

# newsletter



**RENEW NOW FOR 2002!**

**Membership fees remain unchanged for 2002. By renewing now, your membership will continue through 2002 with no gaps in benefits and you will avoid last minute hassles in rejoining later.**

**Benefits of Membership include:**

- The opportunity to meet and train with some of the most experienced coaches in the area.
- The benefit of coaching and training with our member clubs throughout the country while traveling or vacationing.
- A subscription to SWIM Magazine, a bi-monthly national swimming publication which runs concurrently with your membership.
- The PMS Newsletter (inserted within SWIM Magazine) featuring up-to-date information on events occurring in our area.
- The privilege of participating in any PMS and USMS sanctioned postal, pool and open water event or clinic.
- Liability insurance for your club and meet sponsors.
- Secondary accident insurance.
- Borrowing privileges from the PMS video tape library.
- A central PMS Office to answer any of your swimming questions.
- Member based (optional) email service with updates and current swimming information.

<p><b>United States Masters Swimming, Inc.</b></p> <p><b>Pacific Masters Swimming, Inc.</b></p> <p><b>2002 Membership Application</b></p> <p><input type="checkbox"/> Renewal 2001 number if known: _____</p> <p><input type="checkbox"/> New Registration</p> <p><b>YOU MUST PAY FEE OF \$25</b> (Fee includes: USMS = \$8, PMS = \$10, SWIM magazine = \$7)</p> <p><b>(SEP. / OCT. 2002 FEE = \$15 end of year fee)</b></p> <p><b>Make check payable to Pacific Masters Swimming</b></p> <p><b>Mail to: Nancy Ridout 580 Sunset Parkway Novato, CA 94947 (415) 892-0771 registrar@pacificmasters.org</b></p> <p><small>Registration Expires 12/31/02</small></p>	<p><b>PLEASE PRINT CLEARLY.</b> <b>Your name on this form and on meet entry forms must be identical.</b></p>			
	Last Name		First Name	
Mailing Address			Home Phone No. ( )	
City	State	Zip	Work Phone No. ( )	
Date of Birth		Age	Sex	e-mail address
Month		Day	Year	
CLUB (Must be USMS chartered or you will be registered as "Unattached")				Today's Date
<p>"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."</p>				
Signature _____			<input type="checkbox"/> I am a Masters Coach <input type="checkbox"/> I am a Certified Official	
I wish to contribute \$1 (or \$____) to the United States Masters Swimming Foundation. I <i>have added</i> this amount to my 2002 Registration fees. <input type="checkbox"/>			I wish to contribute \$1 (or \$____) to the International Swimming Hall of Fame Foundation. I <i>have added</i> this amount to my 2002 Registration fees. <input type="checkbox"/>	

## The Daily Rhythm of Our Lives

by Doug Huestis, Chairman

This is a kind of column I thought I would never have to write. We all have been shocked and affected by the events of September 11, 2001.

Each of us will have a personal story concerning where we were and what we were doing on that ill-fated morning. I was on a United airplane that was supposed to leave SFO at 6:10 AM PST on Sept. 11th to go to the 2001 USMS National Convention in Dearborn, Michigan. We were just leaving the gate when the news broke. We never left the ground — and the Convention had to be rescheduled.

And perhaps that is the point — as Delegates, as Masters Swimmers, as Americans, the decision has been made to go ahead with the 2001 USMS Convention later in the year; and early indications are that it will be ‘all systems go’ for all Delegates. We have work to do to ensure the future of this fine organization, and that work can not be put off.

So what is my message to all of you ??

I know you are all aware of how the world has changed — but I urge but to go ahead with your plans. To do otherwise is to allow the sole purpose of terrorists to happen; to incite fear and apprehension, to cause major disruptions in the daily rhythm of our lives, to cause us to give up our dreams.

And this message is for myself as well as for all of you; some months ago my wife and I and some close friends had planned (and paid for) a three week yacht cruise around Langkawi Island off the northern end of Malaysia in late November through mid-December. Every day I find myself wondering, worrying: “Should we still go ? What are the chances of ‘anything’ happening ?”

And my final decision ??

Well, as my Father used to say: “Don’t let the bastards get you down.” So I say: “Bon Voyage!!”



## Don't Waste Your Base TAM's 1650 Postal

January & February, 2002

Sanction # 38-02-01

**Location:** You may swim this 1650 event any time during the months of January and February in the comfort of your own 25 yd. pool. All you need is someone to count your laps and record your splits. You may enter this as an individual and/or as a four-person team relay (4 x 1650, men, women or mixed in age groups 19+, 25+, 35+, etc.).

**Rules:** All USMS and PMS rules apply. Swimmers may swim no more than 2 to a lane in a “split fashion” (no circle swimming). A split sheet with 50 yd. splits, signed by at least one timer, must be attached to the entry form. Times not entered to the 1/100th will be rounded up.

**Entries:** Swimmers may enter on an official TAM 1650 entry form or a consolidated entry form. Enter relays by filling out the relay form and attaching photocopies of the individual entries.

**Entry Fees:** For individual 1650 swim: \$6.00 for USA entries and \$10.00 for international entries. \$4.00 per relay team.

**Mail** your entry, a copy of your 2002 USMS card and a check payable to Tamalpais Aquatic Masters to TAM 1650, 1000 Fourth Street, Suite 875, San Rafael, CA 94901.

**DEADLINE:** Entries must be postmarked by March 10, 2002. To receive an official entry form and a split sheet, mail a SASE the above address.

**Awards:** First through third for individual event and first place for relays.

**T-Shirts:** T-Shirts are available for \$15.00 S, M, L, and XL. XXL are \$16. Please indicate the size (on your check).

**Information:** Jon Steiner (415) 459-2000; fax: (415) 459-3668; email: lawjls@aol.com.

### Safety Training for Swim Coaches

Sunday, November 11

8 AM - 1 PM

Mills College, Oakland

\$50.00

MUST pre-register by November 5

Call Carol Berendsen at 510-430-3351

### Challenge to re-certify

Sunday, November 11

12 noon - 1 PM

\$50.00

MUST pre-register by November 5

Call Carol Berendsen at 510-430-3351

## POOL MEETS

### Sierra Nevada Masters 8th Annual Reno "Winners" Meet

Saturday, December 1, 2001  
Sanction # 38-01-21

**Location:** Northwest Pool in Reno, Nevada.

**Directions:** Take 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.

**Facility:** 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.

**Time:** 11:00 A.M. warm-up and noon start.

**Check-in:** This meet will be deck seeded, slow to fast. Swimmers in events 1-13 must check-in by 11:30 A.M. Check-in for the remaining events is 12:30 P.M.

**Entries:** Send your entries on a completely filled out including age PMS Consolidated Entry Form. Swimmers are limited to 5 individual events. 2001 or 2002 USMS registration is required and a photocopy of such must accompany the entry form.

**Entry fee:** Pre-entry: \$3.00 per swimmer (pool use fee) and \$2.00 per individual event. Late/deck entry will be \$3.00 per swimmer and \$3.00 per individual event. Relays: No fee. There will be no refunds.

**Make checks payable to:** Sierra Nevada Masters and mail to: Gwen Shonkwiler, 3315 Thornhill Drive, Reno, NV. 89509

**Deadline:** Entries must be postmarked by **Monday, November 19th** or received by Wednesday, November 21, 2001. Deck entries will not be accepted after 12:00 noon on meet day.

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

**Meet Director:** Steve Lintz (775) 334-2262 (D), (775) 849-2179 (E)

**Referee:** Rick Kaufmann

**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

### Monterey Bay Masters Clambake

Saturday, January 19, 2002  
Sanction #: 38-02-02

**Location:** Pattullo Swim Center, 1148 Wheeler St., Seaside.

**Directions:** Take CA-1 to CA-218 (Canyon Del Rey) in Seaside and head east. Proceed to Hilby (fourth light) and turn left. Go straight on Hilby, across Fremont Blvd., and straight one more block to Wheeler. Turn right and the pool is on the left. Ample free parking at the pool and on adjacent streets.

**Facility:** Indoor six-lane, 25-yard competition pool and separate small warm-up/warm-down pool. A snack bar will be available.

**Time:** Optional swimmer's clinic begins at 9:15 a.m. and ends at 10:00 a.m. Warm-up starts at 10:00 a.m., meet starts at 11:00 a.m. A Masters swimmers social will be held at the completion of the meet (Details will be given at the meet).

**Check-in:** Check-in opens at 9:45 a.m. Check-in closes at 10:30 for events #1-8 and approximately 30 minutes before the expected start of all other events.

**Entries:** Mail a consolidated entry form. Include a copy of your 2002 USMS registration card OR you may register for USMS/PMS at the meet. Relays will be deck-entered on PMS relay cards available at the meet.

**Entry Fees:** \$15 includes participation in the swimmer's clinic and up to five individual events. Day-of-event entry fee is \$20. All relays are "Dollar" relays (\$1 per team entry). Swimmers may enter all three relays.

**Mail your entry,** a copy of your 2002 USMS card and a check payable to SEA, PO Box 950, Seaside CA 93955

**Deadline:** Entries must be received by January 12, 2002.

**Awards:** First place ribbons will be awarded. Special Iron Lung awards will be given to swimmers completing all of the following three events: 400 IM, 200 Fly or Back or Breast, and 500 Free.

**Meet Director:** Cary McGregor (831) 656-4578 day, or (831) 384- 9757 evenings.

**Events:** (Odd – Women, Even – Men)

1 – 2	400 yd. IM
3	800 yd Mixed Free Relay
5 – 6	200 yd. Butterfly
7 – 8	200 yd. Backstroke
9 – 10	50 yd. Breaststroke
11 – 12	100 yd. Freestyle
13 – 14	200 yd. IM
15 – 16	50 yd. Butterfly
17 – 18	100 yd. Backstroke
19 – 20	200 yd. Breaststroke
21 – 22	50 yd. Freestyle
23	400 yd. Mixed Medley Relay
25 – 26	100 yd. Butterfly
27 – 28	50 yd. Backstroke
29 – 30	100 yd. Breaststroke
31 – 32	200 yd. Freestyle
33 – 34	100 yd. Individual Medley
35 – 36	400 yd. Freestyle Relay
37 – 38	500 yd. Freestyle

**University of San Francisco Masters  
Valentines Affair**

**Saturday, February 9, 2002**  
Sanction #38-02-04

**Location:** USF Koret Health and Recreation Center. Corner of Turk and Parker Sts., San Francisco.

**Directions:** From the **Bay Bridge** take Fell Street exit. Once freeway ends, stay on Fell approx. 1 mile. Turn R on Masonic, L on Turk (third light). Turn L into free parking just after Parker (2nd light). From **280 North** take 19th Ave. exit. Stay on 19th approx. 3 miles. Turn R on Geary, and follow directions from GG Bridge. From the **GG Bridge**, stay to the right and take 19th Ave. Turn R on Anza, R on 14th Ave., R on Geary to Stanyon, R on Stanyon, L on Turk and enter free parking area on the right. **South Bay (101 North):** After Cesar Chavez exit stay in the left lanes and take the left branch towards Civic Center. Take the Fell St. exit. Proceed similar to directions above from Bay Bridge.

**Facility:** Indoor 25 yd. x 50 m. pool. Eight competition lanes, 2 warm-up/down lanes available throughout meet. Electronic timing. Snack bar open from 9 a.m.

**Time:** Warm-up from 8:00-8:45 a.m. Meet begins at 9:00 a.m.

**Check In:** Pre registered swimmers must check in by 8:30 a.m. for first two events. Deck entries for the first two events accepted no later than 8:15 a.m. Swimmers in later events must check in at least 30 minutes before the estimated start of the event. Check in at Hagen Gym between 7:30 a.m. and 9:00 a.m. Check in on the pool deck after 9:00 a.m.

**Entries:** All entries must be on a consolidated entry form and accompanied by a copy of the swimmer's 2002 USMS registration card. Relays must be on official yellow relay entry cards.

**Entry fees: Pre-entry:** \$5.00 surcharge plus \$2.00 per event; **Deck/late entry:** \$5.00 surcharge plus \$3.50 per event; Relays: \$4.00 per event, deck entry only. Make checks payable to University of San Francisco Masters. Mail to USF Masters, Attn. E. Tosta, PO Box 330017, San Francisco, CA 94133-0017.

**Deadline:** Entries must be postmarked by Wednesday, January 30, 2002 or hand delivered to the Koret Center at USF by Friday, February 1, 2002. For hand delivery, please put entries in an envelope addressed to Cathy Huang.

**Awards:** Participation goodies will be distributed to all swimmers. This will include an accomplishment sheet to affix your individual results stickers.

**Meet Directors:** Barbara Byrnes bgyrnes@pacbell.net or Bryan Andrews andrewsb@surfbest.net.

**Referee:** Bud Meyer

**Information:** Cathy Huang (415) 422-6247 or Elmer Tosta (415) 422-2384.

**Events:** (Odd=Women, Even=Men)

All events will be swum slow to fast

- 1-2 200 yd. Freestyle
- 3-4 50 yd. Butterfly
- 5-6 200 yd. Breaststroke
- 7-8 50 yd. Backstroke
- 9-10 200 yd. Butterfly
- 11 200 yd. Mixed Medley Relay
- 12 200 yd Mixed Special Relay\*
- 13-14 50 yd. Breaststroke
- 15-16 200 yd. Backstroke
- 17-18 50 yd. Freestyle
- 19-20 200 yd. IM

\* Special Event

Here is the Laura story.  
by Rich Burns

**Amazing!!**

Six events! Six world records! The USMS Long Course Championships in Federal Way Washington were the site of an extraordinary display of swimming prowess. Swimming in the women's 50-54 age group, PMS's Laura Val swam to six new world records. The margin of her victories was something to behold. It's unfair to compare Laura's performances to others in her heats and age group. To get a true sense of what she accomplished at this meet we turned to the men's results and compared her times to the 50-54 men's age group. Her times would have placed 8th in the 50 free (28.22), 4th in the 100 free (1:01.13), 3rd in the 200 free (2:15.37), 9th in the 50 fly (30.72), 5th in the 100 fly (1:07.8), and 4th in the 200 fly (2:31.55). These awesome times would have also placed her in the top 10 in each event in the men's 45 to 49 age group and she would have won the men's 200 free and 200 fly in the men's 55 to 59 age group.

The boys are very grateful she is not one of them. Laura's natural skill and zealous training commitment are an inspiration to everyone who knows swimming.

On the strength of Laura's performances her team, Tamalpais Aquatic Masters walked away with first place in the small team division (less than 11 people) beating 118 other teams. Congratulations Laura and TAM.

[laura.v.jpg](#)

Photo courtesy Nancy Ridout

*Laura Val (TAM) at the Walnut Creek Long Course Invitational*



## Pacific Masters Tape Library Expands

by Brian Stack

Coach Manatee Masters

Here is a list and quickie reviews of the tapes we've recently added to the PMS Lending Library:

**Basic Training from the Fast Lane** Coach John Tremblay, and others.

This tape provides a good introduction to basic concepts. Presentations of ideas are well defined and the tape is well produced. This tape covers most of the training ideas and toys you might encounter at a Masters practice, including: paddles and buoys, zoomers, cross training, triathlon, and weight training. The tape was produced in 1992, so some may take issue with ideas and comments. All in all I find this a valuable and enlightening video.

**Core Body Strength** with Coach Scott Volkens

Australian Coach Scott Volkens demonstrates his dryland philosophy for developing balance and cross body coordination. Coach Volkens and an assistant demonstrate the program obviously aimed at younger swimmers, though with some careful editing and preparation many of the exercises could be adapted for use with any age group. I found the section on the "Swiss Ball" to be helpful, and therapeutic for my bad lower back! Great tape to help you develop a varied dryland routine. If you try the practice while watching the tape, have a towel handy. You will get sweaty!

**Australian Swim Coaches Teaching Association** with

Coach Bill Sweetnam

Volume 2. Backstroke

Volume 5. Individual Medley

Volume 6. Starts, Turns, Finishes

Volume 7. Advanced Drills

Coach Sweetnam has left Australia to be the Head Coach of the British Swimming program, but in his wake he's left the ASCTA a wealth of swimming information. These tapes are chock full of material, this guy really talks a blue streak. You'll be on the pause rewind cycle with these tapes for sure. The whole time he's talking we're watching swimmers do what he's talking about, nice touch. His drill progressions are intriguing, and demanding. He is very clear with his descriptions of drills and goals for the drills, but he sometimes lapses into Aussie jargon that makes me wish there was a slow button on my VCR. I found the IM tape very interesting, lot's of great ways to create IM training regimes. Coach Sweetnam is very creative, and with this series of tapes you'll get an insight into just why Australia's swimmers are so successful.

**Ultimate Breaststroke** with Adrian Moorhouse, and Nick Gillingham.

Good tape for Breaststrokers and those who'd like to be. Moorehouse, and Gillingham ably demonstrate the concepts of the modern Breaststroke. Underwater photography is well done and enlightening. The principals are both accomplished swimmers on the World and Olympic level, but their styles illustrate the diversity of approaches available to Breaststrokers. Good info, great photography, but short.

Look for info on how to rent tapes elsewhere in this newsletter. If you've seen a tape you'd like to have us add, just send me an e-mail at stackb@aol.com and we'll add it the list for next time.

## It Felt Like a Shark Attack...

by Carol Berendsen

Health and Safety Chair

I was chatting with one of our very regular lap swimmers and mentioned that I hadn't seen him in a while—almost six months. He told me that he had experienced an excruciating cramp in his calf while swimming and was almost immobilized and in tears it hurt so much. He said it felt like a shark had clamped its jaws onto his leg. (I'm not sure how he knew what that would feel like—he had both legs and neither had major scars.) It took three days for his muscle to fully relax and the pain to go away. He didn't want it to happen again, so he went on a fact-finding expedition.

In his quest to find out why muscle cramps occur, he discovered some interesting information. Researchers are unsure as to what causes these unpredictable muscle spasms; however, muscle cramps are *usually* associated with excessive dehydration, electrolyte imbalance (loss of sodium and potassium as a result of perspiration), and overexertion.

He was told to drink plenty of fluids—before, during, and after workouts. The more energy you expend, the more fluids you should drink. *Don't wait until you are thirsty.* During strenuous exercise water loss occurs very quickly, and your "thirst detector" cannot keep pace, especially in a pool. Avoid caffeinated beverages because caffeine promotes fluid loss. Drink water, juice, sports drinks, and decaffeinated soda or teas.

He is a diabetic so he is very careful of his diet, but mainly in regard to sugar intake. He learned that there is plenty of sodium in a normal American diet...lots of it in processed foods. The body only needs about a quarter teaspoon of salt a day. The practice of avoiding cramps by taking salt tablets if you are sweating profusely stopped decades ago. To avoid cramps due to potassium loss, he was told to eat foods rich in potassium—spinach, bok choy, zucchini, cauliflower, parsley, mushrooms, romaine lettuce, loose-leaf lettuce, celery, and red radishes. Potassium deficiency is rare, since the body generally has considerable stores.

While there isn't agreement, some researchers speculate that there may be a link between dietary calcium and muscle cramps. Those who oppose this theory say that we have enough calcium in our systems—our bones serve as calcium reservoirs. If there is inadequate calcium intake, the bones will release calcium to allow for the normal contraction and relaxation of muscles. Still, it's a good idea to make sure there is plenty of calcium in your diet. It's good to include at least two servings a day of calcium-rich food. Dairy products aren't the only food sources of calcium. Try turnip greens, kale, bok choy, beet greens, dandelion greens, mustard greens, or parsley.

He asked his orthopedist about cramping. Since he's a pretty buffed dude (for age 53), the doctor recommended a regular stretching and massage regime to elongate and relax his tight muscles and joints.

Diet modification may not be the complete answer to solving the mystery of muscle cramps, but including more fluids and fruits and vegetables to your diet can only help.

*Some information was taken from an article by Tamara Lowengrub, M.S., R.D.*

# COMPETITION ENTRY INSTRUCTIONS

## Pacific Masters Swimming Competitions HOW TO ENTER

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

### AGE GROUPS

**Entrants must be at least 19 years old.**

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

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

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

### POOL COMPETITIONS

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

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

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

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

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

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

### OPEN WATER COMPETITIONS

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

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

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

### Consolidated Entry Form • Pacific Masters Swimming

Name (as it appears on registration card)		Sex M <input type="checkbox"/>	1. Place USMS card in this space. 2. Photocopy with this consolidated entry form. 3. Send in photocopy with each entry.  *Age for LCM & SCM meets is age as of Dec. 31st of current year. Age for SCY meets is age of last day of meet.  T-Shirt size: <input style="width: 100px;" type="text"/>
Street		no. of events entered:	
City	State	Zip	
Phone	* Age	Birthday	
Club	Club Abbr.	Entry Fee	

For a Cardless Meet, enter your times in the table below

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

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

Name of Meet/Event	Date of Meet/Event	Signature
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Rev 3/99

# PACIFIC MASTERS SUPPLIES AND SERVICES

## VIDEO TAPE LIBRARY

### How to Borrow Tapes:

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

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

**Deadline** for  
pool and open water swims  
for the  
January-February Newsletter is  
November 15, 2001  
Please submit creative writing  
and photos to  
Newsletter Editor  
Joanne Berven  
4854 Andrea Ct.  
Livermore, CA 94550  
nevreb@home.com

## 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
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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

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## 2001-02 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE Tentative

	LC Long Course Mtrs.	OW Open Water	SC Short Course Yds.	SCM Short Course Mtrs.
Nov. 28	PMS	PMS Meeting, OakHill Park, Danville		
Dec. 1	SNM	Reno Winners Meet , SCY, Steve Lintz, (775) 849-2179		
Jan. 1 - Feb. 28	TAM	Postal 1650, Jon Steiner, 1000 Fourth St., Suite 875, San Rafael, 94901, (415) 459-2000 x 30, lawjls@aol.com		
Jan. 19	\$	Masters Clambake, Cary McGregor, P.O. Box 950, Seaside, 93955, (831) 656-4578 (d), (831) 384-9757 (eves), cmcgregor@rocketmail.com		
Jan. 27	FCM	(Tentative) Quadrathon/Mile		
Feb. 3	SMMM	Pacifica Indoor Relays, Dale Finch, 76 Elm St., San Carlos, 94070, (650) 654-1554, dfinch@ix.netcom.com		
Feb. 9	USF	Valentine's Day Affair, Elmer Tosta, 2130 Fulton St., San Francisco, 94117, (415) 422-2384		
Mar. 1-3	WCM	Intensive Training Camp, Kerry O'Brien, 41 Mayo Lane, Walnut Creek, 94596, (925) 943-5856, ob@gateway.net		
Mar. 9	RINC	Spring Short Course Meet, Carol MacPherson, 3805 Magnolia, Palo Alto, 94306, (650) 443-2930, (650) 529-1173, c-mac@mindspring.com		
Mar. 23	SCAM	SCAM Invitational Sari Paikoff, 3040 Dohr St., Berkeley, 94702, Calamese2001@yahoo.com		
Apr. 12-14	CRUZ	PMS Championships Joel Wilson, P.O. Box 8422, Santa Cruz, 95061, (831) 425-5762, openwatr@got.net		
Apr. 27	SMMM	Open Water Clinic #1, Thomas Huggins, 146 Seal Rock Dr., San Francisco, 94121, (415) 668-4840, swimmingfly@earthlink.net		
May 4	SMMM	Open Water Clinic #2, Thomas Huggins, 146 Seal Rock Dr., San Francisco, CA 94121, (415) 668-4840, swimmingfly@earthlink.net		
May 11	SMMM	(Tentative) Parkside Aquatic Park (1 mile)		
May 18	RCM	Spring Lake (1 mile), Jim McCray, P.O. Box 337, Healdsburg, 95448, (707) 528-4718		
June 1	DAM	Lake Berryessa (1, 2 mile), Tariq Kadir, Davis Aquatic Masters, P.O. Box 921, Davis, 95617, (916) 801-7738, tkadir@inreach.com		
June 7-8	WCM	Long Course Invitational, Kerry O'Brien, 41 Mayo Lane, Walnut Creek, 94596, (925) 943-5856, ob@gateway.net		
June 29	TVM	Shadow Cliffs (3/4, 1-1/2 mile), Ron Emhoff (entries), 7730-C Canyon Meadow Circle, Pleasanton, CA 94588		
June 30	MOBS	Splash and Dash, Doug Huestis, 9 Escondido Ave., San Francisco, 94132, (415) 681-5496, klencke@itsa.ucsf.edu		
July 6	RCM	Lake Sonoma (2 mile), Jim McCray, P.O. Box 337, Healdsburg, 95448, (707) 528-4718		
July 12-14	CRUZ	(Tentative) PMS Championships, Joel Wilson, P.O. Box 8422, Santa Cruz, 95061, (831) 425-5762, openwatr@got.net		
July 20	TOC	Trans Tahoe Relay, Scott Williams, 524 Post St., San Francisco, 94102, (415) 775-3088 x 1241, swilliams@olyclub.com		
Aug. 3	CRUZ	Santa Cruz Pier (1 mile), Lifeguard Headquarters (entries), #1 Municipal Wharf, Santa Cruz, 95060, (831) 420-6015		
Aug. 4	CRUZ	Pier-to-Pier (10K), Joel Wilson, P.O. Box 8422, Santa Cruz, 95061, (831) 425-5762, openwatr@got.net		
Aug. 4	CRUZ	Cruz Cruise (2 mile), Scott Patterson, 108 Anthony St., Santa Cruz, 95060, (831) 426-1043		
Aug. 18	MAM	2 x 1 Relay, Vincent Pon, 25625 Crestfield Dr., Castro Valley, 94552, (510) 287-0792, vpon88@hotmail.com		
Aug. 24	TCAM	Pinecrest Lake (1, 2 mile), John Brunolli, 22636 Cedar Pines Ave., Twain Harte, 95370, (209) 532-2761, jbrunol@lodelink.com		
Sept. 8	RAD	Whiskeytown (1, 2 mile), Pete O'Neill, 4429 Moyvane Dr., Redding, 96001, (530) 225-0020 ex 726, poneill@jett.net		
Sept. 21	RAMS	Folsom Lake (1, 2 mile), Nancy Kelley, 4065 Silver St., Rocklin, 95677- 1534, (916) 624-0715, nancyk@vfr.net		
Oct. 6	SAC	29th Pentathlon, Andrew Brennan, P.O. Box 188205, Sacramento, 95818, (916) 923-5174, revols@earthlink.net		
Oct. 20	SMMM	Meters Pentathlon, Dale Finch, 76 Elm St., San Carlos, 94070, (650) 654-1554, dfinch@ix.netcom.com		
Dec. 7	SNM	Reno Winners Meet Gwen Shonkwiler, 3315 Thornhill Dr., Reno, NV 89509, (775) 323-2174, gwen@scs.unr.edu		

\$ = Seaside Masters plans to merge with Monterey Bay Masters to form a new club, name not yet confirmed

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