

Pacific Masters Swimming

newsletter



Michael Moore, PacMasters Chair

Chair's Message

In spite of a bad year for the economy, Pacific continued to gain more members. While the final numbers are not in, Pacific will have just under 11,000 swimmers. This was another record year and is really a tribute to our clubs and coaches who work hard for the swimmers.

Our short course yards championships had the most swimmers of any PacMasters short course championships. Walnut Creek and Tri Valley Masters continue to put on a great meet, and just to show that no good deed goes unpunished, our short course championships will be there again this year. Last year, the large team division was contested by three teams – Davis, USF and Walnut Creek., with **Stu Kahn, Val Boreyko** and **Kerry O'Brien** encouraging their swimmers to have fun and swim well.

The PacMasters Open Water Competition had 23 swims this year, over the 19 held last year and we have 100 more swimmers earning points in the competition. Last year TriValley organized the 1-3 Mile Open Water Swim at Lake Del Valle and had the most swimmers they have had for their Del Valle event.

The Open Water committee experimented with team scoring in the Open Water Points competition. I look forward to hearing what the results were.

This year US Masters Swimming Short Course Yard Championships will be held in Mesa, Arizona, 28 April – 1 May. These will be the closest nationals for the next two years.

Coaches are an important asset of any team. In Pacific we recognize one a year as our coach of the year, This year we had five coaches recognized for the national Kerry O'Brien coaches award: **Cokie Lepinski, Stu Kahn, Chris Campbell, Patti Scott-Baier** and **Mike Lynch**.

At the Dallas convention, three of our volunteers were awarded the Dorothy Donnelly Award to volunteers: **Glenda Carroll, Caroline Lambert** and **Joel Wilson** for all the work they have done for Pacific Masters.

Our communication team was presented the June Krauser Communications Award for the work done in the newsletter, website, Facebook page and Twitter; **Caroline Lambert, Joanne Berven, Michael Moore** and **Tracy Barbutes**.

Last year, the national Swimfest was held in San Diego and PacMasters sent 25 coaches to the coach's clinic. This year we hope to have a coach's clinic here in Pacific to both coach the coaches and to have a place where the coaches can hone their coaching skills with our swimmers.

Pacific Achievement Awards

Every year, PacMaster recognizes its volunteers, with the Distinguished Service Award, the Appreciation Award, Personal Achievement Award and the Contributor of the Year Award. Nominations are accepted through March 16th. We do try to give our volunteers that they deserve.

All of the work we have done during the year could not be done without the great volunteers of PacMasters – no pool meets, no open water meets and little competition. So on behalf of the committee, I salute you (and sent me those nominations).

Lets have fun and another great year.

-michael

POSTAL SWIM

Tamalpais Aquatic Masters The Jon Steiner Memorial Mile 1650 Postal

January & February 2011

Sanction #38-11-01

What you need: A pool at least 25 yards in length and someone to time you.

Distance: 1650 yards or 1500 meters swum in a meters pool (50 m. or 25 m).

Date: Anytime between Dec. 17, 2010 and February 28, 2011.

Age divisions: 18-24, 25-29, 30-34, ..., 100+, male and female.

Eligibility: All swimmers registered with USMS for 2011 are eligible to participate.

Relays: 4 person relay entries will be accepted in the following age groups: 18+, 25+, 35+, etc., male, female, and mixed. **Each person swims (and must individually enter prior to submitting the relay entry) the 1650;** relay entries are scored on total combined time for the four (4) 1650s.

Rules: All USMS and PacMasters 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. Meters times may be converted to yards times by dividing by 1.02.

Entry: You may enter online at www.tammasters.org/PoolMileEntry, or the consolidated entry form. A split sheet with 50 yard/meter splits signed by at least one timer must be attached to the entry form. **Each individual entry must be accompanied by a copy of the swimmer's current USMS card.** Mail entries to TAM 1650, c/o Jon Haveman, 35 Twin Oaks Ave, San Rafael, CA 94901.

Note regarding online entries: If you enter online: You save \$4. You can pay by credit card. You can submit a copy of your split sheet and USMS card electronically. Upshot: you can eliminate snail mail!

Leveraging other swims: We will accept splits from other sanctioned swims. For example: The first 1650 of your hour swim. Computer generated splits from any other USMS sanctioned event

Postmark Deadline: All entries must be postmarked or submitted online by March 11, 2011.

Entry fees: For individual entries: \$12.00. Checks should be made payable to "Tamalpais Aquatic Masters". Entry fees are not refundable or transferable. **Credit cards** are accepted with online entry. **A \$4 discount is available for online entries, which we strongly encourage: www.tammasters.org/PoolMileEntry. If you have previously participated in the 1650, you need only enter your name and date of birth online (it's much easier than filling out this clumsy form).** Entry fees for relays are \$6 and must be paid by credit card online.

Mass Team Entries: In order to make entering easier for teams with many participants, an excel spreadsheet can be provided that indicates the information required and that is pre-populated for swimmers on the team who have participated in past Postal 1650 swims. **Entries submitted in this way are also eligible for the \$4 discount. Payment can be made by single check or credit card charge.** Contact Jon@tammasters.org for a spreadsheet for your team.

Awards: 1-3 place ribbons for individuals. Awards, results, and T-shirts will be sent/posted in mid April.

Team Award: Each year, the team with the highest percentage of membership participating in the event will receive a trophy. Three teams will win, one each from among small, medium, and large team entries. Simply inform the event director (jon@tammasters.org) that your team is participating and of the total membership of your team. Note that your team must be recognized by USMS.

Information: For more information or questions please contact Jon Haveman at (415) 457-1228, email: jon@tammasters.org.

POOL MEET

The Olympic Club 1500 SCM Swim Meet

Saturday, January 15, 2011

Sanction # 38-11-02

Location: The Olympic Club, 665 Sutter Street, San Francisco, CA 94102

Directions: yahoomaps.com or mapquest.com (downtown San Francisco)

Course: Multi-lane, 25-meter heated indoor pool. Eight lanes will be used for competition. Warmup / cool down lanes will be available throughout the meet. Electronic timing will be used.

Time: Warmups start at 8:00 a.m. The meet will start promptly at 9:00 a.m.

Rules: Current USMS and Pacific Masters Swimming rules will govern the meet. USMS warmup procedures will be in effect. A copy of these procedures will be posted at the ClerkofCourse. All events are timed finals. The heats will be seeded slowest to fastest, regardless of age.

Restrictions: Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating or standing areas and in all areas used by swimmers, during the meet and during warmup periods. Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.

Eligibility: All USMS swimmers must have a current 2011 USMS registration card and must enter the number on their entry forms. No Deck entries will be allowed.

CheckIn: The meet will be preseeded and preliminary heat assignments will be made.

Heats 1-8 must checkin by 8:30 a.m.; Heats 9-16 must check in by 11:30 a.m.

Entries: On-line entries must be completed by midnight, January 12, 2011. No refunds will be made. Entries will be limited to 100 total swimmers on a first received basis.

Fees: Total entry fee is \$25.00. On-line entry only starting Dec. 1, 2010. https://www.clubassistant.com/club/meet_information.cfm?c=1128&smid=2613

Awards: 1st thru 3rd in each division

Referee: TBD

Meet Director: Paul Carter - Pcarter@olyclub.com - (415)-345-5215



POOL MEETS

FOG City

Winter Quadrathon Meet

Sunday, January 23, 2011

Sanction # 38-11-03

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

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 12:00 p.m., meet starts at 1:00 p.m.

Check In: 12:15 p.m. for 500 Freestyle deck entries. 12:30 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 2011 USMS Card.

Entry fees: Flat fee of \$20.00 (for 1 to 4 events) if postmarked by Tuesday - January 18, 2011 or received at the pool by Wednesday, January 19, 2011. 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)-682-5044

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

University of San Francisco Masters

2011 Valentine's Affair

Saturday, February 12, 2011

Sanction # 38-11-04

Facility: University of San Francisco, Koret Recreation Center is a 25 yd by 50 m heated indoor pool. There will be 8 lanes for competition and 4 warm-up / warm-down lanes available throughout the meet. Electronic timing will be used.

Directions: **Directions:** yahoomaps.com or mapquest.com (**Koret Center**) **Parking:** Free parking available in the Koret Parking Lot, located at the corner of Turk and Parker Streets.

Warm-up: 8:00 a.m. to 8:45 a.m. Meet will start at 9:00 a.m.

Check-in: All pre-registered swimmers in the first two events must be checked in by 8:30 a.m. Swimmers who deck enter the first two events must do so by 8:15 a.m. 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 a.m. and 9:00 a.m.. Check in on the pool deck after 9 a.m.

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 <https://www.clubassistant.com/meets.cfm> Online entries accepted until midnight Friday, February 11, 2011.

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 2011 USMS registration card. Failure to provide a copy of the USMS card will result in a \$3 look-up fee per PacMasters rules.

Deadline: Entry must be postmarked by Wed. January 26, 2011 or hand delivered to the Koret Center at USF by Fri. January 28, 2011.

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!*

Fee: On line Entry Event Fee: \$6.00 Surcharge plus \$4.00 per event. The online processing fee of \$1.50 plus 5% is included in these fees. Your credit card will be charged by "ClubAssistant.com Event Billing" for this meet.

Mailed Entry Event Fee: \$6.00 Surcharge plus \$5.00 per event. Please note that a discount is offered for on line entry.

Deck/Late Entry: \$6.00 surcharge plus \$6.00 per event

Relays: \$5.00 per event, deck entry only

Awards: Participation awards and goodie bags

Meet Referee: TBD

Meet Director: Duke Dahlin - d_dahlin@u.pacific.edu - (415) 929-6651

Information: Cathy Huang (415) 422-6247

Events: (deck seeded slow to fast):

Odd = Women Even = Men

1 - 2	200 yd	free
3 - 4	50 yd	fly
5 - 6	200 yd	breast
7 - 8	50 yd	back
9 - 10	200 yd	fly
11	200 yd	mixed medley relay
13	200 yd	mixed Centipede Relay*
15 - 16	50 yd	breast
17 - 18	200 yd	back
19 - 20	50 yd	free
21 - 22	200 yd	IM

* Special Event

Deadline for pool and open water swim information for the January-February Newsletter is **November 6, 2010**

newsletter@pacificmasters.org

POOL MEET

Rinconada Masters

Spring Short Course Meet

Saturday, March 12, 2011

Sanction# 38-11-06

Location: Rinconada Pool. Embarcadero and Newell Road. Palo Alto. HWY 101 exit Embarcadero west to Newell. Park on Embarcadero Rd. or turn right on Newell. From 280, exit Page Mill east. Page Mill becomes Oregon Expwy east of El Camino Real. Turn north (left) on Middlefield, east (right) on Embarcadero to Newell.

Facility: 14 lane x 25 yd pool (8 competition, 5 warm-up / down, 1 buffer). Note: Timing system is push button only with no pads. Snack Bar available.

Time: Warm-up 7:30a.m - 8:45 a.m. Meet starts at 9:00 a.m.

Check In: Swimmers in events #1-2 must check in before 8:30 am. All others must check in at least 30 minutes before the estimated start of their event.

Entries: Swimmers may swim up to 5 individual events.

Option 1 – Online Entry – Due by 11:59 p.m. Wednesday, March 9
Enter at: <https://www.clubassistant.com/meets.cfm> to receive immediate confirmation of acceptance via email. The “billing information” email must be brought to the meet as proof of entry. Online entry requires payment by credit card using our secure site. The cost to enter this meet is a surcharge of \$6.75 per swimmer and \$5.25 per individual event entered. Please note that the online processing fee of \$1.50 plus 5% is included in these fees. Your credit card will be charged by “ClubAssistant.com Event Billing” for this meet. Online Meet Entry is in no way required of PacMasters swimmers.
Option 2 – Mail In Entry - You **must** use the consolidated entry form in the Pacific Master Swimming newsletter or request an entry form from Bobbie Callison, (address below) The cost to enter this meet is a surcharge of \$5.00 per swimmer and \$5 per event; \$10.00 surcharge for late or deck entries.

Entries must be **Postmarked by Friday February 25, 2011, or received by Wednesday March 2, 2011.**

No DECK ENTRIES for 1000 Free. Mail entry, and check payable to Rinconada Masters and a copy of your 2011

USMS registration card to: Rinconada Spring Meet, Bobbie Callison, 450 San Luis Ave., Los Altos, CA 94024 , (650)-948-2339 **(No Refunds)**

Awards: Ribbons 1st through 6th in each age group. Special Memorial Awards: Women’s 70-74 Sylvia Bailey Award (400 IM), Men’s 75-79 Willard Johnson Award (1000 Free), Women’s 70-74 Sally Scholer Award (50 Fly), Women’s 80-84 Bernice Silber Award (100 Back), Women’s 90-94 Ellen Tait Award (50 Free) **(Please return award Plaques each year)**

Meet Director: Jim Shaw 650-529-1173

Referee: TBD

Events: (Odd-Women, Even-Men)

All events will be swum slow to fast.

1 - 2 1000 yd Free

Event #3 will not start before 11 AM.

3 - 4 200 yd Breast

5 - 6 50 yd Free Novice *

7 - 8 50 yd Free

9 - 10 100 yd Fly

11 - 12 100 yd Back

13 - 14 200 yd Free

15 - 16 50 yd Back Novice *

17 - 18 200 yd IM

19 - 20 100 yd Breast

21 - 22 50 yd Fly

23 - 24 400 yd IM

25 - 26 100 yd Free

* - Novices are those with no prior competitive masters experience.

1650 yd Fly

Special-event, records are kept. Entry is free. No online entry. Call in or deck enter. We will swim one heat only (14 lanes), in order of registration. Bring your own counter and timer. Watches provided. Event must be completed within 45 mins.



photo courtesy of Nancy Ridout

From left, Nancy Ridout, Laura Val, Rich, coach Marie McSweeney, and Glenda Carroll, all from TAM celebrating Rich's big night in Dallas, Texas!

Rich Burns was inducted into the International Swimming Hall of Fame on September 17, 2010, at the Unites States Masters Swimming Convention held in Dallas, Texas. To be considered for this honor, a swimmer must have competed throughout four age groups, garnering points awarded for World Records, National Records, World Championships, and National Championships. Rich has held world and national records in backstroke and also competes at the highest level in freestyle, butterfly, and IM.

It was a once in a lifetime experience and honor for Rick and the 28 Pacific Masters convention delegates had the opportunity to show their admiration and support by turning out in full force for the ceremony and hosting them to a dinner after. Pacific Masters is very proud of his accomplishments.

Strawberry Canyon Aquatic Masters Spring Short Course Yards Meet

Sunday, March 27, 2011

Sanction #: 38-11-08

Location: Spieker Aquatics Complex, UC Berkeley, Bancroft Way at Dana Street.

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 for paid indoor parking.

Parking: Please allow extra time for parking. Limited hourly indoor parking is available in the garage at Bancroft Way @ Ellsworth. Free parking is available on neighboring streets. Parking is not allowed in the church parking lot across the street from the pool, cars will be towed.

Course: Outdoor, 25-yard, 20-lane pool. Eight lanes will be used for competition, ten lanes for warm-ups.

Time: Warm-ups begin at 7:30 a.m. The 500 Free will begin at 8:30 a.m., and all other events will follow.

Check in: Check in begins at 7:00 a.m. No deck entries for the 500. All events will be deck seeded. All swimmers in the 500 Free must check in by 8:00 a.m. All others must check in at least 30 minutes prior to the expected starting time of their first 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 events. The 500 Free is limited to five heats each for men and women.

Fees (No Refunds):

Online entry event fee: \$5.70 surcharge plus \$2.65 per event. Please note that the online processing fee of \$1.50 plus 5% is included in these fees. Enter at: https://www.clubassistant.com/club/meet_information.cfm?c=1410&smid=2759 to receive immediate confirmation of acceptance via email.

Online entry requires payment by credit card using our secure site. Your credit card will be charged by "ClubAssistant.com Event Billing" for this meet.

Mailed entry event fee: \$5.00 Surcharge plus \$3.50 per event. Please note that a discount is offered for online entry. Make checks payable to UC Regents.

Deck/late entry: \$5.00 surcharge plus \$5.00 per event.

Mail: Consolidated entry form, a photocopy of your 2011 USMS registration card, and your entry fee made out to UC Regents and send to: SCAM Swim Meet, 2011 Cal Rec Club, 2301 Bancroft Way, Berkeley, CA 94720-4420

Deadline: Online entries accepted until 11:59 P.M. Wed. March 23. Mailed entries must be postmarked no later than March 15 (or received by March 19). Please do not send mail requiring a signature.

Snack Bar: A full snack bar will be open during the meet beginning at 7:30 a.m.

Meet Directors: Ben Swiggett, email: bswiggett@yahoo.com or call (510) 375-6016 (cell), or Kathy Striebel, email: kastriebel@sbcglobal.net, (510) 306-0084 (cell)

Referee: John Duncan

Events: (Odd=Women; Even=Men)

1-2	500 yd	Freestyle
3-4	100 yd	Individual Medley
5-6	50 yd	Butterfly
7-8	50 yd	Backstroke
9-10	100 yd	Freestyle
11-12	50 yd	Breaststroke
13-14	100 yd	Butterfly
15-16	200 yd	Freestyle
17-18	100 yd	Backstroke
19-20	100 yd	Breaststroke
21-22	50 yd	Freestyle

CONGRATULATIONS!

Pacific Masters Swimming was presented the 2010 United States Masters Swimming Communications Award at its convention in Dallas, Texas, September 15-19. The award was given for outstanding communication with our members through our **Newsletter, Joanne Berven, Editor**, and our web site and weekly update, **Michael Moore, Webmaster**, and our presence on the social networks - **Facebook, Caroline Lambert, Administrator**, and **Twitter, Tracy Barbutes Administrator**. Congratulations to all for jobs well done! Pacific Masters is delighted and grateful for your efforts.

COMPETITION ENTRY INSTRUCTIONS

Pacific Masters Swimming Competitions

HOW TO ENTER

Please read the following instructions before entering USMS/PacMasters sanctioned events. For further information on specific upcoming competitions, see elsewhere in this newsletter. Current USMS and PacMasters 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 PacMasters pink (for women) and blue (for men) cards. At all meets, including cardless, relays must be entered on official yellow PacMasters relay entry cards.

Entry cards and PacMasters registration forms are available through Nancy Ridout, PacMasters 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-Stroke
			Email (Optional)		
"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. For Open Water Events: In addition, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."					
Name of Meet/Event		Date of Meet/Event	Signature		

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PACIFIC MASTERS SUPPLIES AND SERVICES

VIDEO LIBRARY

How to Borrow DVD's:

No charge to clubs. Charge to PacMasters members is a \$5.00 mailing fee per order and \$50.00 deposit (payable in two separate checks). Two DVD maximum per order for a two week borrowing period from the date of initial mailing to receipt by PacMasters office. If late, damaged or lost, clubs must pay full replacement cost and individuals must forfeit deposit checks. Temporary suspension of PacMasters membership for bounced checks or late replacement payments. Please tell PacMasters office about suggestions for new tapes.

New DVD's for the PacMasters Library

- Getting' Better with **David Marsh**, Head Coach Mecklenburg AC, 2007
 1. Tips, Drills, & Skills for Faster Freestyle
 2. Tips, Drills, & Skills for Faster Backstroke
 3. Tips, Drills, & Skills for Faster Breaststroke
 4. Tips, Drills, & Skills for Faster Butterfly
 5. Tips, Drills, & Skills for Faster Starts
 6. Tips, Drills, & Skills for Faster Turns
- Go Swim Backstroke, with **Aaron Piersol**, 2007
- In the Fast Lane, **Frank Busch**, Head Coach U. of Arizona, 2006
 1. Fast Lane Freestyle
 2. Fast Lane Backstroke
 3. Fast Lane Breaststroke
 4. Fast Lane Butterfly
 5. Fast Lane Starts & Finishes
 6. Fast Lane Turns & Breakouts
- Lane Lines to Shore Lines, Your Complete Guide to Open Water Swimming, Gary Emich & Phil DiGirolomo, 2007
- Becoming a Champion Swimmer, **Richard Quick**, Head Coach Auburn University, 2006
 1. Becoming a Champion Swimmer: Freestyle
 2. Becoming a Champion Swimmer: Backstroke
 3. Becoming a Champion Swimmer: Breaststroke
 4. Becoming a Champion Swimmer: Butterfly
 5. Becoming a Champion Swimmer: Starts & Turns
- Personal Best - Butterfly, **Bob Bowman**, Head Coach U of Michigan, & **Michael Phelps**, 2006
- **Eddie Reese** On, Head Coach Univeristy of Texas, 2005
 1. Eddie Reese On Freestyle
 2. Eddie Reese On Backstroke
 3. Eddie Reese On Breaststroke
 4. Eddie Reese On Butterfly
- The Swim: Technique & Training for Triathletes, **Trip Hedrick and Clark Campbell**, 2005
- Swimming Faster, **David Marsh**, Head Coach Auburn University, 2004
 1. Swimming Faster Freestyle
 2. Swimming Faster Backstroke
 3. Training & Race Strategies for Breaststroke & Butterfly
 4. Training & Race Strategies for the Individual Medley
 5. Training & Race Strategies for Middle Distance & Distance
 6. Training & Race Strategies for Sprint Freestyle
- Championship Winning Swimming, **Richard Quick**, Head Coach Stanford University, 2003
 1. Posture, Line & Balance
 2. Championship Winning Freestyle
 3. Championship Winning Backstroke
 4. Championship Winning Breaststroke
 5. Championship Winning Butterfly
 6. Championship Winning Walls: Underwater Swimming
 7. Championship Winning Starts
 8. Championship Winning Turns for All Strokes
- **June Quick** Instructional Series, 2003
 1. Swimalates: Pilates for Swimmers
 2. Swimmer's Shoulder, Prehab & Rehab
- Open Water Swimming, **Michael Collins & Gerry Rodrigues**, 2003

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

PRICE LIST

USMS Membership Forms free online at www.pacificmasters.org	
Membership Card Replacement	2.00
USMS Rule Book	8.00
USMS Mini Rule Book (rules only)	5.00
Video/DVD deposit	50.00
Video/DVD mailing charge per order	5.00

DVD ORDER FORM

Please send two checks, payable to Pacific Masters Swimming, 580 Sunset parkway, Novato, Ca 94947; one for \$5 to help defray mailing costs and one for \$50 to cover damage and loss. This check will be sent back upon the timely return of the DVDs in good condition.

DVD title - 1	DVD title - 2	Deposit:	\$50
Name (Please Print)		Mailing	5
Address		Total	\$55
City/ ZIP			
USMS/PacMasters #	Phone ()		

2011 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

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

TENTATIVE 2011 MEET SCHEDULE

12/17/10 - 2/28/11	TAM	Jon Steiner Memorial Postal 1650
Sat 1/15/11	TOC	Olympic Club 1500
Sun 1/23/11	FOG	Fog City Quadrathlon
Sat 2/12/11	USF	Valentine's Affair
Fri-Sun 3/4-6/11	WCM	Intensive Training Camp
Sat 3/12/11	RINC	Rinconada Masters Spring Meet
Sat 3/26/11	*	State Senior Games Championship
Sun 3/27/11	SCAM	Spring Meet
Fri-Sun 4/8-10/11	TVM/WCM	PacMasters Short Course Championships
Sat 5/14/11	SMMM***	Parkside Mile
Th-Sat 4/28-5/1/11	Mesa, AZ	USMS SC Championships
Sat 5/21/11	RCM	Spring Lake 1 Mile
Sat 6/4/11	DAM	Lake Berryessa 1 & 2 Mile
Sat 6/11/11	TVM***	Lake Del Valle
Sat 6/25/11	RCM	Lake Sonoma PacMasters Championship
Fri-Sun 7/8-10/11	CRUZ	PacMasters Long Course Championships
Sat 7/9/11	RCM	Russian River/Lake Mendocino
Sat 7/23/11	TOC	32st Annual Trans Tahoe Relays
Sat 7/30/11	CRUZ	38th Annual Roughwater Swim
Sun 7/31/11	CRUZ	Cruz Cruise 2-Mile
Sat 8/6/11	SNM	Donner Lake
Wed-Sat 8/3-6/11	Auburn, AL	USMS LC Championships
Sat 8/13/11	DAM	Long Course Meet
Sun 8/14/11	TTST***	Hot August Chill (3 swims)
Sat 8/20/11	MAAC	5th Annual Summer SCM Meet
Sun 9/11/11	RAD	Whiskeytown Lake
Wed-Sun 9/14-18/11	USAS	USMS Convention, Jacksonville, FL
Sat 9/24/11	SMSI***	Sierra Marlins Cold Water Classic
Sun 9/18/11	RCP**	The Tiburon Mile
Sun 9/25/11	MVM	8th Annual Alan Liu Memorial SCM
Sat 10/2/11	SAC	39th Annual SCM Pentathlon
Fri-Sun 10/14-16/11	WCM	PacMasters Short Course Meters Championship
November, 2011	DAM	Brute Squad Postal Meet
Sat 12/3/11	SNM	Reno "Winners" Meet

* recognized

** non-sanctioned

*** tentative

The proposed meeting schedule for 2011

Jan. 19, Feb. 16(cc), Mar. 16, Apr. 20(cc), May 18, June 15(cc), July 20, Aug. 17(cc), Sept. 7, Oct. 19(cc), Nov. 16 (annual meeting and Holiday Potluck), no meeting in December (cc) meetings will be via conference call

Directions: From I-680 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 right around the curve. Meetings are held in the community center room unless otherwise specified. Walnut Creek, CA.

For information on Hawaii Open Water Swims go to
<http://www.hawaiimastersswim.org/index.html>

PACIFIC MASTERS SWIMMING OFFICERS

Chairman:

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

Administrative Vice-Chair:

Leianne Crittenden
1 Indian Gulch Road
Piedmont, 94611
administration@pacificmasters.org

Operations Vice-Chair:

Jim Clemmons
11730 Solana Drive
Dublin, 94568
operations@pacificmasters.org

Treasurer:

Kildine Harms
152 Cragmont Drive
Walnut Creek, 94598
treasurer@pacificmasters.org

Secretary:

Joan Alexander
532 Ridgeview Ct.
Pleasant Hill, 94523
secretary@pacificmasters.org

Member-at-Large:

Jody Smith
237 Rinconada Ave
Palo Alto, 94301
At-Large@pacificmasters.org

Registrar and PacMasters Office

Nancy Ridout
580 Sunset Parkway
Novato, 94947
(415) 892-0771
registrar@pacificmasters.org

Communications Co-Chairs:

Newsletter
Joanne Berven
4854 Andrea Ct.
Livermore, 94550
newsletter@pacificmasters.org

Webmaster

Michael Moore
350 Wayland
San Francisco, 94134
webmaster@pacificmasters.org

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