

newsletter



Alan Liu was awarded the Coach of the Year, posthumously, at the PMS Long Course Championships on Sunday, July 11, 2004 at Santa Cruz, CA. Chris Campbell accepted the award on behalf of the Mountain View Masters.

Previous Coaches of the Year

2003	Scott Williams	TOC
2002	Joel Wilson	CRUZ
2001	Sharlene Van Boer	RHMS
2000	Marie McSweeney	TAM
1999	Tina Talbot	SANR
1998	Tim Sheeper	MNLO
1997	Brian Stack	MAM
1996	Doug Huestis	TOC
1995	Mo Chambers	MVM
1994	Polly Upshaw	SCAM

OPEN WATER MEET

Redding Swim Team Whiskeytown Lake Open Water Swims

Sunday, September 12, 2004

Sanction #: OW 0416, OW 0417

Location: Brandy Creek Beach, Whiskeytown Lake. I-5 N to Redding, 299 W approximately 15 mi. Left at Whiskeytown Visitors Center and follow signs to beach.

Note: National Park Service requires a \$5.00 parking permit for all vehicles. It is available at the Brandy Creek turnoff; automated dispenser.

Course: One and two mile triangular courses. Expected water temperature 65-70°.

Time: Check-in and race-day registration begins at 8:00 a.m. and ends 45 minutes before the start of each race. (One-mile start: 10:30 a.m. Two-mile start: 11:30 a.m.)

Swim Procedure: Beach start. Some water grasses near start and finish. Cut-off times of one hour (one mile) and two hours (two mile) will be enforced.

Entries: Pre-race entries are \$20.00 per race, \$30 for both. Add \$10 for late and race day entries. Mail consolidated form or official entry form with a copy of your 2004 USMS registration card and a check (payable to Redding Swim Team) to: Redding Swim Team, c/o Terri Misslin, 2193 Cadjew St., Redding, CA 96003.

Deadline: Postmarked by September 1, 2004.

Awards: Whiskeytown mugs will be given for first through third place in the usual groups

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

Folsom Lake Swim HAS BEEN CANCELLED due to low water

San Mateo Master Marlins Short Course Meters

Sunday, September 26, 2004

Sanction #: 38-04-16

Location: Joinville Swim Center, 2111 Kehoe Ave., San Mateo.

Directions: From San Francisco, take US 101 South, exit on Third Avenue east. Turn right at Norfolk St., and go 0.5 mile to Kehoe Avenue. Turn left and we're at the second stop sign. From the South Bay, take US 101 north and exit on Kehoe Avenue (just after Hwy 92 interchange). From the East Bay on Hwy 92 (San Mateo Bridge) take US 101 north and the first exit is Kehoe Avenue.

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

Time: Warm-up from 8:30-9:45 a.m. **Meet starts at 10:00 a.m.** Hand paddles will not be allowed in warm-ups.

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

Age Groups: 19-24, 25-29, 30-34, etc. Relay Age Groups: 76-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320+, combined age.

Entry fees: Enclose a photocopy of your 2004 USMS Registration Card. Entry fees: \$10.00 for one to five individual events if postmarked no later than Sept. 20. Late and deck entries will be charged \$15.00 for one to five individual events. Make checks **payable** to: SAN MATEO MASTER MARLINS. **Mail to:** Cindy Lee, P.O. Box 371245, Montara, CA 94037

Deadline: Entries **MUST BE POSTMARKED NO LATER THAN MONDAY, September 20, 2004.** Use standard entry cards (pink or blue), accompanied by a consolidated card.

No charge for relay, relay will be deck entered. Please enter appropriate meter times for seeding purposes.

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

Refreshments: Snack Bar Concessions available.

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

Referee: Michael Moore

Events: Women=odd; Men=even

1-2	100 m	Butterfly
3-4	100 m	Backstroke
5-6	100 m	Breastroke
7-8	100 m	Freestyle
9-10	200 m	Individual Medley
11	4x100 m	IM Relay*

* = Special event

POOL MEETS

Sacramento Masters - UCD Women's Swimming Thirty-First Annual Sprint Short Course Meters Pentathlon New Pool and now it is a Meters Meet

Sunday, October 3, 2004

Sanction #: 38-04-20

Location (NOTE: NEW POOL LOCATION AT UCD): Schaal Aquatic Center on the UC Davis campus.

Directions: From I-80 (east or west), take Highway 113 north (toward Woodland), exit on Hutchinson and go east. Take the very first right onto Health Science Drive (there is no stop sign or light). The road quickly T's, take a left and follow this road around to the right. Park in the first parking lot on the left and the pool will be right in front of you.

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

Time: Warm-up at 10:00 a.m., meet starts at 12:00 noon

Check In: Deck entries will close at 11 a.m. and check in for pre-entered swimmers will close at 11:30 a.m.

Entry Fees: \$2 per event plus a \$5 surcharge if postmarked or received by September 28th, 2004. Late and deck entries are \$3 per event plus \$5 surcharge. \$4 per relay. Make **checks payable** to Sacramento Masters.

Entries: Mail consolidated entry form, a copy of your 2004 USMS registration card and your check to: Sacramento Masters, P.O. Box 188205, Sacramento, CA 95818.

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

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

Referee: Mel Knapp

Events: (Odd=Women, Even=Men)

1-2	50 m Fly
3-4	50 m Back
5-6	50 m Breast
7-8	50 m Free
9-10	100 m IM
*11	200 m Women, Men, or Mixed Medley Relay

* Relay event will be deck entered by 2 p.m.

CHAMPIONSHIP MEET

Walnut Creek Masters

Short Course Meters Championships

October 8, 9, 10, 2004

Sanction # 38-04-21

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

Directions: From 680 North take Ygnacio Valley Rd. east about 2 miles to San Carlos stop light, left turn onto San Carlos; after 1 block turn left on Heather. Swim Center is on the right. From I-680 South, take North Main Street turnoff south to Ygnacio Valley Road, turn left onto Ygnacio Valley Road. After about 2 miles, turn left onto San Carlos, as above.

Pool: 6 Lanes of 25 meters for competition with 6 - 25 yard lanes for warm-up and warm-down throughout the meet; electronic timing; bleacher and lawn seating; snack bar.

Time: Warm-ups begin at 9:00 a.m. on Friday, at 7:30 a.m. Saturday and Sunday. Meet starts at 10 a.m. on Friday, at 8:30 a.m. on Saturday and Sunday.

Check-In: All swimmers must check in each day for their events. The 1500 must be checked in by 9:30 a.m. on Friday. The 100 back and 200 free must be checked in by 8:00 a.m. For all other events, swimmers must be checked in one-half hour prior to the start of their event.

Entries: This is a cardless meet. **No late or deck entries will be accepted.** Entries must be on a Consolidated Entry Form. Make sure you enter "meter times" for seeding purposes. Enclose Consolidated Entry Form, copy of 2004 USMS card, and entry fee and make checks payable to: Walnut Creek Masters. Mail to: Pacific Masters SC Meters Championships, P.O. Box 8039, Walnut Creek, CA 94596.

Entry Fees: Entry fee is \$15 for one event, \$25 for 2 - 4 events, and \$30 for 5 - 7 events. (includes \$4.00 splash fee) Swimmers may enter not more than five individual events per day or a total of seven for the three days. Relays will be deck entered each day at a total of \$4 per relay. All events will be seeded slow to fast. Events 3, 4, and 5, the 800 m Freestyle Relays, will be seeded by time and swum together regardless of gender. Each swimmer may participate in only one 800 m Free Relay. There will be a 10 minute break after the 1500's on Friday.

Deadline: Entries must be postmarked by **September 27, 2004**, or received by **October 1, 2004**.

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

Meet Director: John Keller (925) 937-7109

Referee: John Duncan

Events: Odd = women, even = men.

Friday, October 8

Warm-up begins at 9:00 a.m.

Meet starts at 10:00 a.m.

- 1-2 1500 m Free
- 3-4 800 m Free Relay
- 5 800 m Mixed Free Relay
- 7-8 400 m IM

Saturday, October 9

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

Meet starts at 8:30 a.m.

- 9-10 100 m Back
- 11-12 200 m Fly
- 13-14 50 m Breast
- 15 400 m Mixed Free Relay
- 17-18 200 m IM
- 19-20 100 m Free
- 21-22 50 m Fly
- 23-24 100 m Breast
- 25 200 m Mixed Medley Relay
- 27-28 800 m Free

Sunday, October 10

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

Meet starts at 8:30 a.m.

- 29-30 200 m Free
- 31-32 400 m Medley Relay
- 33-34 50 m Back
- 35-36 200 m Breast
- 37-38 100 m Fly
- 39-40 50 m Free
- 41-42 100 m IM
- 43-44 200 m Back
- 45-46 200 m Free Relay
- 47-48 400 m Free

Heart

by Dore Schwab

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

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

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

*If you have a poem, artwork,
or photo that is swimming
related and would like to have
it appear in this newsletter,
please send it electronically
to newsletter@pacificmasters
.org. (.jpg or .eps files at 300
dpi are preferred for artwork
or photos)*

POOL MEETS

Mountain View Masters

The Alan Liu Memorial SCM Medley Meet

Sunday, October 24, 2004

Sanction #: 38-04-17

Location: Eagle Park Pool, 651 Franklin Street, Mountain View, CA. (Along Shoreline Blvd., between Church Street and High School Way).

Directions: From HWY 101, exit Shoreline Blvd. Turn south towards downtown Mountain View. Turn left on Church Street. Pool is on the right. From HWY 280, exit HWY 85 north. Exit El Camino Real north into Mountain View. Turn right on Shoreline, then right on Church Street. Pool is on the right. The MVM website (www.mvm.org) has a link to a map. Parking is available in lots on both Church and Franklin Streets, and on the surrounding streets.

Facility: 8 lane x 25 meter outdoor pool with bulkhead. 4 lane x 20 yard shallow end available for continuous warm up and warm down. Full locker room facilities, toilets and showers on site. Snack Bar available. On-site massage available for \$1.00 per minute.

Time: Warm-up from 7:30 a.m. - 8:45 a.m. Morning events start at 9:00 a.m. Following completion of the 400 m IM, there will be an additional 30 minute warm up period. Events 23 and 24 (the 1500 m Freestyle) will begin no earlier than 12:00 Noon.

Check In: Relay cards for events 1, 2, and 3, must be turned in by 8:30 a.m. Swimmers for all other events must check in at least 30 minutes before the estimated start of the event. Relay cards for events 11, 19 and 20 must also be turned in 30 minutes prior to the start of these events. Entry closures for all events will be announced during the meet, well in advance.

Entries: This is a cardless meet. You must use the consolidated entry form in the Pacific Masters Swimming newsletter or from the PMS website (www.pacificmasters.org). Please submit short course meter times for proper seeding. Swimmers may enter up to 5 individual events and 3 relays. **All events may be deck-entered. However, the 1500 m Freestyle will be limited to a total of 6 heats. Only the first 48 total entries received, men or women, will be accepted.** Preregistration for this event is highly recommended.

Entry Fees: \$3.00 per individual event plus a surcharge of \$5.00 per swimmer for preregistered entries, and \$4.00 per event with a \$5.00 per swimmer surcharge for late or deck entries. All relays will be deck-entered at a cost of \$4.00 per relay.

Deadline: Entries must be postmarked by Wednesday, October 13, 2004, or received by Saturday, October 16, 2004. Mail consolidated entry form, check (payable to Mountain View Masters), and a copy of your 2004 USMS registration card to: Mountain View Masters, Attn: Swim Meet Entries, PO Box 390570, Mountain View, CA 94039. There will be **NO REFUNDS** of entry fees.

Awards: Ribbons 1st through 8th in each age group. A special award, in memory of Coach Alan Liu, will be given to the winner of the Men's 30-34 400 m IM.

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

Referee: TBA

Events: (Odd =Women, Even =Men)

Notes: All events will be seeded and swum slow to fast. Events 1, 2, and 3, the 800 m Freestyle Relays, will be seeded by time and swum together, regardless of gender, as will events 23 and 24, the 1500 m Freestyle. Each swimmer may participate in only one 800m Free Relay. Events 23 and 24 will not start before 12:00 Noon. If needed, there will be a short break after events 10 and 18.

1- 2	800 m	Women's and Men's Freestyle Relay
3	800 m	Mixed Freestyle Relay
5- 6	50 m	Butterfly
7- 8	50 m	Backstroke
9-10	200 m	Individual Medley
11	400 m	Mixed Medley Relay
13-14	50 m	Breaststroke
15-16	50 m	Freestyle
17-18	100 m	Individual Medley
19-20	400 m	Women's and Men's Freestyle Relay
21-22	400 m	Individual Medley
23-24	1500 m	Freestyle

Tuolumne County Aquatics Masters

Invitational Short Course Swim Meet

Saturday, October 30, 2004

Sanction # 38-04-22

Location: Sonora Sport and Fitness Center, 13760 Mono Way, Sonora CA 95370.

Directions: Take Hwy 108 and continue on Hwy 108 past the Sonora exit. Proceed east until you see the Mono Way exit. Take this exit and go to the second stoplight. The shopping center is on your right, turn left at this stoplight and proceed to the back of the Fitness Center.

Parking: There is Limited PARKING at the Fitness Center. Parking is available below the pool, the outside spaces around Burger King and the middle spaces across the street in the Junction Shopping Center. There will be a drop off area provided at the pool for swimmers and equipment.

Course: Outdoor heated 25 yd x 25 m pool 10 lane pool. Eight lanes will be used for competition.

Check-in: The meet will be deck seeded. Swimmers must check in for the first four events by 8:30 a.m. Deck entries will be allowed.

Entries: Entries must be on a consolidated Pacific Masters Entry Form. Make sure you enter yard times.

Entry fee is \$4.00 per event when received by the deadline. There is also a \$5.00 surcharge per swimmer to offset meet expenses. Enclose consolidated entry form, copy of your 2004 USMS card, and entry fee made payable to TCAM. Mail to TCAM, PO Box 881, Sonora CA 95370 or hand deliver to Sonora Sport and Fitness, 13760 Mono Way, Sonora CA 95370.

Deadline: Entries should be postmarked by **October 18, 2004** or hand delivered by **October 20, 2004**. Deck entries will be accepted and the entry fee for deck entries is \$5.00 per event. Only **5 swims** will be allowed.

Awards: Ribbons will be awarded 1st thru 6th place.

Meet Referee: Don Brown

Head Starter: Michael Gourley

Meet Director: Bill Fisher 209-965-4583 hm, 209-743-5475 cell

Food: A snack bar will be available.

Computer: This meet will be conducted using the Hy-Tek system.

Events: Odd=Women, Even=Men

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

FOR YOUR INFORMATION

RULES CHANGE ON PACING NO WATCHES TO BE WORN BY SWIMMERS IN POOL MEETS

Effective June 5, 2004, USA Swimming amended their rules in order to align them with FINA with respect to the use of equipment that can convey pacing information to a competitor. The change is in response to the availability of individual radio receivers that can transmit information to a swimmer from a coach or other person.

USMS will follow the interpretation of USA Swimming that indicates that pacing devices including tempo training devices and radio transmitters that allow instructions to be passed to the swimmer are forbidden. **USA Swimming has also indicated that other pace-conveying devices such as watches are not allowed on the swimmer.** In response to questions received, it should be noted that this change does not prohibit one from conveying pace information through hand signals, placement of lap counters and the like. **Additionally, this change does NOT affect long distance swimming.**

Pursuant to USMS rule 601.4.6B, USMS has adopted this change based upon the action of the Rules Committee that accepted the USA Swimming interpretation.

102.15.9 -- Swimmers are not permitted to wear or use any device or substance to help their speed, pace, or buoyancy. Goggles may be worn and rubdown oil applied if not considered excessive by the referee.

For those officiating USMS meets, it is suggested that enforcement of the rule be approached from an educational perspective. For example, if one sees a swimmer approach the block with a prohibited device, inform them of the rule and allow them to make any necessary changes rather than letting them start and disqualifying them.

SWIM CLINIC OFFERED

RCP Events, Inc. is proud to announce the 6th Annual World and Olympic Champion Swim Clinic, Saturday, September 18, 2004, at the College of Marin Pool in Kentfield, Ca. Hosted by the best swimmers in the world, the 2004 Swim Clinic will feature past and present Olympians including Janet Evans, Brooke Bennett, Klete and Kalyn Keller, Erick Vendt and Natalie Coughlin. This unique event is a benefit for the Special Olympics and is held in conjunction with the RCP Tiburon Mile Open Water Swim, a one mile open water swim in the San Francisco Bay which will be taking place the following day, September 19th; the RCP Tiburon Mile will also feature the Elite Athletes from the Clinic as well as a number of other World Champion Swimmers. Combined, the clinic and the swim event have raised over \$150,000 for Special Olympics to date.

The 6th Annual World and Olympic Champion Swim Clinic is open to all swimming enthusiasts ages six and up. Swimmers will be given the chance to meet and learn stroke technique and strategies from the best of the sport. Cost for this special opportunity is \$49.00/person. Registration is available by calling the event hotline at (415) 721-9990 or logging onto the Race Info Page of our website, <http://www.rcptiburonmile.com> and click on "Additional Event Details" for a registration form.

For more information or questions, please call the event hotline or email: rcptibmile@placak.com.



Spring Lake, 2004



Del Valle, 2004

photos by Peter Kapetanic

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.
Street		F <input type="checkbox"/>	
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:

Event No.	Est. Time	Distance-Stroke	Event No.	Est. Time	Distance-Stroke
Email (Optional)					

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

Name of Meet/Event	Date of Meet/Event	Signature
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Rev 9/02

PACIFIC MASTERS SUPPLIES AND SERVICES

VIDEO TAPE LIBRARY How to Borrow Tapes:

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

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

Membership Card Replacement	2.00
USMS/PMS Registration Forms	free
USMS Brochures (up to 20)	free
Pad -100 Consolidated Entry Forms	3.50
USMS 2004 Rule Book	8.00
USMS Mini Rule Book (rules only)	5.00
USMS Decals (each) <small>stickon or static cling</small>	0.50
PMS Luggage Tag for PMS Card	2.00
Video and audio tape deposit	50.00
Video/audio tape mailing charge (per 1 or 2 tapes order)	5.00

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

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			

2004 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

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

Sun.	9/12/04	RAD	Whiskeytown (1, 2 mile) (OW) Terri Misslin 2193 Cadjew St., Redding, CA 96003 (530) 221-5550, tmisswimr@aol.com
Wed.-Sun.	9/15-19/04	USMS	National Convention, Orlando
Sat.	9/18/04	RAMS	Folsom Lake (1, 2 mile) (OW) cancelled
Sun.	9/26/04	SMMM	SCM Pentathlon Cindy Lee, P.O. Box 371245, Montara, CA 94037 (650) 728-0704, cindyswimlee@earthlink.net
Sun.	10/03/04	SAC	31st Annual Pentathlon (SCM) Andrew Brenan, P.O. Box 188205, Sacramento, CA 95818, (916) 801-2627 (d), (916) 923-5174 (e). revols@earthlink.net
Sat.-Sun	10/8-10/04	WCM	PMS SCM Championships, John Keller (925) 937-7109
Sun.	10/24/04	MVM	Alan Liu Memorial Short Course Meters Meet, Chris Campbell coachchris@mvm.org, evenings: 408-730-8930
Sat.	10/30/04	TCAM	Invitational SCY, Bill Fisher, (209) 965-4583 (home), (209) 743-5475 (cell)
Sat.	12/04/04	SNM	Reno Winners Meet Affair (SCY) Steve Lintz, 3315 Thornhill Dr., Reno, NV 89509, (775) 334-2203 (d), (775) 849-2179 (e), lintz@ci.reno.nv.us

2004 Meeting Dates: September 29, October 20, November 17. All meetings will be held at the Oak Hill Park Community Center, Danville, CA and begin at 7:30 PM. All are welcome. Directions: On I 680, take Stone Valley Rd. EAST. Go approximately 2 miles. Oakhill Park is on the right, just before Monte Vista High School. Parking lot is in front of the building.

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

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