

# Pacific Masters Swimming newsletter



by Michael Moore, PMS Chair

## Chair's Message

Boy, last year at this time, we were winding up preparations for Worlds, with a hectic call for volunteers. This year we are being more introspective, and thinking about why we swim.

We hosted a coaches clinic in April, and had Tom Boyd from Long Beach Grunions discuss how to keep a masters team growing, and making the program successful. Even though Pacific has the most USMS registered swimmers, we can always learn, and Tom (whose team only started four years ago, and has no permanent paid coach, and now hosts one of the largest short course meters meets in the country) had some great points.

Tom conducted several surveys for USMS last year, including one asking USMS swimmers why they swim. Respondents broke down as 28% serious competitive swimmers, 26% serious swimmers who are not competitive, 19% less serious competitive swimmers and 14% open water/triathletes. The results were interesting, and can be found on the USMS website at <http://www.usms.org/admin/surveys/>

Why people Swim. If they are coming to workouts, major reasons for coming to workout are getting in shape and improving stroke technique. Some come to the pool because they like to work out. This can mean different things to people. Some people like having a posted workout so they do not need to make one up. Some like being part of a lane and a group that encourages them to swim. Some people are coming to make sure that their triathlon swims improve, and need to be encouraged to swim strokes besides freestyle.

Serious competitive swimmers place a high value on coached workouts at convenient times, and the social aspects of the team and competitions. Serious swimmers who are not interested in competing in pool meets, but emphasize fitness and staying in shape, are concerned that they are not fast enough and that others are too competitive. Both these groups will average around three practices a week. Less serious competitors (mostly men) will average around two workouts a week, and like to go to competitions. Open Water/Triathletes also attend around three practices a week, with slightly more women respondents. They are interested in fitness, and technique training and are more likely to do cross training during the week. They are concerned with being too slow, not understanding instructions and with the competitiveness of other teammates.

How you get them to keep swimming. One of the more interesting aspects of Tom's survey was what new swimmers were worried about. Across all types of swimmers in their first few practices, they were all concerned about: whether they could do the workout and whether they would be too slow (over 70%), how competitive the atmosphere would be (33%), and whether they could understand the instructions (31). After a month, these concerns were significantly lessened, but were still relatively high (in the ranges from 10 to 20 %)

So what does this say? It indicates that to make sure that people do not just drop in once or twice and then drop out, we need to be sure that we are welcoming them, and that the atmosphere is one that allows everyone to enjoy their individual experience. This means that the fitness swimmer needs to enjoy the workouts as much as the super competitive racer, and the absolute newbie can't feel threatened by the terminology or the environment.

Things People Say Make a Difference. Remember that everyone does not have the same goals for their workouts. Some swimmers may be tapering for Nationals - but those are relatively few (the USMS short course championships in May had only 1,456 swimmers out of the 40,000 registered USMS swimmers). These swimmers may create an environment that is not necessarily welcoming to beginning or re-entering swimmers. It may be very daunting for a new participant to try to figure out how to do an interval set, read the clock and do the strokes for someone who is just starting (or starting back) to swimming.

Tom made the point that by trying to encourage swimmers, he had seen that he was actually discouraging or intimidating them. By encouraging them to compete in a race at a meet, he was asking them to do something they were not yet ready or confident enough to try. He realized that his goals and measures of swimming achievement (after decades of coaching racing swimmers) did not always match the goals and measures of the people in the pool.

Another aspect we tend to take for granted is how a workout is made up and basic lane etiquette. New swimmers may not know how to circle swim, they may not know that a workout runs better if the lane goes from fast to slow, that a tap on the foot means pull over to let someone pass, that the five second interval is designed to space out the lane so everyone gets a good workout without bunching up in a lane (so you need to wait the full five seconds). We also forget that everyone may not know what the cryptic abbreviations mean when the coach is laying out the set. Put someone at ease and make sure they understand what they are doing, maybe even write the workout on a white board. A new person is going to have plenty to think about - goggles, gear, watching the clock, remembering to work on strokes - there is plenty to make a workout mentally challenging.

Returning swimmers may remember the drudgery of long, long tedious sets. They may not realize that as Masters swimmers, the workouts have a great deal of flexibility, and that the degree of difficulty is their call. The set may be posted, but you get to decide the interval, and decide which lane you want to swim in. If you feel good, go with the hotshots, and if you are tired, move down a lane. If you are really ambitious, you can move down a lane and do the set in another stroke - maybe even breaststroke!

## OPEN WATER SWIMS

### Redwood Coast Masters Russian River 1 Mile Swim

### Pacific Masters 2007 Open Water Championships

**Saturday July 14, 2007**

Sanction# OW-0707

**Location:** Healdsburg Veterans Memorial Beach, Healdsburg, CA

**Directions:** Highway 101 north to Healdsburg Ave Exit. Turn right on Healdsburg Avenue following the signs to Healdsburg Veterans Memorial Beach. The park is approximately 3/4 mile, and you will make a left turn into the parking area. If you cross the Memorial Beach Bridge over the Russian River you have gone too far.

**Course:** Loop course, The course will be well marked with buoys, wave starts, Lifeguarded.

**Water temperature:** 70 - 75 degrees.

**Entries:** \$25.00 per person. Mailed entries must be postmarked by July 6, 2007.

Include an estimate of your one mile swim time on your entry form. Make checks out to REDWOOD COAST USLA, Mail to: Redwood Coast 1 Mile Championship Swim, P.O. Box 337 Healdsburg, CA 95448

**Online entries** via [www.lifeguardsforlife.org](http://www.lifeguardsforlife.org) open until midnight on July 8, 2007.

Late entries and race day registration \$30.00. Entry fee is NON-REFUNDABLE and NON-TRANSFERABLE. All entrants must be registered with United States Masters Swimming. A copy of your current 2007 USMS registration card must accompany entry or the correct number must be present with online entry. Proof of USMS registration is mandatory AND YOU MUST BRING YOUR CARD TO THE EVENT. All event information including course diagrams, driving directions, event flyers, and online entries at [www.lifeguardsforlife.org](http://www.lifeguardsforlife.org)

**Check-in** and race day registration will open at 7:30a.m. - 8:30a.m. The race starts at 9:00a.m. No late starters will be allowed  
**Parking:** There is a \$6 fee for day-use parking.

**Safety:** Swim caps will be supplied and must be worn. It is MANDATORY that these caps be worn. Safety craft and lifeguards will patrol the course on rescue boards. Individual escorts are not allowed.

**Awards:** Awards to the overall male and female winners and to the first five places in each male and female age division.

**T-shirts:** All entrants will receive a free T-shirt. T-shirts will be on sale race day.

**Race Information:** (707) 528-4718

### The Olympic Club

### The 31st Annual Trans Tahoe

### Invitational Rough Water Relay Swim

**Saturday, July 21st, 2007**

Sanction # OW-0708

**Location and Course:** Approximately 11.5 miles across Lake Tahoe from Sand Harbor, NV to Skylandia Beach, CA. **Altitude:** 6,200 ft.

**Expected water temperature:** 55-65 degrees. Special course conditions include wind, choppy water and a rocky beach.

**Swim Procedure:** Six members to a team. Each member swims a 30-minute leg, then a 15-minute leg, and then 10-minute legs until finished.

Teams must maintain their swimming order throughout the race. No drafting permitted. The use of wet suits is not permitted. Pilot boats must conform to stated safety and emergency procedures.

**Check-in:** Check-in is required at the Captains' meeting at 8:00 p.m. on July 20 and again at 7:00 a.m. before the race on July 21. Teams not signed-in at the Friday evening meeting will not be permitted to check-in or compete on Saturday morning.

**Divisions:** Combined ages determine team age category. Minimum age 18. Divisions: Women's 114+, 180+, 240+, and 300+ Men's 114+, 180+, 240+, and 300+ Mixed (3 men, 3 women) 114+, 180+, 240+, 300+, and Open (any team not fitting other categories).

**Entries:** Teams may enter by submitting a fully completed "Official Entry and Roster Form" to the Olympic Club. A copy of all team members' 2007 USMS cards must accompany this form. ABSOLUTELY NO REFUNDS.

**Deadline/fees:** Pre-race entries are \$325 per team, postmarked by May 1. Before June 1 the entry fees will be \$350, and Between June 1 and July 2, entry fees will be \$400 and After July 2 (by staff decision) the entry fees are \$450. NO REFUNDS. For the Official Entry and Roster Form, refer to The Olympic Club website [www.olyclub.com](http://www.olyclub.com). Go to the OC events site and click on Trans Tahoe Relay.

**Awards:** Plaques and coffee mugs. Three deep in each division. Swim caps and t-shirts to all participants.

**Race Info:** Scott Williams, Race Director, e-mail: [swilliams@olyclub.com](mailto:swilliams@olyclub.com), phone # 415-345-5215. Lauren Welting Co-Race Director e-mail [lwelting@olyclub.com](mailto:lwelting@olyclub.com) 415-345-5213. Website: [www.olyclub.com](http://www.olyclub.com) (click on OC events)



photo courtesy Nancy Ridout

*Tuolumne County Aquatic Masters was awarded a 2007 Appreciation Award for its service to PMS through the quality and growth of the club. Members competing at the PMS Championships are Standing: Patti, Chuck Kiel, Tim Moreno, Dave Fairfield, Dave Duval, Sissy Mutzner, Connie Birdsall, Frank Helm, Shannon Hassett, Mica VanNoord, Hank Russell, Rick Baier, Ed Friel, Dick Todd and Kneeling: Linda Hopson, Kendra Pish, Dede Spaith, Kirin Renna, Kelly Thalman, and Laurie Perry.*

## OPEN WATER SWIMS

### **Santa Cruz Masters and The Santa Cruz Surf Life Saving Association The 34rd Annual Roughwater Swim Saturday, August 4, 2007**

Sanction # OW-0709

**Location:** Lifeguard tower #1, Santa Cruz City Main Beach. Arrive early to secure parking.

**Course:** One-mile course around the Santa Cruz Wharf. Expected water temperature: 60°.

**Time:** Check-in and race-day registration begins at 9:30 a.m. Race begins at 11:00 a.m.

**Swim Procedure:** Pre-race instructions at 10:45 a.m. Contestants will receive a siren start. Three wave start system will be used. Swimmers proceed clockwise around the pier. A one-hour cut-off time will be enforced. **Entries:** Pre-race entries are \$25.00 per person. Late entries and race-day registration are \$30.00. Mail consolidated card or entry form, a copy of your 2007 USMS registration card, and a check payable to SCSLSA to: Santa Cruz Roughwater Swim, 323 Church St., Santa Cruz, CA 95060.

**Pre Registration Deadline** is July 23, 2007.

**Awards:** All participants will receive a commemorative item. Awards, medals three deep in each age division.

**Race Information:** (831) 420-6015

### **Santa Cruz Masters Aquatics The Cruz Cruise 2-Mile Open Water Swim**

**Sunday, August 5th, 2007**

Sanction # OW-0710

**Location:** Cowell Beach on the west side of the Santa Cruz Municipal Wharf (by lifeguard tower # 1)

**Course:** Two-mile swim out along the west side of the wharf, swimming right in a clockwise triangle pattern ending back at the wharf, finishing at the original start. Expected water temperature is 56 to 60 degrees

**Check-in** at 7:00 - 8:00 a.m. Race begins at 8:30 a.m.

**Entries:** Use the consolidated entry form from the PMS Newsletter, or visit "cruzswim.org" to fill in the entry form there. Pre-race registration is \$25 if received by Sat., July 28th.

**Late and race-day** registration is \$30. Entry fee is non-refundable. All swimmers must be PMS/USMS registered. A copy of your 2007 USMS card must accompany your entry form or be shown at check-in for race-day entrants. Proof of USMS registration is mandatory. Entries are payable to: Santa Cruz Masters and may be **mailed to:** Paul Wrangell at 120 Dufour Street, Santa Cruz 95060, or Scott Patterson at 108 Anthony, Santa Cruz 95060

**Contacts:** for more information please contact Pancho at (831) 429-1217 and pwrangel@pacbell.net, or Scott at (831) 706-7950

### **Sierra Nevada Masters 27th Annual Donner Lake Open Water Swim**

**Saturday August 11, 2007**

Sanction #OW-0711

**Location:** Donner Lake, Truckee, CA. Located 35 miles west of Reno, NV and 100 miles east of Sacramento, CA via Interstate 80. The start is at the east-end of the lake by Donner Memorial State Park; the finish is at West End Beach.

**Parking:** This is a point to point swim with parking available at a designated parking area at the start and at the finish area. A shuttle will operate between these areas from 6:30 am till noon. There is a spectator fee at the West End Beach (\$3.00 adults, \$2.00 children). Animals are not allowed on the beach.

**Course:** Straight, point to point, 2.7 miles. Expected water temperature 65-68 degrees. Altitude is 5933 ft.

**Time:** Check-in and race day registration 6:30-8:00a.m. Race begins at 8:30a.m.

**Swim procedures:** Pre-race instructions at 8:15a.m. followed by a beach start. A 2 hour 30 minute race time limit will be strictly enforced. A fifty-minute time limit for the first mile will also be enforced. Non-motorized individuals escorts are permitted. Life jackets and "man in water" flags are required on all craft.

**Entries:** \$30 per person if RECEIVED BY Monday, August 6, \$45 per person, if received after August 6 or on race day. Entry fee is non-refundable. Timing for this year's event will be provided by Finish Line Productions utilizing the ChampionChip system. You will be issued a timing chip and ankle strap at check-in to be worn around the ankle during the swim. As you cross mats placed at the finish line your time will be recorded based on your assigned chip number. You will be unable to exit the finish area until you return your timing device and will be charged \$30.00 if you fail to do so. Mail consolidated entry forms or official race entry forms, a copy of your 2007 USMS registration card, a self-addressed stamped envelope (for confirmation of entry) and a check (payable to SNM) to Sierra Nevada Masters, c/o Laura Hanson, 2750 Plumas St. #202, Reno, NV 89509. To receive an official race entry form, mail a SASE to this address.

**Awards:** Special Awards to the top 18+ and top 40+ male and female finishers. Awards to the top three finishers in each age division. Participants in wet suits are ineligible for awards. Post-race refreshments will be provided.

**T-shirts:** Short sleeve and Long sleeve T-shirts will be sold race day.

**Race director:** Laura Hanson, laurahanson888@hotmail.com, (775)843-1477.

The **8th Annual RCP Tiburon Mile Open Water Swim** presented by AT&T benefiting Special Olympics Northern California, Sunday, September 16, 2007 [www.rcptiburonmile.com](http://www.rcptiburonmile.com) or call 415-721-9990

On Sunday, September 16, 2007, over 800 swimmers will take to the waters of the San Francisco Bay in support of Special Olympics Northern California. This premier international open water swim will include a field of Olympic Athletes and World Champions from over 20 different countries, collegiate swimmers, masters swimmers, local high school teams, Special Olympics athletes as well as national and local pool and open water swimmers. All athletes will be taking the opportunity to participate in this world class one nautical mile swim from San Francisco Bay's Angel Island to the shore of downtown Tiburon in support of Special Olympics. Swimmers will be treated to a post race brunch catered by over 20 different restaurants, live entertainment, t-shirts goodie bags and more! Don't miss out on this one of a kind experience.

Registration fees, pledges and donations for the RCP Tiburon Mile go directly to Special Olympics Northern California. Special Olympics Northern California is a FREE year-round sports training and competition program for children and adults with developmental disabilities in 18 Olympics sports and currently serves 15,000 athletes.

## OPEN WATER SWIM

## POOL MEET

### Manatee Aquatic Masters

#### 2X1 Open Water Relay

Sunday, August 19, 2007

Sanction # OW-0712

**Location:** Quarry Lakes Regional Recreation Area 2250 Isherwood Way Fremont, CA

**Directions:** To Quarry Lakes, in Fremont. Horseshoe Lake will be the site of this year's event. **From the North:** take 880 south to Decoto RD/ CA 84 West, turn left on Decoto RD, right on Paseo Padre Pky, left on Isherwood Way.

**From the South:** take 880 north to Thornton Ave./ CA 84 East, turn right on Thornton Ave., left on Paseo Padre Pky, right on Isherwood way. **From the West:** take CA 84 East/ Dumbarton Bridge, continue on Decoto RD, turn right on Paseo Padre Pky, left on Isherwood Way. Turn right into the park entrance on Isherwood Way. There is a park fee of \$5.00/car. Exact change is appreciated, as change is limited. Carpooling is highly recommended. No dogs are permitted in the swim area and must be on leash in the picnic areas.

**Swim Distance:** Each of the two relay-team members swims one mile. The in-water start is at the edge of the beach. When the first team member completes the course, she/he tags their team member before proceeding to the electronic finishing line (pad). The course diagram is provided at [Manateeswimming.org](http://Manateeswimming.org).

**Course:** One-mile rectangle course. Water temperature is expected to be approximately 65°- 70°.

**Check In:** Gates to the park open at 6:00 a.m. Registration begins at 7:00 a.m. and all swimmers must check in by 8:00 a.m. ALL TEAMS MUST REGISTER TOGETHER. Mandatory pre-race briefing will be at 8:15 a.m. The race will begin at 8:30 a.m. NO LATE STARTERS will be allowed.

**Entry Fees:** Pre-race entries - \$45.00 per team for online registration, plus an online transaction fee of about \$4, via either [Manateeswimming.org](http://Manateeswimming.org) or [active.com](http://active.com) or \$50 per team if mailed. The mail-in form is also on the web page. A photocopy of your current 2007 PMS/USMS registration card must accompany your pre-race entry

**Race day entries** \$55.00 per team. All entrants must have proof of current PMS or USMS registration. Entry fee is non-refundable. .

**Deadline:** Pre-race mail entries postmarked by Saturday August 5, 2007. Race day entries closed at 8:00a.m. There is a 250-team limit, so register early. This event is sanctioned by Pacific Masters Swimming and is conducted under the rules of PMS Open Water Swimming.

**Awards:** Special awards will be given to the first men's team, first women's team, and first mixed team. Ribbons will be given to the first three places in each age group. Special awards will be given for the first mother/ daughter, mother/son, father/ daughter, father/son, brother/sister, brother/brother, sister/sister, grandparent/grandchild, and spouse/significant other. Event gifts will be given to all entrants. Post-swim judging and special awards for Best Team Body Art.

**Race Info:** Race Director: Gordon Jacoby (510) 339-6367. Email [gdcjacoby@aol.com](mailto:gdcjacoby@aol.com)

Visit our website  
[www.pacificmasters.org](http://www.pacificmasters.org)

### Modesto Area Aquatic Club

#### 1st Annual MAAC Summer SCM

Saturday, August 25, 2007

Sanction #38-07-16

**Facilities:** Modesto Junior College Aquatic Complex. 6 lane all deep 25 meters with touchpads. 2 additional lanes will be available for warm up and cool down.

**Directions: From the Bay Area:** Take 580 E to 205 E to 5 N to 120 E to 99 South. Exit Briggsmore Avenue. Left onto Briggsmore. Right on Orangeburg. Right on Tully, Left on Coldwell. Pool is on the right. **From Sacramento:** Take 99 South. Exit Briggsmore Avenue. Left onto Briggsmore. Right on Orangeburg. Right on Tully, Left on Coldwell. Pool is on the right **From Fresno Area:** Take 99 North. Exit Kansas Avenue. Right onto Kansas. Right on Franklin. Left on Beech. Go over bridge. Left onto College Avenue. Left on Coldwell. Pool is on the left. **From Sonora/Foothills:** Take Highway 108 West. Left onto McHenry Avenue. Right on Orangeburg. Left on College Avenue. Right on Coldwell. Pool is on the left.

**Parking:** Free parking along Coldwell Avenue, and in the parking lots adjacent to Coldwell Avenue and Tully Road  
**Warm Ups and Meet Start Time:** Warm-up begins at 8:00 a.m. and the meet will begin promptly at 9:00 a.m.

**Check-In:** Swimmers in events #1 - #6 must check in before 8:30 a.m. All others must check in at least 30 minutes before the estimated start time of their event.

**Entries:** This will be a cardless meet. Swimmers may swim up to 5 individual events. You MUST use the consolidated entry form in the Pacific Masters newsletter or download the form from [www.pacificmasters.org](http://www.pacificmasters.org)

**Entry Fees: Online entries:** \$3 per swimmer, plus \$3 per event (to a maximum of 5 events).

**Enter at** <http://maac.mastersswim.com> by midnight Friday, August 17. (SwimConnection charges an internet processing fee of \$1 per swimmer plus 5% of the total entry fee).

**Mailed entries:** \$5 per swimmer, plus \$3 per event (to a maximum of 5 events). You must use the consolidated entry form from Pacific Masters Swimming. Entries must be *postmarked by Monday, August 13, 2007* or received by Wednesday, August 15, 2007. Mail entry and check payable to MAAC with a copy of your 2007 USMS registration card attached to: MAAC Attn: Tom Kara, P.O. Box 4765, Modesto, CA 95352-4765 (NO REFUNDS)

**Deck entries:** \$5 per swimmer, plus \$4 per event. You must bring a copy of your USMS registration card. All deck entries must be completed by 8:30 a.m. Relays are deck entered at \$4 per relay.

**Meet Director:** Kurt Olson [olsonk@mjc.edu](mailto:olsonk@mjc.edu)

**Referee:** TBD, **Starter:** TBD

Schedule of Events (Odd = Women, Even = Men)

1-2	400m	Freestyle Relay
3-4	50m	Freestyle
5-6	100m	Butterfly
7-8	50m	Backstroke
9-10	100m	Breaststroke
11-12	200m	Freestyle
13-14	50m	Butterfly
15-16	200m	IM
17-18	100m	Backstroke
19-20	50 m	Breaststroke
21	200m	Mixed Medley Relay

**FOR MORE INFORMATION** on the meet or local accommodations, please visit our website at [www.maacswim.org](http://www.maacswim.org)

**Redding Swim Team  
Whiskeytown One  
and Two Mile Swim  
Sunday, September 9, 2007**

Sanction #: OW-0713, OW 0714  
**Location:** Brandy Creek Beach, Whiskeytown Lake. I-5 N to Redding, 299 W approximately 15 mi. Left at Whiskeytown Visitors Center and follow signs to beach.

**Note:** National Park Service requires a \$5.00 parking permit for all vehicles. It is available at the Brandy Creek turnoff; automated dispenser.

**Course:** One and two mile triangular courses. Some water grasses near start and finish. Expected water temperature 65-70°.

**Time:** Check-in and race-day registration begins at 8:00 a.m. and ends 45 minutes before the start of each race. (One-mile start: 10:30 a.m. Two-mile start: 11:30 a.m.).

**Swim Procedure:** Beach start. Cut-off times of one hour (one mile) and two hours (two mile) will be enforced.

**Entries:** Pre-race entries are \$20.00 per race, \$30 for both. Add \$10 for late and race day entries. Mail consolidated form or official entry form with a copy of your 2007 USMS registration card and a check (payable to Redding Swim Team) to: Redding Swim Team, c/o Terri Misslin, 2193 Cadjew St., Redding, CA 96003.

**Deadline:** Postmarked by August 31, 2007.

**Awards:** Whiskeytown mugs 1st-3rd place in usual groups.

**Race Information:** Terri Misslin (530) 221-5550.

**Mountain View Masters  
4th Annual Alan Liu Memorial SCM Meet  
Sunday, September 16, 2007**

Sanction Number: 38-07-17  
**Location:** Eagle Park Pool, 651 Franklin Street, Mountain View, CA. (Along Shoreline Blvd, between Church Street and High School Way).

**Directions:** From HWY 101, exit Shoreline Blvd. Turn south towards downtown Mountain View. Turn left on Church Street. Pool is on the right. From HWY 280, exit HWY 85 north. Exit El Camino Real north into Mountain View. Turn right on Shoreline Blvd, then right on Church Street. Pool is on the right. The MVM website (www.mvm.org) has a link to a map. Parking is available in lots on both Church and Franklin Streets, and on the surrounding streets.

**Facility:** 8 lane x 25-meter outdoor pool with bulkhead. 4 lane x 20-yard shallow end available for continuous warm up and warm down. Full locker room facilities, toilets and showers on site. Snack Bar available.

**Time:** Warm-up from 7:30a.m. - 8:45 a.m. The meet will start at 9:00 a.m. There will be a 10-minute break before both relays.

**Check In:** This meet will be deck-seeded. Positive check-in is required for all events. Swimmers entered in Events 1 and 2, the 400 IM, must check in by 8:30 a.m. Swimmers for all other events must check in at least 30 minutes before the estimated start of the event. Entry closures for all events will be announced during the meet, well in advance.

**Entries:** This is a cardless meet. You must use the consolidated entry form in the Pacific Masters Swimming newsletter or from the PMS website (www.pacificmasters.org). Please submit short course meter times for proper seeding. Swimmers may enter up to 5 individual events and both relays. All events may be deck-entered on the day of the meet.

**Entry Fees:** \$4.00 per individual event plus a surcharge of \$5.00 per swimmer for preregistered entries, and a \$10.00 per swimmer surcharge for late or deck entries. All relays may be deck-entered at a cost of \$4.00 per relay. Preregistered

entries must be postmarked by Wednesday, September 5, 2007, or received by Saturday, September 8, 2007. Mail consolidated entry form, check (payable to Mountain View Masters), and a copy of your 2007 USMS registration card to: Mountain View Masters, Attn: Swim Meet Entries PO Box 390570, Mountain View, CA 94039 There will be NO REFUNDS of entry fees.

**Awards:** Ribbons 1st through 8th in each age group. Special awards, in memory of Coach Alan Liu, will be given to the winners of the 400 IM in each age group and gender.

**Meet Director:** Chris Campbell coachchris@mvm.org, evenings: 408-730-8930

**Referee:** TBD

**Events:** (Odd Numbers--Women, Even Numbers--Men)

*Notes: All events will be seeded and swum slow to fast. Both the 800 and 200 Freestyle Relays will be offered in Men's, Women's and Mixed genders. Each swimmer may participate in only one 800m Free Relay and only one 200 Free Relay.*

1 - 2	400 m	IM
3 - 4	200 m	Free
5 - 6	50 m	Back
7 - 8	200 m	Breast
9 - 10	50 m	Free
<b>10 minute break</b>		
11	800 m	Mixed Free Relay
13 - 14	800 m	Women's and Men's Free Relay
15 - 16	100 m	IM
17 - 18	200 m	Fly
19 - 20	50 m	Breast
21 - 22	100 m	Free
<b>10 minute break</b>		
23	200 m	Mixed Free Relay
25 - 26	200 m	Women's and Men's Free Relay
27 - 28	200 m	IM
29 - 30	50 m	Fly
31 - 32	200 m	Back
33 - 34	400 m	Free

The **San Mateo Master Marlins Short Course Meters** meet is scheduled for September 23. Deadline to enter is September 9. Please go to the PMS website <http://www.pacificmasters.org> for a link to the meet information.

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 . Deadline for pool and .  
 . open water swim .  
 . information for the .  
 . **SEPT-OCTOBER** .  
 . Newsletter is .  
 . **JULY 6, 2007** .  
 . Please submit creative writing .  
 . and photos to Newsletter Editor .  
 . Joanne Berven .  
 . 4854 Andrea Court .  
 . Livermore, CA 94550 .  
 . newsletter@pacificmasters.org .  
 .....

# 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"/> F <input type="checkbox"/>		1. Place USMS card in this space. 2. Photocopy with this consolidated entry form. 3. Send in photocopy with each entry.  *Age for LCM & SCM meets is age as of Dec. 31st of current year. Age for SCY meets is age of last day of meet.	
Street		no. of events entered:			
City	State	Zip			
Phone	* Age	Birthday			
Club	Club Abbr.	Entry Fee			
For a Cardless Meet, enter your times in the table below				T-Shirt size: <input style="width: 100px;" type="text"/>	
Event No.	Est. Time	Distance-Stroke	Event No.	Est. Time	Distance-
			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		

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 tell PMS office about suggestions for new tapes.

Select any two bulleted videos

### Eddie Reese (2005)

- Freestyle (DVD, 2 copies)

### David Marsh (2004)

- Swimming Faster Freestyle (DVD)
- Training and Race Strategies for Sprint Freestyle (DVD)

### Richard Quick and Milt Nelms (2003)

Championship Winning Swimming

- Freestyle (1 copy VHS, 1 copy DVD)
- Backstroke (1 copy VHS, 1 copy DVD)
- Breaststroke (VHS)
- Butterfly (VHS)
- Start (VHS)
- Walls, Underwater Swimming (VHS)
- Posture, Line and Balance (VHS)

### June Quick Instruction (2003)

- Swimmers' Shoulder: Prehab and Rehab (VHS)
- Pilates for Swimmers (VHS)

### Michael Collins and Gerry Rodrigues (2003)

- Open Water Swimming (DVD, 2 copies).

### Matt Wren

- Core Stabilization (VHS)
- Shoulder Stabilization (VHS)

### John Moffett

#### From the Fast Lane

- Basic Training (VHS)
- Advanced Technique (VHS)

### Mike Bottom

#### From the Bottom Up

- Backstroke (VHS)
- Breaststroke (VHS)

### Bill Sweetenham

#### 21<sup>st</sup> Century Swimming

- Backstroke (VHS)
- Individual Medley (VHS)
- Starts, Turns, Finishes (VHS)
- Advanced Drills (VHS)

### Adrian Moorhouse,

#### Nick Gillingham

- Ultimate Breaststroke (VHS)

### John Trembley

- Swimming Fastest II (VHS)

### Scott Volkers

- Core Body Strength (VHS)

### Bob Anderson (1987)

- Stretching (VHS)

### Benny Vaughn

- Clinical Sports Massage (VHS)

### Terry Laughlin

- Total Immersion (VHS)

### Dr. Marty Hull

- How Swimming Works, New Ideas in Freestyle and Backstroke (1996) (VHS)
- Water: How to be Safe in It Swim Fast in It (VHS)
- Fluid Swimming: Exercises To Improve Range of Motion (VHS)

### Melon Dash, Transpersonal Swimming Institute

- How to Overcome Fear of the Water (VHS)

### Gary Emich and Phil Di Girolamo

- Lane Lines to Shore Lines - Your Complete Guide to Open Water Swimming, DVD, 2007

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

### PRICE LIST

USMS Membership Forms <b>free online</b> at <a href="http://www.pacificmasters.org">www.pacificmasters.org</a>	
Membership Card Replacement	2.00
2007 USMS Rule Book	8.00
2006 USMS Mini Rule Book (rules only)	
2007 USMS Rule Book	5.00
Video deposit	50.00
Video mailing charge	per order 5.00

## 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
<b>Address</b>			
<b>City/ ZIP</b>			
<b>USMS/PMS #</b>	<b>Phone</b> (    )	<b>Total</b>	

# 2007 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

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

## 2007 Meet Schedule

Fri-Sun	7/6-8/07	CRUZ	PMS Long Course Championships, Joel Wilson, openwatr@got.net
Sat-Sun	7/14/07	RCM	Russian River 1-mile Open Water Championship, Jim McCray, jmccray@sonic.net
Sat	7/21/07	TOC	31th Annual Trans Tahoe Relays, Scott Williams, swilliams@olyclub.com
Sat	8/4/07	CRUZ	Santa Cruz Pier Swim, Roughwater Swim, rgould@santa-clarita.com
Sun	8/5/07	CRUZ	Cruz Cruise 2-mile , Paul Wrangell, pwrangel@pacbell.net
Fri-Fri	8/10-13/07	The Woodlands, TX	USMS LC Championships
Sat	8/11/07	SNM	Donner Lake 2.7-mile, Laura Hanson, laurahanson888@hotmail.com
Sun	8/19/07	MAM	Manatee 2 x 1 mile Relay, Gordon Jacoby, gdjacoby@aol.com
Sat	8/25/07	MAAC	Modesto SCM Kickoff Meet, Kirt Olson, 209-575-6266 <b>NEW</b>
Sun	9/9/07	RAD	Whiskeytown 1- and 2-mile, Terri Misslin, tmisswimr@aol.com
Sun	9/16/07	MVM	Alan Liu Memorial SCM, Chris Campbell, coachchris@mvm.org
Sun	9/16/07	RCP	Tiburon Mile Open Water Swim, Robert Placak, 415-721-9990 <b>NEW</b>
Sun	9/23/07	SMMM	Short Course Meters Pentathlon, Cindy Lee, cindyswimlee@earthlink.net
Sun-Sun	9/23-30/07	USMS	USAS Convention, Anaheim, CA
Sat	9/29/07	SMST	Folsom Lake 1- and 2-mile, Joe Dowd, jrdowd@aol.com
Sun	9/30/07	SAC	33rd Annual Sprint Pentathlon, Andrew Brenan, Andy@Brenan.net
Sun	10/14/07	LARP	Livermore SCY, Julie, Knight, Julie.knight@comcast.net <b>NEW</b>
Fri-Sun	10/19-21/07	WCM	PMS SCM Championships, Kerry O'Brien, swim4wc@netscape.net
Sat	10/27/07	TCAM	TCAM SCY, Patti Scott-Baier, rrb@goldrush.com <b>NEW</b>
Sat	12/1/07	SNM	Reno Winners Meet, Gwen Shonkwiler, gwenshonk@sbcglobal.net

INTERESTED in swimming in Hawaii? Their website details where to swim and days and times for workouts. There is also a calendar of events and links to events - not just swimming - in Hawaii - mostly for Maui and the Big Island, as the other islands do not really have a central calendar of events related to swimming. Check out their website at [www.hawaiiastersswim.org/index.html](http://www.hawaiiastersswim.org/index.html)

### 2007 MEETING DATES:

7/18, 8/22 cc, 9/19, 10/24 cc, 11/14.

July/Sept/Nov meetings will be held at the Heather Farms Community Center, Walnut Creek, unless noted otherwise, 7:30pm Dinner served 7-7:30pm.  
**The Aug/Oct meetings will be via conference call.**

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