

Pacific Masters Swimming

newsletter



Message from the Chair

by Michael Moore, PMS Chair



Coach of the Year

Valeriy Boreyko was chosen as the 2006 Pacific Masters Swimming Coach of the Year. Valeriy has been coach at USF for the past twelve years. In that time USF Masters has taken the Short Course Yards Championships ten times and the long course meters championships. The following is from Barbara Bynes and Cathy Huang's nomination letter.

"USF Masters continues to be one of the largest teams in United States Masters Swimming. . . A swimmer himself, he developed his passion for swimming into a professional career. He attended the University in Moscow, earning a Masters degree in a rigorous program which emphasized all aspects of developing athletic performance, including physiology, kinesiology, physics, psychology, and statistical analysis. Before immigrating to the United States with his wife and son in 1994, Val was coach of the Thailand National Swimming Team for the Barcelona Olympics and the 1993 Southeast Asia Games. His swimmers set a total of 13 national records during his 1-1/2 year tenure there. Prior to his work in



photo courtesy Nancy Ridout

Michael Moore presenting Valeriy Boreyko USF, the Coach of the Year Award at the Long Course Championships at Santa Cruz on July 9, 2006

Thailand, Val held a series of coaching jobs at the national level in the USSR: from 1977 through 1982, he coached the USSR National Swimming Team, whose swimmers medaled in the 1980 Moscow Olympics and the 1978 Berlin World Championships. From 1982-1987, he was the Head Swimming Coach of the Olympic Training Center in Uzbekistan, where he coached Sergey Zabolotnov, the world-record setter in the 200-meter backstroke at the 1984 Friendship Games; he then became the Head Coach for Uzbekistan.

"Prior to Coach Val's arrival in 1994, the USF masters team had the prerequisite that one had to be an exceptional swimmer in order to be accepted into the team. Simply put, the program's objective was for the swimmers to support the club's goals. Coach Val's most significant impact on the team was to align the club's objectives with those of Pacific

Master's swimming - to make the team available to any swimmer who had the desire to join Master's swimming, and to help swimmers improve fitness and/or train for specific goals, and offer active support for a healthy lifestyle through friendship, and camaraderie. Coach Val has built a team that has had remarkable success with primarily "ordinary" swimmers. He has done this by himself, coaching all the workouts without an assistant coach. Coach Val coaches three workouts a day, five days a week, and one on Saturdays. He greets every swimmer by name, and gives them a warm welcome

"Every year USF masters hosts the USF Valentine's Affair swim meet. At 350-375 participants, it is second only to the PMS championship meet in size. This meet is popular with PMS swimmers because the USF Koret facility is an indoor pool, and the meet is known for being well run and organized. Since it is scheduled early in

the short-course yard season, many swimmers use it as a training benchmark. Furthermore, it attracts a lot of first-time masters swimmers, and serves as their introduction to masters pool competition. Coach Val is involved in many aspects of the behind-the-scenes preparation for this meet, including encouraging USF masters swimmers to participate by swimming, recruiting volunteers to help, moving bleachers for seating, and helping to stuff "goodie bags" the night before the meet."

Congratulations Coach Val

OPEN WATER MEET

Redding Swim Team 2006 Whiskeytown One and Two Mile Swim

Sunday, September 10, 2006

Sanction #: OW-0615, OW 0616

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 2006 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, 2006.

Awards: Awards will be given for first through third place in each 5-year age division.

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

POOL MEET

San Mateo Master Marlins Short Course Meters

Sunday, September 24, 2006

Sanction #: 38-06-17

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 0.5 mile to Kehoe Avenue. Turn left and we're 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 the first exit is Kehoe Avenue.

Course: Outdoor heated pool, 25 meters, 6 competition lanes. A separate 4-lane small warm-up pool will be available at all times.

Time: Warm-up from 8:30-9:45 a.m.

Meet starts at 10:00 a.m. Hand paddles will not be allowed in warm-ups.

Rules: USMS rules will govern this meet. A current USMS card is required. All events will be timed finals, and will be seeded slow to fast.

Deadline: Entries MUST BE POSTMARKED NO LATER THAN MONDAY, **September 18, 2006.** Use standard entry cards (pink or blue), accompanied by a consolidated card. **No charge for relay, relay will be deck entered.** Please enter appropriate meter times for seeding purposes.

Entry fees: Enclose a photocopy of your 2006 USMS Registration Card.

Entry fees: \$10.00 for one to five individual events if postmarked no later than Sept. 18. Late and deck entries will be charged \$15.00 for one to five individual events. **No charge for relay, relay will be deck entered.** Please enter appropriate meter times for seeding purposes.

Make checks **payable to:** SAN MATEO MASTER MARLINS

Mail to: Cindy Lee P.O. Box 371245, Montara, CA 94037

Check-In: This meet is deck seeded. All swimmers must **check in by 9:30 a.m.**

Age Groups: 18-24, 25-29, 30-34, etc. Relay Age Groups: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320+, combined age.

Awards: Awards for 1st through 6th places for individuals in each age group swimming **ALL FIVE** events.

Refreshments: Snack Bar Concessions available.

Meet Director: Cindy Lee For questions, contact Cindy Lee (650) 728-0704 cindyswimlee@earthlink.net

Referee: TBA

Events: Women=odd; Men=even

1-2	100m	Butterfly
3-4	100m	Backstroke
5-6	100m	Breaststroke
7-8	100m	Freestyle
9-10	100m	Individual Medley
11*	4x100m	IM Relay

* = Special event



Participants at Spring Lake Swim Photo by Peter Kapetanic

POOL MEETS

Mountain View Masters

The Alan Liu Memorial SCM Meet

Sunday, October 1, 2006

Sanction #: 38-06-18

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, 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 7:30 a.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: \$3.00 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 will be deck-entered at a cost of \$4.00 per relay.

Deadline: Preregistered entries must be postmarked by Wednesday, September 20, 2006, or received by Saturday, September 23, 2006.

Mail consolidated entry form, check (payable to Mountain View Masters), and a copy of your 2006 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. A special award, in memory of Coach Alan Liu, will be given to the winner of the Men's 30-34 400 m IM.

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

Referee: TBA

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

10 minute break

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

10 minute break

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

Sacramento Masters— UCD Women's Swimming Thirty-Third Annual Sprint Short Course Meters Pentathlon

Saturday, October 7, 2006

Sanction Number: 38-06-19

Location: Schaal Aquatic Center on the UC Davis campus. From I-80 (east or west), take Highway 113 north (toward Woodland), exit on Hutchinson and go east. Turn right at the first light onto La Rue Road and then a right at the next street Garrod Drive. This street will gently curve around and take a right at the first street. The pool will be on this street directly in front of you; the street itself will take an 's' curve to get there.

Facility: Schaal Aquatic Center is an outdoor 8 lane x 50 meter pool with ample warm-up space. The course will be set up as a short course meter swim meet. Complimentary Snack Bar available.

Time: Warm-up at 9:30 a.m., meet starts at 11:00 a.m. and usually lasts 3 hours.

Check In: Deck entries will close at 10 a.m. and check in for pre-entered swimmers will close at 10:30 a.m.

Entry Fees: \$2.50 per event plus a \$5 surcharge if postmarked or received by October 1, 2006. Late and deck entries are \$3.50 per event plus \$5 surcharge. \$4 per relay. Make checks payable to Sacramento Masters.

Entries: Mail consolidated entry form, a copy of your 2006 USMS registration card and your check to: Sacramento Masters P.O. Box 188205, Sacramento, CA 95818.

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

Meet Director: Andrew Brenan (916) 923-5174; Andy@Brenan.net

Referee: Mel Knapp

Events: (Odd=Women, Even=Men)

1-2	50 m.	Fly
3-4	50 m.	Back
5-6	50 m.	Breast
7-8	50 m.	Free
9-10	100 m.	IM

*11 200 m. Women, Men, or Mixed Medley Relay

* Relay event will be deck entered by 1 p.m.

POOL MEET

Walnut Creek Masters

2006 Pacific Masters Short Course Meters Championships

October 13, 14, 15, 2006

Sanction # 38-06-20

Note: This short course meters meet has been selected as one of five meets in the country that will participate in a National 'virtual' short course meters meet. There is nothing to do, our results are submitted and the computer does the race comparisons! Watch for the results on the Pacific Masters website.

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

Directions: From I-680 North, take Ygnacio Valley Road Exit east about 2 miles to San Carlos Dr. signal light, turn left, go one block to Heather Drive turn left. Swim Center is on your right. From I-680 South, take the North Main exit, turn right at the signal on N. Main St travel south to Ygnacio Valley Road, turn left on Ygnacio Valley Rd to San Carlos Drive, as above.

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, bleachers and lawn seating, and snack bar.

Check-In: All swimmers must check in each day for their events. The 200 Free (Friday) and the 100 Back (Saturday) must be checked in by 8:00 a.m. The 400 IM (Sunday) must be checked in by 8:30 a.m. All other events must be checked in **45 minutes** prior to the estimated start of their event.

Age: Age on December 31, 2006 determines age for this meet.

Entries: This is a cardless meet. No late or deck entries will be accepted. No refunds will be made. no fax entries will be accepted. Incomplete entries cannot be processed and will be returned. Enter meter times for seeding purposes. Entry Fees are \$15 for one event, \$30 for 2-4 events, and \$35 for 5-7 events. Swimmers may enter no more than five individual events per day and a total of seven for the three days. All events will be seeded slow to fast. Events 43, 44, and 45 (the 800 Free Relays) will be seeded by time and swum together regardless of gender. Each swimmer may participate in only one 800 meter relay.

Deadline: Mailed entries must be postmarked by Saturday, September 30, and/or received no later than Wednesday, October 4. Meet Directors are forbidden to accept late or incomplete entries!

Online entries must be submitted by Wednesday, October 4, midnight. No entries will be accepted after that time!

Entries: TWO OPTIONS FOR MEET ENTRY:

Option 1 - Online Meet Entry: (deadline: midnight, Wednesday, October 4, 2006). Enter at: <http://wcm.mastersswim.com> to receive an immediate entry confirmation via email. The billing information email should be brought to the meet as proof of entry. This entry process will include a processing fee by Swim Connection and requires a credit card for payment. The processing fee is \$1 per swimmer plus 5% of the total entry fees. Please note that the processing fee is a separate fee from the entry fees. Online meet entry fees are paid to Swim Connection LLC. Entering online is a convenience; it is in no way required or expected of a swimmer.

Option 2 - Traditional Mailed or Hand-Delivered: (Entries must be postmarked by midnight Saturday, September 30, 2006, or hand delivered to the address below by 5:00 p.m. on Wednesday, October 4, 2006). Entries must be on a Consolidated Entry Form. Mail your form to the address

below with a copy of your 2006 USMS Card, and check payable to *Walnut Creek Masters*. If you would like to confirm entry, please include a stamped envelope or post card.

Mail entries, a copy of your 2006 USMS Card, and check payable to Walnut Creek Masters to: Walnut Creek Masters, c/o Debbie Santos, 1244 Oak Knoll Dr., Concord, CA 94521, phone 925-521-0522.

Hand delivered to: Clarke Swim Center, Heather Farms Park, Walnut Creek, CA, c/o Kerry O'Brien

Awards: Distinctive Awards will be given to the top three teams. Awards will be given 1st through 8th in all individual events. Points will be scored as follows: 9-7-6-5-4-3-2-1 for individual events and double for relays.

Meet Director: Mindy Hamway. For questions, contact Mindy Hamway at (925) 256-0825 or Debbie Santos at (925) 521-0522."

Referee: TBD

Events: Women = Odd, Men = Even

Friday, October 13 Warm-up begins @ 7:30 a.m. Meet starts @ 8:30 a.m.

1 - 2	200 m	Free
3 - 4	400 m	Medley Relay
5 - 6	50 m	Back
7 - 8	200 m	Breast
9 - 10	100 m	Fly
11 - 12	50 m	Free
13 - 14	100 m	IM
15 - 16	200 m	Back
17 - 18	200 m	Free Relay
19 - 20	400 m	Free

Saturday, October 14 Warm-up begins @ 7:30 a.m. Meet starts @ 8:30 a.m.

21 - 22	100 m	Back
23 - 24	200 m	Fly
25 - 26	50 m	Breast
27	400 m	Mixed Free Relay
29 - 30	200 m	IM
31 - 32	100 m	Free
33 - 34	50 m	Fly
35 - 36	100 m	Breast
37	200 m	Mixed Medley Relay
39 - 40	800 m	Free

Sunday, October 15 Warm-up begins @8:00 a.m. Meet starts @9:00 a.m.

41 - 42	400 m	IM
43 - 44	800 m	Free Relay
Brief 5 minutes break to prepare for 800 relays		
45	800 m	Mixed Free Relay
47 - 48	1500 m	Free

POOL MEETS

Sierra Nevada Masters

13th Annual Reno "Winners" Meet

Saturday, December 2, 2006

Sanction # 38-06-21

Facility: Northwest Pool in Reno, Nevada. 8 lane, 25 yd indoor, heated pool. One lane will be used for warm-up during the meet, with 6 lanes for competition. Seating is limited so bring your own chairs. A small snack bar will be available during the meet.

Directions: Interstate 80 to Reno. Exit on West McCarran Blvd. Go north about two miles to Kings Row. Turn right at the light on Kings Row and then right again on Apollo Drive. The pool will be on your left.

Rules: 2006 USMS and PMS rules govern this meet. Swimmers are limited to 5 individual events. 2006 or 2007 USMS registration is required and a photocopy of such must accompany the entry form. For USMS registration contact Nancy Ridout, PMS Registrar, at (415) 892-0771.

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

Entries: Send your entries on a PMS Consolidated Entry Form and a photocopy of your 2006 or 2007 USMS card. Entry fee is \$3.00 per swimmer (pool use fee) and \$2.00 per individual event. No fees for relays.

Deadline: Entries must be postmarked by Friday, November 24, 2006 or received by Monday, November 27, 2006. Consolidated entry forms must be filled out completely, including age as of December 2, 2006. There will be no refunds.

Late entries: Fees for entries received later than November 27 or any deck entry will be \$3.00 per swimmer and \$3.00 per individual event. **Deck entries will not be accepted after 12:30 PM on meet day. Make checks payable to: Sierra Nevada Masters** and mail to: Gwen Shonkwiler, 1678 Lone Oak Trail, Reno, NV 89523

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

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

No smoking: Smoking is prohibited on the pool deck, in the locker rooms or in any area used by the swimmers during the meet and warm-up periods in connection with the meet.

Meet Director: Steve Lintz (775) 334-2262 (d) 849-2179 (e)

Referee: Rick Kaufmann

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

W	M		
1	2	200 Yd	Free
3	4	100 Yd	Back
5	6	50 Yd	Fly
7	8	100 Yd	Free
9	10	50 Yd	Breast
11	12	200 Yd	Individual Medley
13		200 Yd	Mixed Free Relay
15	16	50 Yd	Back
17	18	100 Yd	Fly
19	20	50 Yd	Free
21	22	100 Yd	Breast
23	24	100 Yd	Individual Medley
25		200 Yd	Mixed Medley Relay
27	28	500 Yd	Free

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 • **Deadline for pool and** •
 • **open water swim** •
 • **information for the** •
 • **November-December,** •
 • **2006 Newsletter is** •
 • **September 6, 2006** •
 •
 • Please submit creative writing •
 • and photos to Newsletter Editor •
 • Joanne Berven •
 • 4854 Andrea Court •
 • Livermore, CA 94550 •
 • newsletter@pacificmasters.org •
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COMPETITION ENTRY INSTRUCTIONS

Pacific Masters Swimming Competitions

HOW TO ENTER

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

AGE GROUPS

Entrants must be at least 18 years old.

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

Short Course (yards) Relays: 18+, 25+ and subsequent ten year increments as high as necessary to accommodate all swimmers. The age of the youngest member of the relay team shall determine the age group.

Short Course (meters) and Long Course Relays: 72-99, 100-119, 120-159, 160-199 and 40 year increments as high as necessary. The aggregate age of the four members shall determine the age group.

POOL COMPETITIONS

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

Individual event information must be completed in the designated area only if the meet is designated as a **cardless meet**. All other meets require event information on official PMS pink (for women) and blue (for men) cards. At all

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

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

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

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

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

OPEN WATER COMPETITIONS

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

Event Requirements: Swimmers using non-porous neoprene swim suits, wetsuits or other non-porous attire will be ineligible for awards or place points. Swimmers are not permitted to use fins, pull buoys or other swimming devices with the possible exception of soft hand paddles or fins as a prosthesis. Approval of prosthesis use is the responsibility of the event director. Wearing highly visible

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	

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.

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| <p>1. Championship Winning Swimming, Richard Quick and Milt Nelms, 10 tapes including 2-a) Freestyle, 2-b) Backstroke, 2-c) Breastroke, 2-d) Butterfly, 2-f) Walls: Turns for all Strokes, 2-g) Starts, 2-g) Underwater Swimming – The Fifth Competitive Stroke, 2-h)</p> <p>2. Open Water Swimming, Skills, Techniques, and Tactics, Michael Collins & Gerry Ridrigues – DVD format only</p> <p>3. 21st Century Swimming, v.2 Backstroke, v.5, IM, v.6 Starts, Turns, Finishes, v.7 Advanced Drills</p> <p>4. Ultimate Breaststroke, featuring Adrian Moorhouse and Nick Gillingham.</p> <p>5. Core Stabilization & Shoulder Stabilization (2 tape set with book), Matt Wren MS, PT</p> <p>6. Basic Training from the Fast Lane - Coach John Tremblay, 1992</p> <p>7. Core Body Strength with Coach Scott Volkens (Mobility and Flexibility).</p> | <p>8. How Swimming Works, New Ideas in Freestyle & Backstroke - Dr. Marty Hull, 1996</p> <p>9 Australian Swim Coaches Teaching Association with Coach Bill Sweetnam v2. Backstroke, v5. Individual Medley, v6. Starts, Turns, Finishes, v7. Advanced Drills</p> <p>10. From the Fast Lane (3 tapes)- John Moffet vol. 1-Basic Technique, vol. 2-Basic Training, vol. 3-Advanced Technique</p> <p>11. Water: How to Be Safe In It, Have Fun In It, Move Powerfully In It, Swim Fast IN It - Dr. Marty Hull</p> <p>12. Fluid Swimming: The Importance of Range-Of Motion in Swimming, Stretching Exercises to Improve ROM, Strengthening Exercises to Use It Better - Dr. Marty Hull</p> <p>13. Swimming Fastest II - John Tremblay</p> <p>14. Forbes Carlisle Seminar - Taped at the Olympic Club, 1995</p> | <p>15. From the Bottom Up - Mike Bottom (3 tapes)Freestyle, Backstroke, Breastroke</p> <p>16. Stretching - Bob Anderson</p> <p>17. Clinical Sports Massage - Benny Vaughn</p> <p>18. Weight Training for Adult Swimmers - from Rinconada Masters 50+ Clinic</p> <p>19. Classic Swimming Series (4 tapes) - Don Gambriel</p> <p>20. Breaking the Mental Barrier (audio tapes)</p> |
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PRICE LIST

Membership Card Replacement	2.00
USMS/PMS Registration Forms	free
USMS Brochures (up to 20)	free
Pad -100 Consolidated Entry Forms	3.50
USMS 2006 Rule Book	8.00
USMS Mini Rule Book (rules only)	5.00
USMS Decals (each)stickon or static cling	0.50
PMS Luggage Tag for PMS Card	2.00
Video and audio tape deposit	50.00
Video/audio tape mailing charge (per 1 or 2 tapes 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
Address					
City/ ZIP					
USMS/PMS #	Phone ()	Total			

2006 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

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

Sun	9/10/06	RAD	Whiskeytown Lake 1 & 2 Mile, Greg Tyler, gtyler@stimpel.net
Thu-Sun	9/13-17/06	USMS	USAS Convention, Dearborn, MI
Sat	9/23/06		Oktoberfest Lake 1 & 2 Mile, Jerry Koch, lockdrive@aol.com (Cancelled)
Sun	9/24/06	SMMM	SCM Pentathlon, Cindy Lee, cindyswimlee@earthlink.net
Sun	10/1/06	MVM	Alan Liu Memorial SCM Meet
Sun	10/1/06	**	Tiburon Mile, Bob Placak, rcptibmile@placak.com
Sat	10/7/06	SAC	SCM Sprint Pentathlon, Andrew Brenan, Andy@Brenan.net
Fri-Sun	10/13-15/06	WCM	PMS SCM Championships, Kerry O'Brien, swim4wc@netscape.net
Sat	12/2/06	SNM	Reno Winners Meet, Gwen Shonkwiler, gwenshonk@sbcglobal.net

** Not PMS sanctioned

2006 Meeting Dates are: September 27, October 18, November 15. The meeting place will be at Heather Farms Community Center Club House or the classroom at the pool, Walnut Creek. 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 left around the curve.

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

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