

newsletter



1999 Pacific Masters Swimming Coach of the Year

A good Masters Coach can motivate you to go to workout even on those days where the rest of our busy lives want to interfere. It is the hard work and dedication of the coaches of our 100+ clubs that has made Pacific Masters Swimming such a strong organization. We received four nominations for the 1999 Coach of the Year, and it was a challenge to choose from the outstanding candidates.

We are pleased to announce that **Tina Talbot**, coach of San Ramon Masters, is the 1999 Pacific Masters Swimming Coach of the Year. Her nomination will be forwarded for consideration as the USMS Coach of the Year. Tina has won this award for her excellence on the pool deck as well as her many contributions to Masters Swimming on the local and national levels. Anyone who knows Tina understands the observation that she never stops moving. She has provided leadership, enthusiasm, direction and organization for San Ramon Masters. One nomination noted that her personality is such that she could make an ogre smile.



photo by Joanne Berven

On the local level Tina has been the meet director for the San Ramon Spring Fling SC meet, attends monthly PMS meetings, and is both the Fitness and Equipment Committee chairs. On the national level Tina has been a member of the USMS Coaches, Sports Medicine, and Fitness committees. She sets a standard for Masters Swimming coaches.

Congratulations, Tina!

I would also like to acknowledge the other three candidates. It is an honor for these coaches that their swimmers felt so strongly that they took the time to submit a nomination.

John Bitter (Santa Clara Swim Club). Motivation of swimmers and improvement of their technique were common themes of the letters of nomination from John's swimmers. In addition to coaching twelve workouts per week, John played a principal role in the 1998 PMS Long Course Championships and 1999 USMS Short Course Nationals.

Marie McSweeney (Tamalpais Aquatic Masters). Marie is known for never missing workouts, and getting her swimmers to perform to their best. Her swimmers also appreciate the assistance she provides with her stroke technique tips.

Renate Olaisen (San Jose Aquatic Masters). Renate's swimmers look forward to her motivating, invigorating, and stress reducing workouts. She sets a good example for her swimmers by her own workouts and competition.

Julie Paque, PMS Chairman

OPEN WATER

Redding Swim Team Whiskeytown One and Two Mile Swim

Sunday, September 12, 1999

Sanction #99-OW12

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.

Course: The one and two mile triangular courses. Expected water temperature 70 degrees.

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: 10:45 a.m. Two-mile start: 11:45 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 \$15.00 per race, \$25 for both. Mail consolidated form or official entry form with a copy of your 1999 USMS registration card and a check (payable to Redding Swim Team) to: Redding Swim Team, c/o Terri Mislin, 2193 Cadjew St., Redding, CA 96003.

Deadline: Postmarked by September 3, 1999. Add \$10 for late and race day entries.

Awards: Whiskeytown mugs for first through third in usual groups.

Race Information: Pete O'Neill (530) 246-7340 or Terri Mislin (530) 221-5550.

San Ramon Masters Shadow Cliffs Open Water Swim

Saturday, September 18, 1999

Sanction: # 99-OW13

Location: Shadow Cliffs Regional Park, Pleasanton, CA. From Hwy. 580, exit Santa Rita Rd. Exit South. Proceed 2 miles to Valley Rd. and turn left. Proceed to Stanley Boulevard and turn left. Shadow Cliffs is 3/4 mile ahead on the right. Parking fee \$5.00.

Course: 0.5 and 1.5 mile loop courses. Expected water temp. 75 degrees.

Time: Check-in and race-day registration 6:30 - 7:45 a.m. One-half mile swim starts at 8:15 a.m. and 1.5 mile swim starts at 8:45 a.m.

Entries: Pre-race entries are \$18.00 per person. Special price of \$25 to swim both events. Mail consolidated form or official entry form with a copy of your 1999 USMS registration card and a check (payable to San Ramon Masters) to: Lee McKinley, 171 Gerald Dr. Danville, CA 94526.

Deadline: Postmarked by September 9, 1999. Add \$5 for late and race day entries.

Awards: Awards to overall male and female winners and three deep in each age division.

Race Information: Lee McKinley (925) 831-6158



POOL MEET

Sacramento Masters The Twenty-Sixth Annual Sprint Pentathlon

Sunday, September 26, 1999

Sanction #38-99-15

Location: El Dorado Hills Community Pool. Hwy 50 east to El Dorado Hills Blvd. exit. Merge right at stop sign and follow for approx. 2.5 miles. Turn right at St. Andrews Drive. Take the first right which will take you into the El Dorado Hills Community Park. Continue to parking lot. Pool will be on your left.

Facility: Outdoor 25-yard x 8-lane pool. Six or eight competition lanes, one or two warm-up/down lanes. Snack bar available.

Time: Warm-up at 11:00 a.m., meet starts at 1:00 p.m.

Check In: Deck entries will close at 12 noon and check-in for pre-entered swimmers will close at 12:30 p.m.

Entries: Mail consolidated entry form, a copy of your 1999 USMS registration card and your check to: Sac Masters, c/o Dot Myers, P.O. Box 188205, Sacramento, CA 95818

Entry fees: \$2 per event plus a \$3 surcharge if postmarked by September 20, 1999. Late and deck entries are \$3 per event plus \$3 surcharge. Make checks payable to Sacramento Masters.

Awards: Participation awards to all swimmers. Special awards to those with the fastest combined time for all five events in each age group.

Meet Director: Renee L. Neal, (916) 443-0321; revols@earthlink.net

Referee: Leonary Meyer

Events: (Odd=Women, Even=Men)

- 1-2 50 yd. Fly
- 3-4 50 yd. Back
- 5-6 50 yd. Breast
- 7-8 50 yd. Free
- 9-10 100 yd. IM
- *A 200 yd. Mx. Medley

* Special Relay event made up of 2 men and 2 women regardless of club affiliation and age. This event has no awards and is not eligible for records or top-ten. No entry fee. Must be deck entered by 3 p.m.

Fuel

by Paul Ilacqua

What society is this that claims the pool as territory?

What nourishment is there in bleached concrete and water sterilized by chlorine?

What fuels the ceaseless churning splashing,

The ritual striving,

The votive processions to Olympic gods?

The swim team runs on heart.

POOL MEETS

**San Mateo Master Marlins
Short Course Meters
Meet**

Sunday, October 3, 1999

Sanction #38-99-16

Location: Joinville Swim Center, 2111 Kehoe Ave., San Mateo. From San Francisco, take US 101 South, exit on Third Avenue east. Turn right at Norfolk St., and go one-half mile to Kehoe Avenue. Turn left on Kehoe and the pool is at the second stop sign. From the South Bay, take US 101 north and exit on Kehoe Avenue (just after Hwy. 92 interchange). From the East Bay on Hwy. 92 (San Mateo Bridge), take US 101 north and first exit is Kehoe Ave.

Facility: Outdoor, 25-meter x 6-lane competition pool. Separate small warm-up/down pool will be available throughout the meet. Snack bar available.

Check In: All swimmers in events 1 - 4 must check-in by 9:00 a.m. All others must check in as soon as possible and at least 30 minutes prior to the start of your event.

Age: Age on December 31, 1999 determines age for this meet.

Time: Warm-up at 8:30 a.m., meet starts at 9:30 a.m.

Entries: Use standard entry cards accompanied by a consolidated card. Enclose a photocopy of your 1999 USMS Registration Card. Deck entries allowed.

Entry fees: \$10.00 for one to a maximum of five individual events. No charge for relays, relays will be deck entered. Please enter appropriate meter times for seeding purposes. Make checks payable to SMMM and mail to Dale Finch, 76 Elm St., San Carlos, CA 94070.

Deadline: Entries must be postmarked by Friday, September 24, 1999. Late and deck entries are \$15 for one to a maximum of five individual events.

Awards: 1st through 3rd places for individual events, and 1st for relays will be given.

Meet Director: Linda Larson-Prior. For questions contact Dale Finch (650) 654-1554; dfinch@ix.netcom.com

Referee: Rick Beebee

Special Note: The 400 Free will be seeded women and men together.

Events: (Odd=Women, Even=Men)

- 1-2 400m Freestyle
- 3-4 100m Backstroke
- 5-6 50m Freestyle
- 7-8 100m Butterfly
- 9-10 50m Breast
- 11 200m Mixed Free RELAY
- 13-14 50m Fly
- 15-16 100m Freestyle

**Walnut Creek Masters
1999 Pacific Masters Short Course
Meters Championships**

Saturday, Sunday, October 9th & 10th, 1999

Sanction # 38-99-17

Location: Clarke Swim Center, Heather Farm Park, Walnut Creek, CA.

Facility: All-deep 6 Lane 25 meter course for competition with 6 - 25 yard lanes provided for warm-up and warm-down throughout the meet. Electronic timing, bleacher and lawn seating, and snack bar.

Check-in: All swimmers must check-in each day for their events. 800 Free and 400 IM must be checked in by 8:00 a.m. For all other events, swimmers must be checked-in thirty minutes prior to the start of their event.

Age: Age on December 31, 1999 determines age for this meet.

Entries: This is a cardless meet. Submit entries on a consolidated entry form. Enter meter times for seeding purposes.

Entry fees are \$10 for one event; \$20 for 2-4 events and \$25 for 5-7 events. Swimmers may enter no more than five individual events per day or a total of seven for the two days. Relays will be deck-entered each day at a total of \$4 per relay. All events will be seeded slow to fast. Mail entries, a copy your 1999 USMS card and check, payable to Walnut Creek Masters, to Pacific Masters SC Meters Championships c/o Penny Leach, 2 Dubost Court, Danville, CA 94526.

Deadline: Entries must be postmarked by September 28, 1999, or received by October 1, 1999. No late or deck entries will be accepted.

Awards: Distinctive Awards will be given to the top three teams. Ribbons for 1st through 8th in all individual events.

Meet Directors: Kerry O'Brien (925) 943-5856 and Penny Leach (925) 838-2435 (before 8:00 p.m.)

Referee: John Duncan

Special Note: The 800 Free will be seeded women and men together. Only the first 48 entries will be accepted.

Events: (Odd=Women, Even=Men)

Saturday, October 9th

Warm-up begins @ 7:30 a.m.

Meet starts @ 8:30 a.m.

- 1-2 800m Free
- 3 400m Mixed Free Relay
- 5-6 100m Back
- 7-8 200m Fly
- 9-10 50m Breast
- 11-12 100m Free
- 13-14 200m IM
- 15-16 50m Fly
- 17-18 100m Breast
- 19 200m Mixed Medley Relay
- 21-22 400m Free

Sunday, October 10th

Warm-up begins @ 7:30 a.m.

Meet starts @ 8:30 a.m.

- 23-24 400m IM
- 25-26 400m Medley Relay
- 27-28 200m Free
- 29-30 50m Back
- 31-32 200m Breast
- 33-34 100m Fly
- 35-36 50m Free
- 37-38 100m IM
- 39-40 200m Back
- 41-42 200m Free Relay



POOL MEETS

Healdsburg Masters Short Course 1500 Meter Championship

Saturday, October 16, 1999

Sanction # 38-99-18

Location: Healdsburg Community Pool, 360 Monte Vista Ave. in Healdsburg, CA. From Santa Rosa, go North on Highway 101, take the Dry Creek Road exit east to Healdsburg Ave., turn right on Healdsburg Ave. and left on Monte Vista Ave.. Go 2 stop signs and look to your right for the pool parking.

Facility: 6 lane 25 meter course for competition with 2 additional lanes provided for warm-up and cool-down throughout the meet. Bleacher and lawn seating will be available as well as a snack bar.

Time: Warm-up begins at 7:30 a.m. Meet begins at 9:00 a.m.

Check-in: All swimmers must check-in by 8:30 a.m. Swimmers may check-in by telephone on Friday, October 15th between the hours of 9:00 a.m. to 11:30 a.m. 707-838-4432.

Age: Age on December 31, 1999 determines age for this meet.

Entries: Entries must be on PMS pink (women) or a blue (men) card and accompanied by a consolidated entry form, a copy of your current 1999 USMS registration card, and your check to: Pacific Masters Swimming SC Meters 1500, PO Box 824 Healdsburg, CA 95448. Please enter **meter times** for seeding purposes.

Entry fee: is \$10.00

Deadline: Entries must be postmarked by October 4th or received by October 7th, 1999. NO LATE OR DECK ENTRIES WILL BE ACCEPTED.

Awards: Ribbons for 1st-8th in each age group. Points to be counted toward team totals from the PMS Short Course Meter Championship at Walnut Creek on October 9-10, 1999. A gift will be given to any swimmer that makes a new 1500m world record.

Meet Director: Karlene Martin (707) 838-4432.

Referee: Peggy Gromala

Events: Women and men will be seeded together in the 1500m free, slow to fast. Manual timing will be used. Swimmers will be asked to help time.

Davis Aquatic Masters SCM Aggie Invite

Saturday, October 30, 1999

Sanction #: 38-99-22

Location: Hickey Gym Pool on the UC Davis campus. From I-80 (east or west), take Highway 113 north (toward Woodland), exit on Russell Blvd. East on Russell to Howard Way (less than 1 mile). Turn right on Howard Way. Parking structure is on the left at the end of the block. Parking is free of charge on weekends. Hickey Gym and Pool are located just south of the parking structure.

Facility: Hickey Gym Pool is 7 lanes x 25 meters, outdoors. Limited warm-up area behind the bulkhead. A snack bar will be available during the meet.

Time: Warm-up at 8 a.m. Meet begins at 9:30 a.m.

Check-in: Deck entries close at 8:30 a.m.; check-in for pre-entered swimmers will close at 9:00 a.m.

Age: Age on December 31, 1999 determines age for this meet.

Entries: Mail consolidated entry form, a copy of your 1999 USMS registration card, and your check, payable to Davis Aquatic Masters, to Barbara Jahn, 658 Bianco Ct., Davis CA 95616. Please enter meter times for seeding purposes.

Entry fees: \$2 per event plus a \$3 surcharge.

Deadline: Entries must be postmarked by Saturday, October 23, 1999. Late and deck entries are \$3 per event plus the \$3 surcharge.

Awards: Meet souvenirs to all swimmers.

Meet Director: Barbara Jahn, 530-752-9271; bajahn@ucdavis.edu

Referee: TBD

Events:

- 1-2 400m freestyle
- 3-4 200m backstroke
- 5-6 100m breaststroke
- 7-8 200m freestyle
- 9-10 100m butterfly
- 11 200m mixed freestyle relay
- 13-14 200m breaststroke
- 15-16 100m backstroke
- 17-18 200m IM
- 19-20 100m freestyle
- 21-22 200m medley relay

Heart

by Dore Schwab

Its hard to judge
The size of the heart
In the various
Body shapes
Mounting
The Starting blocks

Time's onslaught
Left dissimilar marks
And the acceptance or denial
Of the ravages
Showed clearly 'neath
The paper thin suits
Technologists evolved
For just this moment

The horn sends them off
And the water frictions
Them back
Another conflict
To be won
By the unseen
Heart

Top Ten Patches

Top Ten Patches are available to USMS swimmers who are listed in the Top Ten in any event during the year. Members of Top Ten relay teams are also eligible. For \$5.00 you get the Top Ten Patch and one stroke patch. If you made Top Ten in more than one stroke you can obtain additional stroke patches for \$1.25. The following stroke patches are available: Butterfly, freestyle, backstroke, breaststroke, ind. medley, relay, 1 hr. swim. Patches and stroke segments can also be ordered for 1982 to 1998. Top Ten listings for 1993 and later can be found at www.swimgold.com.

To order patches send your name, address, year, course, age group, and event in which you placed in the Top Ten to:

Dar Ferguson
4917 Walden Circle
Orlando, FL 32811
Make checks payable to:
"Lake Erie LMSC."

AWARD

The Peggy Lucchesi Award

Tina Talbot, coach of the San Ramon Masters, was awarded the Peggy Lucchesi Award at the Short Course Nationals at San Jose State in April. Who is/was Peggy Lucchesi? And why is there an award in her name?

George Cunningham, who presented the award, sent me a three page letter telling me about his "little sister". George currently lives in Ben Lomond, and swims with the Santa Cruz Masters. He has been in swimming for a very long time.

Peggy was an accomplished musician, wife, and mother before she began swimming in the late 70's - "just for the fun of it". However, by 1984 she was winning races and was the National Champion in the 200 meter breast-stroke. In 1985, at the Rinconada meet, immediately after she swam her best 100 yard free time, she collapsed and died (age 56) of a ruptured cerebral aneurysm. After her tragic death, George, his wife Tillie, and "the TAM girls" raised some money and established an award in her name. "To someone who brings you to our sport, Some one who is always cheery and bright, pitching in to help, making the newcomer feel comfortable."

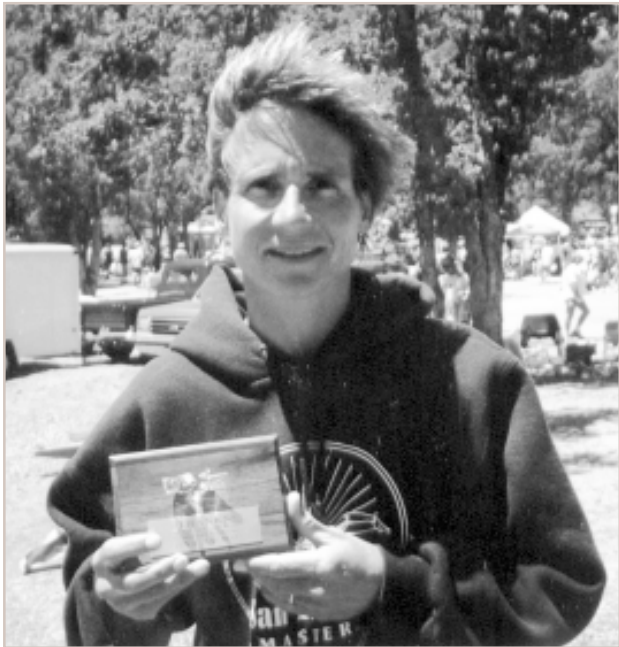


photo by Joanne Berven

The award is a little glass otter, with the inscription: "In memory of Peggy Lucchesi" and "Thanks for the joy you bring to Masters Swimming, Tina Talbot."

Joanne Berven

Peggy Lucchesi Award Recipients

1986	Elfriede Rogers	WCM	1993	Dore Schwab	TAM
1987	Bobbi Callison	RINC	1994	Mo Chambers	LAM
1988	Jean Durston	WCM	1995	Jim Beglinger	TOC
1989	Carolyn Ferris-Boak	LAM	1996	Margery Meyer	TOC
1990	Aldo de Rosa	RINC	1997	Della Sehorn	LAM
1991	Kerry O'Brien	WCM	1998	Donna Monroe	WCM
1992	Nancy Ridout	TAM			

YOU'RE NEVER TO OLD TO THINK "SAFETY"

by Carol Berendsen

He hadn't been in the water since his swimming days in college twenty years ago. His knees had started bothering him during his daily jogs, so he thought that he would turn to swimming as a means of staying in shape. Ever the competitor, at his first masters workout, he tried to keep up with the workout veterans. After the third repeat in a sprint set, the growing pain in his chest was becoming unbearable...

She decided to push harder than usual during the workout to make up for the huge meal she had eaten the night before. The warning signs that she was familiar with were masked by the effects of her harder than usual effort. Before she knew it, she was having a seizure...

He wasn't feeling well, got out of the water and told his coach that he was going to go into the locker room to sit a while. At the end of the workout when other swimmers entered the locker room, they found him unconscious, not breathing, with no pulse...

He had just landed the biggest contract of his career; he was on top of the world, invincible. It was his invincibility that triggered his short sprint to the edge of the pool and his gigantic superman dive...right on top of a lane partner who had just pushed off from the side of the pool.

If any of these happened during your teams workout, would YOU know what to do? Would ANYONE in your workout know what to do? Does your team have an action plan in case an emergency occurs? We seem to think that pool safety is only for kids, that aquatic accidents don't happen to adults. Wrong!! It is adults that experience the majority of cardiac emergencies. It is male, between the ages of 18-31, six feet tall, 175 pounds that describe the typical victim of a spinal cord injury resulting from a diving accident. These are our masters swimmers.

Know what to do!! Get trained in CPR and First Aid. Call your local Red Cross Chapter or the American Heart Association for a schedule of classes. The odds are you will use this training on someone you know and care about.....

COMPETITION ENTRY INSTRUCTIONS

Pacific Masters Swimming Competitions

HOW TO ENTER

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

AGE GROUPS

Entrants must be at least 19 years old.

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

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

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

POOL COMPETITIONS

Entry Procedures: Thoroughly read the Entry procedures for each competition. For all meets, individuals must send a copy of the Consolidated Entry Form below with a photocopy of their USMS registration card. Failure to provide a copy of this card will result in a \$3.00 look-up fee.

Individual event information must be completed in the designated area only if the meet is designated as a **cardless meet**. All other meets

require event information on official PMS pink (for women) and blue (for men) cards. At all meets, including cardless, relays must be entered on official yellow PMS relay entry cards.

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

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

Strictly Forbidden: Entering more than five individual events per day • Using hand paddles in warmup areas. • Diving in warmups unless in designated sprint lanes (entering the warmup pool must be done with feet first with one hand in contact with the pool deck). • Smoking in any area where swimmers may be present.

OPEN WATER COMPETITIONS

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

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

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

Consolidated Entry Form • Pacific Masters Swimming

Name (as it appears on registration card)		Sex M <input type="checkbox"/>	1. Place USMS card in this space. 2. Photocopy with this consolidated entry form. 3. Send in photocopy with each entry. *Age for LCM & SCM meets is age as of Dec. 31st of current year. Age for SCY meets is age of last day of meet. T-Shirt size: <input style="width: 100px;" type="text"/>
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			

Event No.	Est. Time	Distance-Stroke	Event No.	Est. Time	Distance-Stroke

"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 3/99

PACIFIC MASTERS SUPPLIES AND SERVICES

VIDEO TAPE LIBRARY

How to Borrow Tapes:

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

1. How Swimming Works, New Ideas in Freestyle & Backstroke - Dr. Marty Hull, 1996
2. From the Fast Lane (3 tapes)- John Moffet vol. 1-Basic Technique, vol. 2-Basic Training, vol. 3-Advanced Technique
3. Swim Power, Unlock Your Ultimate Potential (Technique, Training & Tips) - SteveTarpinian
4. Water: How to Be Safe In It, Have Fun In It, Move Powerfully In It, Swim Fast IN It - Dr. Marty Hull
5. Fluid Swimming: The Importance of Range-Of Motion in Swimming, Stretching Exercises to Improve ROM, Strengthening Exercises to Use It Better - Dr. Marty Hull
6. Swimming Fastest II - John Trembley
7. Swim Smarter/Swim Faster - Richard Quick
8. Swim Smarter/Swim Faster II (Starts & Turns) - Richard Quick
9. Forbes Carlisle Seminar - Taped at the Olympic Club, 1995
10. From the Bottom Up - Mike Bottom (3 tapes)Freestyle, Backstroke, Breastroke
11. Excellence in Swimming Stroke Technique -
12. Stretching - Bob Anderson
13. Clinical Sports Massage - Benny Vaughn
14. Gettin' Better - John Nabor
15. Red Cross Swimming & Diving Skills
16. ASCA World Clinic, 1992 (4 tapes) Freestyle, Backstroke, Breastroke, Butterfly
17. Weight Training for Adult Swimmers - from Rinconada Masters 50+ Clinic
18. Masters Starts & Turns - ASCA
19. Gold Medal Series (4 tapes) - Don Gambril Freestyle, Backstroke, Breastroke, Butterfly
20. Classic Swimming Series (4 tapes) - Don Gambril Men's Swimming, Women's Swimming, Swimming Techniques, Coaches Techniques
21. Breaking the Mental Barrier (audio tapes)

PRICE LIST

Membership Card Replacment.....2.00
 USMS/PMS Registration Forms.....free
 USMS Brochures (up to 20).....free
 Entry Cards
 (pink, blue, relay; combos ok)
 set of 20.....2.00
 set of 100.....5.00
 set of 500.....15.00
 Pad-100 Consolidated Entry Forms.3.50
 USMS/PMS Records- indicate type:
 (SC, LC, SCM).....3.00
 PMS Top Ten Times -indicate type
 (SC, LC).....5.00

Building a Successful Masters Club.3.00
 Places to Swim - one area.....SASE
 Places to Swim - entire USA.....6.00
 USMS 1999 Rule Book.....7.00
 USMS Decals (each).....0.25
 PMS Luggage Tag for PMS Card.....2.00
 Video and audio tape deposit50.00
 Video/audio tape mailing charge.....5.00
 PMS Super Set
 (stickers, instructions, certificates)
 set of 1.....1.00
 set of 10.....5.00
 set of 15.....10.00
 set of 50.....18.00

Swim Seasons Record Card
 (for recording best times)
 set of 1.....0.50
 set of 10.....2.00
 set of 25.....4.50

ORDER FORM

Please send check (separate checks, payable to Pacific Masters Swimming, for video deposit and mailing) and completed form to Pacific Masters Swimming, 580 Sunset Pkwy, Novato, CA 94947.

Name - Please print clearly	Item	Quantity	Price	
Address				
City/ ZIP				
USMS/PMS #	Phone ()	Total		

Deadline for
 for the
 November/December Newsletter is
Sptember15th.
 Please submit creative writing
 and photos to
 Newsletter Editor
 Joanne Berven
 4854 Andrea Ct.
 Livermore, CA 94550
 nevreb@home.com

1999 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

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

SEPTEMBER

- 8 PMS Meeting, 7:30 p.m., San Ramon.
- 12 REDD, Whiskeytown (1, 2 mi.), OW, Pete O'Neill (530) 225-0020, (530) 246-7340 (e).
- 15-19 USMS Convention, San Diego, CA, Nancy Ridout (415) 892- 0771.
- 18 SANR, Shadow Cliffs (0.5, 1.5 mi.), OW, Tina Talbot (925) 275-2345 (d), (925) 831-9539 (e).
- 26 ~~SAC, Sacramento Pentathlon, SCY, Renee Neal (916) 443-0321~~

OCTOBER

- 3 SMMM, Meters Meet, SCM, Dale Finch (650) 654- 1554.
- 9-10 WCM, PMS Championships, SCM, Kerry O'Brien, (925) 943- 5856(d); (925) 934-5657 (e).
- 13 PMS Meeting, 7:30 p.m., San Ramon.
- 16 HMSW, PMS 1500 M Champion ships, SCM, Karlene Martin, (707) 838-4432.
- 30 DAM, Aggie Invite, SCM, Barbara Jahn (530) 752-9271; bajahn@ucdavis.edu

NOVEMBER

- 17 PMS Meeting, 7:30 p.m., San Ramon.

DECEMBER

- 4 SNM, Reno Winners Meet, SCY, Gwen Shonkwiler (702) 327-5010 (d); (707) 323-2174 (e).



photo by Joanne Berven

Congratulations to George Cunningham on his birthday and to George and Carolyn on their wedding anniversary. After announcing the Coach of the Year selection, George and Carolyn were feted at the July 14th Pacific Masters Meeting. Cake was enjoyed by all.

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

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