short Course Valentines Affair

Saturday, February 11, 2006

Sanction #38-06-04

Location: USF Koret Health and Recreation Center. Corner of Turk and Parker Sts., San Francisco.

Directions: From the Bay Bridge take the 9th Street Civic Center exit. Stay right on offramp, and go straight onto Harrison (one way). Go one block west, R on 9th Street. When crossing Market Street, bear L onto Hayes Street. Take Hayes Street 3 blocks to Franklin Street. Turn R on Franklin Street, L on Turk Street. Continue west on Turk Street. Parking lot entrance is on the left immediately after the intersection of Parker Street and Turk Street. **From the South Bay (101 North):** From Hwy 101 North take Mission Street Exit (exit is on the L side). Exit on 9th Street Civic Center. Turn L onto 9th Street. When crossing Market Street, bear L onto Hayes Street. Take Hayes Street 3 blocks to Franklin Street. Turn R on Franklin Street, L on Turk Street. Continue west on Turk Street. Parking lot entrance is on the L immediately after the intersection of Parker Street and Turk Street. **From the GG Bridge,** stay to the right and take 19th Ave. Turn R on Anza, R on 14th Ave., R on Geary to Stanyon, R on Stanyon, L on Turk and enter free parking area on the right. From **280 North** take 19th Ave. exit. Stay on 19th approx. 3 miles. Turn R on Geary, and follow directions from GG Bridge.

Facility: 25 yd by 50 m heated indoor pool. There will be 8 lanes for competition and 2 warm-up / warm-down lanes available throughout the meet. Electronic timing will be used. Snack bar available from 9 a.m.

Parking: Free parking available in the Koret Parking Lot, located at the corner of Turk and Parker Streets

Time: Warm-up from 8:00-8:45 a.m. Meet begins at 9:00 a.m.

Check In: All pre-registered swimmers in the first two events must be checked in by 8:30 AM. Swimmers who deck enter the first two events must do so by 8:15 AM. Swimmers in later events must check in at least thirty minutes before the estimated start of the event. Check in upstairs at the Alumni Lounge between 7:30 AM and 9:00 AM. Check in on the pool deck after 9 AM.

Entries: Entries are limited to a maximum of 5 individual events, excluding relays. Individual event entries can be via on line; surface mail; or deck enter the day of the meet.

Relays are deck entry only and must be on official yellow relay entry cards.

To enter on line:

- Enter this meet online by going to <http://www.mastersswim.com/pc/exec/SaHome>

To enter via surface mail:

- Mailed entries must be on a completely filled out consolidated entry form and accompanied by a copy of the swimmer's 2006 USMS registration card. Failure to provide a copy of the USMS card will result in a \$3 look-up fee per PMS rules.

- **Deadline:** Entry must be postmarked by Wed. February 1, 2006 or hand delivered to the Koret Center at USF by Fri. Feb 3, 2006. For hand delivery please put entry in an envelope addressed to: Cathy Huang.

- **Make checks payable and mail to:** University of San Francisco Masters, Attn: E. Tosta, P.O. Box 330017, San Francisco, CA. 94133-0017

To Deck Enter:

- All deck entries must be completed no later than 45 minutes prior to the start of the entered event. Swimmers who deck enter the first two events must do so by 8:15 AM. *Every year we process a large number of deck entries. To help us start the meet on time, please preregister!*

Entry fees: On line Entry Event Fee: \$4.00 Surcharge plus \$2.50 per event. The cost of the on line meet entry system is \$1.00 per swimmer plus 5% of the events fee, which is added to your total.

Mailed Entry Event Fee: \$5.00 Surcharge plus \$2.75 per event. Please note that a discount is offered for on line entry.

Deck/Late Entry: \$5.00 surcharge plus \$5.00 per event

Relays: \$4.00 per event, deck entry only

Awards: Participation awards and goodie bags

Meet Directors: Barbara Byrnes: bgbynes@pacbell.net (415) 824-7489

Duke Dahlin: ddahlin@pacific.edu (415) 929-6651

Information: Cathy Huang (415) 422-6247

Referee: Bud Meyer

Events: (Odd=Women, Even=Men)

All events will be swum slow to fast

- 1-2 200 yd. Freestyle
 - 3-4 50 yd. Butterfly
 - 5-6 200 yd. Breaststroke
 - 7-8 50 yd. Backstroke
 - 9-10 200 yd. Butterfly
 - 11 200 yd. Mixed Medley Relay
 - 12 200 yd Mixed Centipede Relay*
 - 13-14 50 yd. Breaststroke
 - 15-16 200 yd. Backstroke
 - 17-18 50 yd. Freestyle
 - 19-20 200 yd. IM
- * Special Event



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• **Deadline for pool and** •
• open water swims for the •
• **January-February, 2006** •
• Newsletter is •
• **November 5, 2005** •
• Please submit creative writing •
• and photos to Newsletter Editor •
• Joanne Berven •
• 4854 Andrea Ct. •
• Livermore, CA 94550 •
• newsletter@pacificmasters.org •
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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 18 years old.

Individual Events: 18-24, 25-29 and subsequent five year increments as high as necessary to accommodate all swimmers.

Short Course (yards) Relays: 18+, 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: 72-99, 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 highly visible 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"/>	
City		no. of events entered:		
State	Zip			
Phone	* Age	Birth day		
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 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 advise PMS about defective tapes/DVDs or about suggestions for new tapes or DVDs

1. Championship Winning Swimming, Richard Quick and Milt Nelms, (10 tape series, specify any 2 per order)

- a. Freestyle (tape or DVD)
- b. Backstroke
- c. Breaststroke
- d. Butterfly
- e. Walls and Turns
- f. Starts
- g. Underwater Swimming-the 5th stroke
- h. Pilates
- i. Swimmers' Shoulder
- j. Posture, Line and Balance

2. Open Water Swimming, Michael Collins and Gerry Rodrigues, (Skills, Techniques and Tactics), DVD format only

3. Ultimate Breaststroke, Adrian Moorhouse and Nick Gillingham

4. Core Stabilization and Shoulder Stabilization, Matt Wren, (2 tape set with book)

5. Basic Training from the Fast Lane, John Tremblay

- 6. From the Fast Lane**, John Moffet
- a. Basic Technique
 - b. Advanced Technique

8. Core Body Strength, Scott Volkert, (Mobility and Flexibility)

9. How Swimming Works, Dr. Marty Hull, New Ideas in Freestyle and Backstroke, 1996

10. Australian Swim Coaches Teaching Association, Bill Sweetenham, (3 tapes, specify 2)

- a. Individual Medley
- b. Starts, Turns, Finishes
- c. Advanced Drills

11. Water: How to Be Safe in It, Swim Fast in it, Dr. Marty Hull

12. Fluid Swimming: Dr. Marty Hull, (The Importance of Range-of Motion In Swimming, Stretching and Strengthening Exercises)

13. Swimming Fastest II, John Tremblay

14. From the Bottom Up, Mike Bottom, (three tapes, specify any 2 per order)

- a. Freestyle
- b. Backstroke
- c. Breaststroke

15. Stretching, Bob Anderson

16. Clinical Sports Massage, Benny Vaughn

17. Getting Better, John Naber, Championship Swimming

18. Swim Smarter, Swim Faster, Richard Quick, (stroke techniques and drills)

19. Swim Smarter, Swim Faster II, Richard Quick, (starts, turns & finishes)

20. Total Immersion, Terry Laughlin, (Revolutionary Way to Swim Better)

21. The Miracle Swimmer: How to Overcome Fear and Discomfort in Water, Transpersonal Swimming Institute

22. Excellence in Swimming Stroke Technique, Mark Schubert

PRICE LIST

Membership Card Replacement	\$2.00
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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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2005 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

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

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The November, 2005 meeting date is November 16

2006 Meeting Dates are tentative at press time: January 18, February 15, March 15, April 11/12, May 17, June 21, July 19, August 23, September 27, October 18, November 15. The meeting place will be at Heather Farms Community Center Club House, Walnut Creek. From I680 take the Ygnacio Valley off ramp, head east. Left at San Carlos and take the second left at the Community Center sign. Parking to the left around the curve.

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

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

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