

newsletter



Coach of the Year 1999 Nominations Due

By Julie Paque, Pacific Masters Chairman

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It is once again that time of year when you have the opportunity to honor that wonderful coach who has been sacrificing their health by coaching you on sub-freezing mornings or in the pouring rain. We are very fortunate to have over 100 Masters Clubs, run by talented, enthusiastic, motivated, and motivating coaches. It means a lot to your coach if you take the time and effort to nominate them for the 1999 PMS Coach of the Year. Let your coach know how much you appreciate the extra time and effort they put into your club and Masters Swimming.

The coach of the year is selected on the basis of inspirational and instructional qualities; club and individual accomplishments including championships and world records; and non-competitive club and individual accomplishments including club size and growth; club participation, volunteering, and events run by the club; and the coach's service to PMS, USMS, and other masters organizations, participation in clinics and published works.

Previous Coach of the Year Winners

- 1998 Tim Sheeper (MNLO)
- 1997 Brian Stack (MAM)
- 1996 Doug Huestis (TOC)
- 1995 Mo Chambers (MVM)
- 1994 Polly Upshaw (SCAM)
- 1993 Michael Collins (DAM)
- 1992 Kerry O'Brien (WCM)

To nominate your coach, provide a nomination letter listing his or her accomplishments and a maximum of four letters from your teammates supporting your nomination. Nominations may be mailed to PMS Chairman Julie Paque, 2203 Rock Street, Mountain View, CA 94043 or delivered in person to Julie at or before the PMS committee meeting on May 26, 1999 in San Ramon. The award will be presented at the PMS Long Course Championship meet.

Support the vendors who support Pacific Masters Swimming!
The following vendors have donated prizes to the annual early registration drawing.

Winks Swim & Triathlon Shop
Concord (925) 798-0470
15% off with current USMS registration card.

Team Concepts
Lafayette, Santa Clara (800) 437-8326
10% off with current USMS registration card.

Zoomers (800) 852-2909

SWIM Magazine Books & Videos (310) 607-9956,
ext 105

POOL MEETS

Rinconada Masters Short Course Spring Meet

Saturday, March 13, 1999

Sanction #38-99-07

Location: Rinconada Pool. Embarcadero and Newell Road, Palo Alto. Turn west off Hwy 101 on Embarcadero to Newell Park on Embarcadero Rd. or behind pool.

Facility: 14 lane x 25 yard pool (8-10 competition, 4-5 warm-up/down lanes). Snack bar available.

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

Check In: Swimmers in events #1-2 must check in before 8:30 a.m. All other swimmers must check in at least 30 minutes before the estimated start of the event.

Entries: This will be a cardless meet. Swimmers may use the consolidated entry form in this newsletter or send a SASE to Nan Blackledge at the address below.

Entry Fees: \$2.00 per event (\$3.00 late or deck entries) plus \$6.00 surcharge per swimmer. Entries must be received by March 3, 1999. No deck entries for 1000 Free. Maximum 5 events per person. Mail entry, check payable to Rinconada Masters and a copy of your 1999 USMS registration card to Nan Blackledge, 2843 South Court, Palo Alto, CA 94306, (650) 326-6766.

Awards: Ribbons 1st through 6th in each age group. Special Memorial awards: Men's 75-79 Willard Johnson Award (1000 Free), Men's 40-44 Frank Parrish Award (50 Fly) and Women's 70-74 Sylvia Bailey Award (400 IM).

Meet Director: Sally Scholer, (650) 856-6249.

Events: (Odd=Women, Even=Men)

All events will be swum slow to fast

1-2 1000 yd. Free

Note: The 1000 Free is limited to the first 60 pre-registered swimmers. No deck entries for this event will be accepted.

Event #3 will not start before 11:30 a.m.

3-4 200 yd. Back

5-6 50 yd. Fly

7-8 100 yd. Free

9-10 50 yd. Breast

11-12 50 yd. Back

13-14 100 yd. IM

15-16 50 yd. Free

17-18 400 yd. IM

*A-B 1650 yd. Fly

* Special Event - This is a note-worthy event. Records are kept. Entry is free. Must be completed in 45 minutes.



Sacred Heart Masters Program has a new 50 meter pool completed in October, 1998. Workouts and lap swim hours are 5:45 - 7:15 am Monday through Friday, 11:45 - 1:00 pm Monday through Friday, 8:30 - 10:00 am on selected Saturdays. Fees: Drop in: \$4.00; Sacred Heart members; parents/alumni \$50.00/month; Non-Sacred Heart: \$60.00/month. For more information and directions call Carol Macpherson (650) 493-2930. Pool is located at 150 Valpariso, Atherton.

Strawberry Canyon Masters Short Course Invitational Meet

Saturday, March 27, 1999

Sanction #38-99-08

Location: Contra Costa College, 2600 Mission Bell Dr., San Pablo.

Directions: From I-80 North, exit on El Portal Drive, turn left, continue to Castro Street, turn right (about a mile and a half.) From I-80 South, exit on El Portal Drive, turn right and follow directions above. **Parking:** Castro Street off El Portal Drive exit is free.

Facility: Outdoor, 20 lane x 25 yd. pool (8 competition, 10 warm-up lanes). Snack bar available.

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

Check In: The 500 free is pre-seeded. No deck entries for the 500 free. All other events will be deck seeded.

Swimmers in the 500 Free must check in by 8:30 a.m. Swimmers in the 200 IM must check in by 9:00 a.m. All other swimmers must check in at least thirty minutes before the estimated start of the event.

Entries: Entries on pink and blue cards and accompanied by a consolidated entry form. Swimmers are limited to five events, excluding relays. Entry fees are \$5.00 surcharge per swimmer (including relay-only swimmers) and \$2.00 per event (pre-registered) or \$3.00 per event (late and deck entries). \$4.00 per relay team. Send cards, check payable to SCAM, and a photocopy of your 1999 USMS card postmarked no later than March 15 (or received by March 17) to: SCAM Registration, Ralph Elder, 3028 Hilligass Ave., Berkeley, CA 94705.

Awards: All swimmers will receive a goody bag.

Prizes: Prize drawings will be held for every event throughout the meet. The more events you enter, the more chances you have of winning!

Meet Director: Ralph Elder (510) 841-5795

Referee: John Duncan; Starter: Bud Meyer.

Events: (Odd=Women, Even=Men)

All events will be swum slow to fast

1-2 500 yd. Freestyle

3-4 200 yd. IM

5-6 100 yd. Butterfly

7-8 50 yd. Breaststroke

9-10 100 yd. Freestyle

11-12 200 yd. Freestyle Relay

13-14 50 yd. Butterfly

15-16 100 yd. Backstroke

17-18 100 yd. Breaststroke

19-20 200 yd. Freestyle



Santa Cruz Masters has expanded its adult fitness swimming program to a new 50 M facility in Santa Cruz. We now offer 31 workouts a week, Monday - Saturday, at both the UC Santa Cruz pool and the new Simpkins Family Swim Center. For more information contact the Santa Cruz Masters Aquatics, Box 8422, Santa Cruz, CA 95061 or call (408) 425-5762.

POOL MEETS

Stanford Masters, Spartan Masters, SJSU Intercolligate Women's Swimming 1999 PMS Short Course Yards Championship

April 16-18, 1999

Sanction No. 38-99-09

Location: San Jose State Aquatic Facility, just north of San Salvador Street and 8th Street in San Jose, CA. Park in the 7th Street parking garage at San Salvador Street and 7th Street for \$2.00 per day. Some free parking is available on neighboring streets. There are also parking garages at San Fernando and 10th Street and at San Salvador and 4th Street (both about 4 blocks from pool).

Directions: From 280: Exit at 7th Street, go 3 blocks north on 7th, cross San Salvador, and turn left into parking garage. From 101: Exit at 13th Street, go south about 2 miles, turn right on San Fernando, left on 10th Street, and right on San Salvador, right on 7th Street, turn left into parking garage.

Facility: Outdoor 60 meter x 25-yard pool. All events will be conducted in two deep-water, 9-lane, 25-yard courses. Electronic timing will be used in both courses. At least four 25 yard warm-up lanes will be available at all times. There will be a snack bar and a concession area.

Time: Friday check-in and warm-up begins at 11 am; meet starts at 12 noon. Saturday and Sunday check-in and warm-up begins at 7:30 am; meet starts at 9:00 am.

Check In: You must check in each day of the meet at least 30 minutes prior to the start of your event.

Entries: *** No late or deck entries*** Entries must be postmarked by Friday, April 2nd. Fee is \$10 for one individual event, \$20 for 2-4 events and \$28 for 5-7 events; \$4 per relay. Swimmers may enter a maximum of five events per day and seven events for the entire meet, excluding relays. Swimmers only on relays must submit an entry form and show their 1999 USMS registration card. Relay cards may be deck entered. *** There will be no refunds. *** Make **check payable** to Stanford Masters Championships and send with Consolidated Entry Form and a photocopy of 1999 USMS registration card to: PMS Championships c/o Barry Fasbender 845 Talisman Drive Palo Alto, CA 94303-4449

Meet Procedure: This is a cardless meet; lane assignments will be posted. The meet will be deck seeded, slow to fast. Each event will be swum in both courses with the women first, odd heats in one course and even heats in the other course. Scoring is 10-8-7-6-5-4-3-2-1 for individual events; double for relays.

Timing Plan: Each team will be expected to help time. Stanford Masters will provide at least one timer per lane throughout the meet. Additional timers will be requested from those present.

Meet Directors: Barry Fasbender (650) 494-3128 and John Klimp (650) 856-0422 (H), (650) 494-8600 (W)

Head Referee: Bud Meyer

Awards: Individual and relay awards for 1st through 9th. Team awards for 1st and 2nd in four divisions.

T-Shirts: A great looking limited edition T-shirt can be ordered by including a separate check for \$10 (note size on check) with your entry. T-shirts will be available at the meet in limited sizes and quantities for \$12.

Accommodations: A list of area hotels with special rates will be sent to each team in February. For your own list, send a self addressed stamped envelope to: Hotel Info, c/o Barry Fasbender 845 Talisman Drive Palo Alto, CA 94303-4449.

Events: (Odd = Women, Even = Men)

Friday, April 16, 12 noon

Check-in & Warm-up: 11 am	25-26	50 Fly
1-2 1650 Free	27-28	400 Free Relay
3 800 Mx Free Relay		
5-6 400 IM		

Sunday, April 18, 9 am

Check-in & Warm-up: 7:30 am
29-30 100 Back
31-32 50 Breast
33-34 200 Fly
35-36 100 Free
37 200 Mx Free Relay
39-40 200 IM
41-42 50 Free
43-44 100 Breast
45 400 Mx Med Relay
47-48 1000 Free

Saturday, April 17, 9 am

Check-in & Warm-up: 7:30 am
9-10 500 Free
11-12 50 Back
13-14 200 Breast
15-16 100 Fly
17-18 200 Medley Relay
19-20 200 Free
21-22 100 IM
23-24 200 Back

Sierra Nevada Masters FIRST SPLASH LONG COURSE MEET

Saturday, June 26, 1999

(changed from 6/6)

Sanction #38-99-11

Facilities: Eight lane, 50-meter outdoor, heated pool. Up to six lanes will be used for competition and two additional lanes will be available for continuous warm-up. A small snack bar with drinks and snacks will be open at the pool during warm-up and the meet.

Directions: Take I-80 West to Reno, exit at Keystone Ave. Take Keystone south, stay in the right lane and stay to the extreme right onto the bridge over the Truckee River, but stay in the right lane and go under the bridge to where the road deadends. Turn right and follow this street over the bridge. Immediately after crossing the bridge make a right on Idlewild Drive. The pool will be on your right about 300 yards after the bridge.

Check in: This meet will be deck seeded. Swimmers in events 1-12 must check-in by 4:30 PM. Check-in time for the remaining events is 6:00 PM.

Entries: This is a cardless meet. All entries must be on a consolidated entry form with a photocopy of your 1999 USMS card. Enter appropriate meter times for seeding purposes.

Entry fee: \$2.00 PER SWIMMER (pool use fee) and \$2.00 PER EVENT. There will be no refunds.

Late entries: Any entries received later than June 18th or any deck entries will be charged \$3.00 per event. Deck entries will not be accepted after 4:00 PM on meet day.

Make **checks payable** to: SIERRA NEVADA MASTERS and mail to: Gwen Shonkwiler, 3315 Thornhill Dr. Reno, NV 89509 (gwen@scs.unr.edu)

Awards: Ribbons 1st - 3rd in each age group.

Meet director: Steve Lintz (702) 849-2179

Referee: Rick Kaufman

Events: Please note that this meet may attract less than 100 swimmers and entering back to back events is not advised. All events will be seeded slow to fast. If you want to swim the 200m fly, back or breast instead of free, please note this on your entry form and we will run a separate heat of the 200 Free for those people. Odd numbered events are womens' events, even numbered ones are for men.

1-2 800m Free	13-14 50m Back
3-4 50m Breast	15-16 200m Free
5-6 100m Back	17-18 100m Breast
7-8 50m Butterfly	19-20 50m Free
9-10 100m Free	21-22 100m Butterfly
11-12 200m IM	23-24 400m Free
20 Minute Break	

OPEN WATER

Davis Aquatic Masters Lake Berryessa 18th Annual One and Two Mile Swims

Saturday, June 5, 1999

Sanction #99-OW1

Location: Oak Shores Park off Knoxville-Berryessa Rd., on west shore of Lake Berryessa. Turn E. onto Knoxville-Berryessa Road from Hwy 128 at Turtle Rock Cafe. Entrance to Oak Shores Park is 0.6 mi. N of Park Headquarters and two miles N of Spanish Flat.

Course: One and two mile courses are marked by buoys at 200 yard intervals. Expected water temperature: 65-70 degrees.

Divisions: Masters 2 Mile, Masters 1 Mile, Masters combined 2 and 1 Mile, Masters Wetsuit 2 Mile, Masters Wetsuit 1 Mile and USS 1 Mile for ages 11-18 and 500 yd for ages 8-10.

Time: Race day registration and check-in begins at 7:30 a.m. and closes at 9:00 a.m. for 2 mile swim and USS 500-yard swim; and 10:30 for all 1 mile swims. The USMS two mile starts at 9:30 a.m., USS 500-yard swim at 9:45 a.m., USMS one mile at 11:00 a.m., and USS 1-mile at 11:15 a.m.

Swim Procedure: Deep water starts. No late starters. Caps will be provided and are mandatory. No individual escorts. Safety craft will patrol. Cut-off times: 1 hour for one mile, 2 hours for two mile.

Entries: Entry fees include swim cap, official Berryessa mug, post-race refreshments, and eligibility for raffle prizes. Entry fees: \$25 for 1-Mile and 2-Mile swims; \$35 for combined 1- and 2-Mile; \$15 for USS 500-Yard swim - if postmarked by May 25, 1999 (an additional \$5 will be charged for late and race day registration). Send entries, with a photocopy of 1999 USMS card to DAM, P.O. Box 921, Davis, CA 95617. For official entry form send a S.A.S.E. to the above address, Attn: Race Director. **Awards:** Commemorative medals will be awarded to the 1st three finishers in each age and gender group. Special award to 1st man and woman overall in 2 and 1 mile. Awards to top three men and women finishers in combined and wetsuit (no age group) categories.

T-shirts: May be ordered on entry form for an additional \$5 each prior to May 25, 1999. A limited number of T-shirts will be available on race day for \$10 each.

Traditional Post Swim Picnic: In-N-Out Burger will be providing a burger, chips, and a drink at the event. Lunches should be pre-ordered - only a limited number will be for sale on race day. Details are on the official entry form. Picnic tables, BBQ grills, and restroom facilities available.

Race Director: Tariq Kadir (530) 758-8665; e-mail tkadir@inreach.com

Redwood Coast Masters Spring Lake One Mile Open Water Swim

Saturday, May 22, 1999

Sanction #99-OW2

Location: Spring Lake, Santa Rosa. From Hwy 101, take Hwy 12 East. Turn right on Mission Blvd., left on Montgomery Dr., right on Channel Dr., right on Violette Rd, into park. **Parking Fee** \$3.00.

Course: One mile loop course swim from a small sand beach in Spring Lake. Expected water temperature: 68-70 degrees.

Time: Check-in, packet pick-up and race-day registration from 7:30 - 8:30 a.m. Race begins at 9:00 a.m. No late starters.

Swim Procedure: There will be three wave starts five minutes apart. All swimmers must wear the provided swim caps and race finish tags. The color of the swim cap will designate wave number and the finish tags will be collected in the chute at the finish line. There will be a one hour cut-off time. Course will be patrolled by safety craft and lifeguards on rescue boards. No individual escorts. Swimmers using non-porous neoprene swim suits, wetsuits or other non-porous attire will be ineligible for awards.

Entries: \$20 entry fee for pre-entries postmarked by May 14, 1999. Indicate T-shirt size (L or XL) and estimated one-mile swim time on entry. \$25 entry fee for late and race day entries. Entry fee is non-refundable and non-transferable. Send entry form or consolidated card, a photocopy of 1999 USMS card and a **check payable** to Redwood Coast USLA to Redwood Coast One Mile Swim, P.O. Box 337, Healdsburg, CA 95448. For **official entry form**, send SASE to above address.

T-Shirts: All pre-entries postmarked by May 14, 1999 will receive a T-shirt. T-shirts will be on sale on race day.

Awards: Awards will be presented to the first-overall male and female finishers and to 1st through 3rd in each age division.

Race Information: (707) 528-4718

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Long Distance Safety Issues

Hypothermia, fog, high surf, rays, rip currents and other currents, exhaustion, leg cramps, and dehydration.

Some Tips:

Be informed; don't take this competition lightly. Ask the lifeguards about currents. Know the course well, train extensively, include weight repetitions for upper body strength and be able to swim twice the distance.

Plan your first swim to be shorter and in calm water. When allowed, wear a wetsuit made for surface swimming. Try it out a few times and wear double caps to keep from losing too much heat in the more than likely 74 degree or less water.

Be sure to visit
Pacific Masters Website...
www.pacificmasters.org

GENERAL INFORMATION

The Athlete

by Dore Scwab

She wasn't an athlete
In the popular
Sense of the word
She held no records.
Occupied no space
On the sports page,
Of even her local paper,
But that didn't matter

She approached her event
Intent and focused
On the job at hand
Aware of the joyful pain
Doing her best would bring

But fortified by
Her hours of training,
Encouragement of teammates
She stepped up
To the challenge.

Standing there
On the block
Made her
An Athlete

RULES CHANGES

by Rick Windes, Rules Chair

Every odd-numbered year, USMS considers changes to the Legislation, or "dry" sections of the USMS Code of Regulations and Rules of Competition (Rulebook). Proposed changes are debated and voted upon at the USMS portion U.S. Aquatics Sports convention, to be held this September in San Diego. Included are the Preamble, Goals and Objectives, Glossary, Part 2 (Administrative Rules of Competition), Part 4 (Athlete's Rights, Hearings and Appeals), Part 5 (USMS Organization and Bylaws), Part 6 (Amendment Procedures), and Appendix D (LMSC and Zone Boundaries). If you don't have a 1999 USMS Rulebook, they are available for purchase from the PMS Office at \$8.00. You may also access the USMS Website at www.usms.org to see the 1999 Rulebook on-line.

"Dry" proposed amendments must be submitted to USMS Legislation Committee before the July meeting. By the time this newsletter hits the street, we'll have three PMS meetings to consider "dry" proposals. If you have a good idea that isn't included the Rulebook's Legislation sections, e-mail it to me at winder@usms.org, or snail-mail it to 1527 Florida St., San Francisco, CA 94110-4851. Or, you can come to the March or April PMS meetings with your written proposal. Hope to hear from you soon!.

Pacific Masters Fitness Clinic Series

is back for 1999. If you think your team would enjoy having an experienced masters coach or team of coaches put on a clinic at your pool, contact **Tina Talbot** at (925) 831-9539 or e-mail at sanr@hotcoco.infi.net.

photo by Barbara Stewart



Healdsburg 1500 Short Course Meter Championship meet held October 10, 1998. New records were set by L-R: Tod Spieker (50) 1500m=17:40.00, 800m=9:27.02; Laura Val (46) 1500m=18:55.82, 800m=9:56.23; Suzanne Heim Bowen (40) 1500m=18:02.62; Margery Meyer (75) 1500m=27:47.25, 800m=14:55.50; and Aldo DaRosa (80) 1500m=26:41.69, 800m=14:09.37.

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 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.

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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.
		F	<input type="checkbox"/>	
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

"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 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.**

New Tapes Available:

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, Breaststroke
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, Breaststroke, Butterfly
17. Weight Training for Adult Swimmers - from Rinconada Masters 50+ Clinic
18. Masters Starts & Turns - ASCA

19. Gold Medal Series (4 tapes) - Don Gambriel Freestyle, Backstroke, Breaststroke Butterfly
20. Classic Swimming Series (4 tapes) - Don Gambriel Men's Swimming, Women's Swimming, Swimming Techniques, Coaches Techniques
21. Breaking the Mental Barrier (audio tapes)

Other Available Tapes include:

- Forbes Carlyle Seminar
- Red Cross Swimming/Diving Skills
- Breaking the Mental Barrier
- Fluid Swimming
- Masters Start and Turn Instruction
- Gettin' Better
- ASCA World Clinic 1992 (4 tapes)
- Stretching
- Swim Smarter/Swim Faster (2 tapes)
- Gold Medal (4 tapes)
- Weight Training for Adult Swimmers
- Olympic Champions on Film
- Free/Back/Breast from the Bottom Up (3 tapes)
- Clinical Sports Massage, Vol. 1
- Swim Power
- Stretching Classic Swimming (4 tapes)
- From The Fast Lane (3 tapes)
- Excellence in Swimming Stroke Technique
- Swimming Fastest-II

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

PRICE LIST

- Membership Card Replacement.....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 of 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.(avail 1/99)....7.00
- USMS Decals (each)..... .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..... .50
set of 10.....2.00
set of 25.....4.50

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*All deadlines have been moved up. The next **deadline** for the **May/June, 1999** issue is **March 15th**. Submit your photos to Newsletter Editor Joanne Berven, 4854 Andrea Court, Livermore, CA 94550 and send creative writing to newsletter@pacificmasters.org.*

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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.

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1999 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

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

MARCH

- 5-7 WCM, Intensive Training Camp, Kerry O'Brien (510) 934-5657.
13 RINC, Spring Fun Meet, SCY, Sally Schoeler, (650) 856-6249.
24 PMS Meeting, 7:30 p.m., San Ramon.
27 SCAM, Invitational, SCY, Ralph Elder, (510) 841-5795; relder@uclink4.berkeley.edu

APRIL

- 16-18 STAN, PMS SCY Championships, San Jose State University, Barry Fasbender, (650) 494-3128
28 PMS Meeting, 7:30 p.m., San Ramon.

MAY

- 13-16 USMS Short Course Championships, Santa Clara, CA, Alma Guimarin (408) 947-2298
26 PMS Meeting, 7:30 p.m., San Ramon.

JUNE

- 5 DAM, Lake Berryessa (1,2 mi.), OW, Tariq Kadir (530) 758-8665; tkadir@inreach.com
11-12 WCM, Invitational, LC, Kerry O'Brien (925) 943-5856 (d), (925) 934-5657 (e).
20 SFBS, Aquatic Cove, OW, Joe Oakes, (650) 903-0341.
26 SNM, First Splash, LC, Gwen Shonkwiler (702) 327-5010 (d); (707) 323-2174 (e).
27 AAM, Brooklyn Basin Coast Guard Challenge, OW, Linda Gilchrist (510) 769-0317.

JULY

- 10 USLSA, Russian River, OW, Jim McCray (707) 528-4718.
14 PMS Meeting, 7:30 p.m., San Ramon.
17 TOC, Trans Tahoe Relay, Dana Totten (415) 775-3088 x205.
23-25 CRUZ PMS LC Championships, George Cunningham, (408) 336-8215
31 CRUZ, Santa Cruz Pier Swim, OW, Rick Gould (831) 429-3197.

AUGUST

- 1 CRUZ, Pier-to-Pier Swim, OW, Joel Wilson (831) 425-5762.
1 CRUZ, Cruz Cruise 2-Mile, OW, Joel Wilson (831) 425-5762.
7 SNM, Donner Lake, OW, Nancy Rose (916) 582-1214.
11 PMS Meeting, 7:30 p.m., San Ramon.
14 SFRP/USF/FOG, Swim SF, SCY, Joe Healy, (415) 905-4921(d); (415) 621-9964 (e).
15 MAM, 2 x 1 Relay, OW, Gary Fitschen (415) 777-2400 (d), (510) 530-7812 (e).
19-23 USMS Long Course Championships, Minneapolis, MN, Paul Windrath, (612) 388-8524, pwindrath@compuserve.com

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 Championships, SCM, Karlene Martin, (707) 838-4432.

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).

PACIFIC MASTERS SWIMMING OFFICERS

Chairman:

Julie Paque
2203 Rock St.
Mountain View, 94043
chairman@pacificmasters.org

Administrative

Vice-Chair:

Doug Huestis
67 Fortuna Ave.
San Francisco, 94115
klencke@itsa.ucsf.edu

Operations Vice-Chair:

Barry Fasbender
845 Talisman Dr.
Palo Alto, 94303
fasbenderb@aol.com

Treasurer:

Clarine Anderson
88 Yerba Buena Ave.
Los Altos, CA 94022
treasurer@pacificmasters.org

Secretary:

Joan Alexander
532 Ridge View Court
Pleasant Hill, 94523
secretary@pacificmasters.org

Member-at-Large:

Alan Levinson
4301 Anderson Ave.
Oakland, 94619
swimdogz@ix.netcom.com

Registrar and PMS Office

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

Communications

Co-Chairs:

Newsletter

Joanne Berven
4854 Andrea Ct.
Livermore, CA 94550
nevreb@home.com

Webmaster

Michael Moore
350 Weyland
San Francisco, 94134
swim@hooked.net