

newsletter



Coach of the Year 2000 Nominations Due

by Julie Paque, PMS Chairman

Previous Coach of the Year Winners

1999 Tina Talbot (SANR)
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)

Has your coach helped you drop your times this year? Is he or she on deck before the sun rises and after the sun sets so all the members of your club can do their workouts? Have you finally mustered the courage, with your coaches support and encouragement, to swim the 200 fly in a meet? Pacific Masters Swimming is fortunate to have over 100 Masters Clubs, run by talented, motivated, enthusiastic coaches. It will mean a lot to your coach if you take the time and effort to nominate them for the 2000 PMS Coach of the Year Award.

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.

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 24, 2000 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 Country USA
7850 Oak Grove Road
Concord
(510) 798-0470
20% off with current USMS registration
card. Thank you for your donation of two
Speedo Gift Certificates (value \$100).

Team Concept
3064 Lawrence Expressway
Santa Clara
(800) 437-8326
10% off with current USMS registration
card. Thank you for your donation of a Race
TimePace Clock, co-sponsored with TYR
(value \$495).

Metro Swim Shop
21267 Stevens Creek Blvd
Cupertino CA 95014
(408) 446-5511
37 Town & Country Village
Palo Alto CA 94301
(650) 321-6453 2198
Filbert Street
San Francisco CA 94301
(415)923-6453

Suits Marin
7445 Redwood Blvd
Novato CA 94945
(415) 89 2-8101

Swim Magazine
Books & Videos
310-607-9956 ext. 105

POOL MEETS

Rinconada Masters Short Course Spring Meet

Saturday, March 11, 2000

Sanction #38-00-08

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. From 280, exit Page Mill east. Page Mill becomes Oregon Expressway east of El Camino Real. Turn North (left) on Middlefield, east (right) on Embarcadero to Newell. (280 Sand Hill exit not advisable due to road construction).

Facility: 14 lane x 25 yard pool (10 competition, 3 warm-up/down lanes, 1 buffer lane). 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. Maximum 5 events per person. Mail entry, check payable to Rinconada Masters and a copy of your 2000 USMS registration card to Nan Blackledge, 501 Portola Rd., P.O. Box 8005, Portola Valley, CA 94028 (650) 424-4376.

Deadline: Entries must be postmarked by Friday, February 25, 2000 or received by Wednesday, March 1, 2000. NO DECK ENTRIES for 1000 Free.

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: John Jay (650) 529-0460

Referee: George Cleveland

Starter: Bud Meyer

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 12 noon.

3-4 50 yd. Free

5-6 50 yd. Free, Novice*

7-8 100 yd. Breast

9-10 50 yd. Fly

11-12 50 yd. Back

13-14 50 yd. Back, Novice*

15-16 100 yd. IM

17-18 50 yd. Breast

19-20 100 yd. Fly

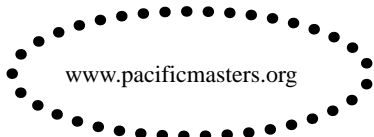
21-22 100 yd. Free

23-24 400 yd. IM

**A-B 1650 yd. Fly

* Novice: no prior competitive masters experience.

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



San Ramon Masters 2000 Spring Fling!

Saturday, March 18, 2000

Sanction # 38-00-09

Location: San Ramon Olympic Pool, 9870 Broadmoor Dr. (next to California High School), I-680 to Bollinger Canyon Rd. exit, turn left and go over the freeway and turn left again on San Ramon Valley Blvd to Montevideo, turn left at this light and go to Broadmoor Dr. Turn right, pool is 1/2 mile on the left side of the street near California High School.

Facility: Outdoor, heated 50 meter X 25 yard pool with 8 lanes for racing and 4 lanes for continuous warm-up. Brand new locker room facilities. Paragon Blocks, Competitor Lanes, Push button timing and computer results system. Snacks will be provided during the meet. Smoking and the use of alcoholic beverages is prohibited in all areas of the pool and adjacent pool.

Time: Warm-ups 7:30 AM, meet starts at 9:00 AM

Check-In: The meet will be cardless. All swimmers in the first four events must check-in before 8:30 AM. All others must check-in at least 45 minutes prior to the scheduled starting time for each event. Deck entries will be accepted but must be turned in by 9:00 AM with the exception of the first four events (8:30 AM). Swimmers who do not check-in may not be allowed to swim. Seeding will be slow to fast.

Entries: This is a cardless meet. Entrants may swim up to 5 individual events and the relay.

Entry Fees: Fees are \$3.00 per individual event, plus a \$5.00 surcharge per swimmer. There is no charge for the relays. Please make checks payable to San Ramon Masters and mail with your consolidated entry form to and copy of your 2000 USMS registration card to: SANR Swim Meet, c/o Tina Talbot, 1705 Liahona Lane, Danville, CA 94526

Deadline: Entries must be postmarked or delivered by March 8th, 2000 in order to pre-enter. Pre-entering is encouraged, benefiting both the swimmer and the meet host. Deck entries will be accepted for \$4.00 per individual event plus the \$5.00 surcharge.

Awards: Ribbons 1st - 6th in each age group for individual events. No awards for relays.

Results: Will be posted at www.pacificmasters.org

Meet Director: Tina Talbot (925) 275-2345

MOVING?

Be sure to send a **Change of Address** card to
Nancy Ridout, Registrar,
Pacific Masters Swimming,
580 Sunset Parkway, Novato, CA 94947.

That way newsletters, SWIM Magazine, and other swimming related news will follow you in a timely manner.

If you move to a new area and need to change clubs and or LMSC's, there is a procedure to follow for proper notification. There is a **transfer form** that you can download from our website. If you are a competitor, you must wait **60 days** after competing for one club before you can affiliate with a new club. For further information, contact Nancy Ridout.

POOL MEET

Santa Cruz Masters Aquatics and the University of California-Santa Cruz PMS 2000 Short Course Championships

Friday, Saturday, and Sunday, April 7, 8, 9, 2000

Sanction #38-00-11

Location: East Field House, UCSC Campus.

Directions: Take Hwy 1 (Mission St.) north from Hwy 17/Hwy 1 interchange to Bay St. Turn right (away from ocean) and follow Bay up the hill straight through Campus entry. Turn left at Hagar Drive and go up the hill. Drop off your passengers and gear at East Field House/Pool and return down Hagar to the big parking lot. Park and lock your car, and walk the 200 yards up the hill. **DO NOT PARK AT THE POOL ON FRIDAY** unless you buy a parking permit at the entrance to campus or bring lots of quarters. Meters are closely monitored and non-meter zones are VIGOROUSLY TICKETED (\$25.00).

Facility: UCSC Swim Complex, Santa Cruz, CA. Seven lanes for competition and one lane for warm-up throughout the meet for each of the two swim courses. Additional warm-up breaks during the meet. Snack bar will be available all three days. Concessionaires will have quality comestibles for your eating pleasure.

Time/Check-In: Friday check-in and warm-up begin at 8:30 a.m. Men's 1650 starts at 10:00 a.m.; women's 1650 starts at 10:30 a.m on Friday. Saturday and Sunday check-in and warm-up at 7:30 a.m. Meet starts at 9 a.m., both men and women. PLEASE NOTE: You must check-in anew each day, and have checked in one-half hour (30 min.) prior to the start of your event or you will be scratched!

Entries: Swimmers may enter a maximum of five events per day and seven events for the entire meet, excluding relays. Relays will be entered on yellow relay entry cards. Swimmers may swim only once in each relay event. Swimmers on relays only must submit an entry form and show their 2000 USMS registration card. Relay cards may be deck entered.

Entry Fees: Fee is \$10 for one individual event, \$20 for 2- 4 events and \$25 for 5-7 events; \$4 per relay. *** There will be no refunds. *** Make **check payable** to "U.C. REGENTS" and send with consolidated race entry card, and 2000 USMS registration photocopy to: PMS CHAMPIONSHIPS, c/o George Cunningham, Jr., 270 Sunnycroft Rd., Ben Lomond, CA 95005-9726.

Deadline:*** No late or deck entries*** Entries must be **postmarked no later than Saturday, March 25th** and/or **received no later than Wednesday March 29th.**

Seeding: individual events will be pre-seeded from SLOWEST TO FASTEST. It's our intention to swim ALL events one to a lane. However, if overwhelmed with entries, we will go two- to-a-lane for the 500, 1000, and 1650 freestyle. Anyone who wishes to swim only one per lane can do so after all two-to-a-lane heats have been swum.

Scoring: Individual events: 9-7-6-5-4-3-2-1 (eight places). Relays: 18-14-12-10-8-6-4-2 for each age group (eight places). *NOTE: only two relay teams per swim club may score per age group of a relay.

Awards: ribbons to first through eighth place. High point awards for each sex and age group. Team trophies will be awarded to the top teams in each PMS team size division.

T-Shirts: Commemorative t-shirts will be offered for sale.

Program with entries and entered times will be on sale for \$3 per copy.

Timing plan: CRUZ Masters will provide one timer per lane throughout meet. Additional timers for all three days will be requested from those present.

Meet Directors: George Cunningham, Jr. (831) 336-8215 and Joel Wilson (831) 425-5762

Referee: Bud Meyer

Hotels, motels, and campgrounds: Information on accommodations will be sent to those sending a \$0.55 SASE legal sized envelope to Meet Director at the above address.

Schedule of Events

Friday, April 7, 2000

1- 2 1650 yd. freestyle
3- 4 800 yd. free relay
5- 6 400 yd. I.M.
7 -8 200 yd. freestyle

Saturday, April 8, 2000

9-10 1000 yd. freestyle
11-12 100 yd. butterfly
13-14 50 yd. breaststroke
15 400 yd. Mixed free relay
17-18 50 yd. freestyle
19-20 200 yd. backstroke
21-22 50 yd. butterfly
23-24 200 yd. breaststroke
25-26 100 yd. I.M.
27 200 yd. Mixed medley relay

Sunday, April 9, 2000

29-30 500 yd. freestyle
31-32 100 yd. breaststroke
33-34 200 yd. butterfly
35-36 100 yd. backstroke
37-38 200 yd. free relay
39-40 100 yd. freestyle
41-42 200 yd. I.M.
43-44 50 yd. backstroke
45-46 400 yd. medley relay

OPEN WATER

Redwood Coast Masters Spring Lake One Mile Open Water Swim

Saturday, May 20, 2000

Sanction # OW-0002

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: Indicate estimated one-mile swim time and T-shirt size (L or XL) on entry. Send entry form or consolidated card, a photocopy of 2000 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.

Entry fees: \$20 entry fee for pre-entries, \$25 entry fee for late and race day entries. Entry fee is non-refundable and non-transferable.

Deadline: Entries must be **postmarked by May 8, 2000.**

T-Shirts: All pre-entries postmarked by May 8, 2000 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

Davis Aquatic Masters Lake Berryessa Annual One and Two Mile Swims

Saturday, June 3, 2000

Sanction # OW-0001

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, and Masters Wetsuit 1 Mile.

Time: Race day registration and check-in begins at 7:00 a.m. and closes at 9:00 a.m. for 2 mile swims and 10:30 for 1 mile swims. The two mile starts at 9:30 a.m., one mile at 11:00 a.m.

Swim Procedure: Deep water starts. No late starters. Caps are 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, eligibility for raffle prizes.

Entry fees/Deadline: For 1 Mile and 2 Mile swims is \$25 if **postmarked by May 16, 2000** (\$30 late and race day). Pre-race day entry fees for combined 1 and 2 Mile is \$35 (\$40 late and race day). Send entries, with a photocopy of 2000 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, or check DAM's website at www.damfast.org.

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 16, 2000. A limited number of T shirts will be available on race day for \$10 each.

Traditional Post Swim Picnic: On-site food service 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; email tkadir@inreach.com



photo courtesy Joel Wilson

CRUZ - New Year's Day - Ocean Swim. Water temp 52°! L-R Back row: Kacey Waxler, Hilary Smith, Ann Hemington, Martin Wolleson, Marguerite Meyer, Roy Sikes, Scott Patterson, Linda Locklin, Robert Orizzi, Paul Wrangell, Kati Wrangell. Front row: Joan Smith, Gilliam Wagman, Ken Wagman, Lisa Rulison, Steve Hoberg, Eric Nelson, Lynn Flink, Joel Wilson, Nora Dondero, Frank Fawcett.

PMS COMMITTEE CHAIRS: SUN, SKIN, SUNSCREEN

Coaches: Brian Stack
Equipment: Tina Talbot
Fitness: Tina Talbot
Health/Safety: Carol Berendsen
Hospitality:
Marketing: Michael Moore
Meet Operations: Barry Fasbender
Newsletter: Joanne Berven
Officials: Joan Smith
Open Water: Jim Wheeler
Registration/Records: Nancy Ridout
Rules/Legislation: Alan Levinson
Scheduling: Marcia Benjamin
Webmaster: Michael Moore



photo courtesy Joel Wilson

*CRUZ One Mile Roughwater Swim; L -R:
Ann Hemington, Steve Hoberg, Linda
Locklin, with Lisa Rulison in front.
Note: Steve Hoberg swam the event in the
tuxedo - with his shoes on!!!*

Do you know who needs to use a sunscreen or when it should be used? If you answered: "Almost everyone needs to use a sunscreen and that it should be used year round" you are correct, according to the American Academy of Dermatology.

The AAD goes on to say that "The number one cause of aging skin isn't necessarily age, but overexposure to the sun... Sunscreen, particularly a broad spectrum sunscreen that protects the skin from UVA and UVB rays, is one of the most effective rejuvenators on the market."
"These broad spectrum sunscreens can help prevent melanoma, the deadliest form of skin cancer, hyperpigmentation, and wrinkling and aging of the skin."

If you can't stay out of the sun, you should wear long sleeve, dark colored clothing.

Barbara Carlson, a Masters swimmer, is interested in having Speedo market a long sleeve swim suit to prevent sun exposure to the arms and back. However, Speedo needs to know there is a market for such a garment. If you might be interested, please email Barbara Carlson: Babcarlson@aol.com or call her: (925) 294-8670.

A wealth of information on sun exposure, sunscreens, and skin cancers can be found at the Academy's website: www.aad.org/skincancernews/safesuntips/index.html

TAKE YOUR MARK

by Dore Schwab

As race time nears
You shed the cloak
Of conviviality
And retreat within

The encouragement
Of teammates bounces
Off the nearby constructed
Wall of concentration
Built up to guard
The inner girding

At the gun you start to learn
some truths about how close
Fact comes to fantasy
How can you hold off hurt
Before giving in to slower pulls
Feebler kicks and desperate breaths

Where is the point where pride
Overcomes the reality of mutinying
muscles?
When does the mental toughness
Developed during countless hours
Of mindless yardage kick in?

It's not really about the others
In adjacent lanes
But an internal conflict
You must win against pain
By yourself



Want Pacific Masters Logo on a shirt or jacket?

Land's End will custom embroider the Pacific Masters Swimming logo.
Ask for 9965185K (logo code) when you order your shirt or jacket.

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																	
<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Event No.</th> <th>Est. Time</th> <th>Distance-Stroke</th> </tr> </thead> <tbody> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> </tbody> </table>				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.

- | | |
|---|---|
| <ol style="list-style-type: none"> 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 | <ol style="list-style-type: none"> 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 Gambriel Freestyle, Backstroke, Breastroke, Butterfly 20. Classic Swimming Series (4 tapes) - Don Gambriel M e n ' s Swimming, Women's Swimming, Swimming Techniques, Coaches Techniques 21. Breaking the Mental Barrier (audio tapes) |
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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 deposit | 50.00 |
| 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 |

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

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
pool and open water swims
for the
May-June Newsletter is
March 15th.
Please submit creative writing
and photos to
Newsletter Editor
Joanne Berven
4854 Andrea Ct.
Livermore, CA 94550
nevreb@home.com

2000 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

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

MARCH
 3-5 WCM, Intensive Training Camp, Kerry O'Brien, (510) 934-5657.
 11 RINC, Pre-Spring Meet, SCY, John Jay, (650) 529-0460.
 18 ~~SANR, Spring Fling, SCY Tina Talbot, (925) 831-9539.~~
 22 PMS Meeting, 7:30 p.m., San Ramon Community Center.
 25 SCAM, Invitational, SCY, Polly Upshaw, (510) 594-0194.

APRIL
 7-9 CRUZ, PMS Championships, SCY, George Cunningham, (831) 336-8215.
 19 PMS Meeting, 7:30 p.m., San Ramon Community Center.
 27-30 2000 USMS SCY Nationals, Indianapolis, IN; Mel Goldstein, (317)-253-8289, Entry deadline 3/24/2000

MAY
 20 USLSA, Spring Lake, OW, Jim McCray, (707) 528-4718.
 24 PMS Meeting, 7:30 p.m., San Ramon Olympic Pool.

JUNE
 3 DAM, Lake Berryessa (1, 2 mi.), OW, Tariq Kadir. (530) 758-8665.
 9-10 WCM, Invitational, LC, Kerry O'Brien, (925) 934-5657 (e).
 17 WEST, Long Course Meet, Isla Wallace, (408) 926-6621.
 25 AAM, Coast Guard Island 1.5 mile Swim, OW, Linda Gilchrist, (510) 769- 0317.
 28 PMS Meeting, 7:30 p.m., San Ramon Olympic Pool.

JULY
 7-9 CRUZ, PMS Championships, LC, George Cunningham, (831) 336-8215
 8 USLSA, Russian River, OW, Jim McCray, (707) 528-4718.
 9 SFBS, Aquatic Park Challenges, OW, Joe Oakes, (650) 903-0341.
 15 TOC, Trans Tahoe Relay, Scott Williams, (415) 775-3088 x1241.
 27-8/9 VIII FINA Masters World Championships; Munich, Germany, LCM; USMS National Office, (603) 537-0203; usms@usms.org.

AUGUST
 5 CRUZ, Santa Cruz Roughwater Swim, OW, Karl Tallman, (831) 420-6015.
 6 CRUZ, Pier to Pier - 6 mile National Championship, OW, Joel Wilson, (831) 425-5762.
 6 CRUZ, Cruz Cruise 2-Mile, OW, Paul Wrangell, (831) 429-1217.
 12 SNM, Donner Lake, OW, Nancy Rose, (530) 582-1214.
 12 SFRP/USF, Swim SF, SCY, Brian Fitzgibbons, (415) 487-3556 (d).
 17-20 2000 USMS LCM Nationals - Baltimore, MD LCM; Barbara Protzman, (410)-788-2964(h); swimbarb@hotmail.com;
 20 MAM, 2 x 1 Relay, OW, Gary Fitschen, (415) 788-0220 (d).
 23 PMS Meeting, 7:30 p.m., San Ramon Olympic Pool.

SEPTEMBER
 10 RAD, Whiskeytown (1, 2 mi.), OW, Pete O'Neill, (530) 246-7340 (e).
 16 SANR, Shadow Cliffs (0.5, 1.5 mi.), OW, Tina Talbot, (925) 275- 2345.
 27 PMS Meeting, 7:30 p.m., San Ramon Olympic Pool.
 30 RAMS, Folsom Lake (1, 2 mi.), OW, Nick Righos, (916) 356-5646.

OCTOBER
 1 SAC, Sacramento Pentathlon, SCY, Andrew Brennan, (916) 923-5174.
 8 SMMM, Meters Meet, SCM, Thomas Huggins, (650) 522-6565.
 22 SMMM, Mid Distance Pentathlon, SCY, Dale Finch, (650) 654-1554
 25 PMS Meeting, 7:30 p.m., San Ramon Olympic Pool.

NOVEMBER
 3-5(tent)HMSW, PMS Championships, SCM, Karlene Martin, (707) 838-4432.
 15 PMS Meeting, 7:30 p.m., San Ramon Olympic Pool.

DECEMBER
 3 SNM, Reno Winners Meet, SCY, Gwen Shonkwiler, (707) 327-5010.

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