

newsletter



Message from the Chair

by Michael Moore, PMS Chair



First, congratulations to all of our Pacific Age Group Swimmers of the Year, and also take the opportunity to note the achievements of our Men's and Women's Swimmers of the Year, listed below.

Age Group Swimmers of the Year

For each age group, here are the swimmers of the year. Points are based on participation in pool meets (short course yards, long course meters and short course meters) as well as open water swims. Points are scored based on places achieved in USMS rankings, as well as records (Pacific, USMS and World records).

Women

18-24--Rebecca Tukua, 23, WCM, 430
25-29--Allison Wagner, 28, USF, 304
30-34--Helen Salcedo, 30, WCM, 178
35-39--Laureen Welting, 39, TOC, 212
40-44--Jana Matena, 43, MELO, 460
45-49--Marguerite Meyer, 47, TOC, 470
50-54--Laura Val, 53, TAM, 697
55-59--Celeste Miller, 56, SNM, 403
60-64--Daniela Barnea, 61, STAN, 748
65-69--Susan Munn, 66, DAM, 634
70-74--Ann Hirsch, 74, WCM, 724
75-79--Barbara Owens, 76, WCM, 383
80-84--Margery Meyer, 82, TOC, 670
85-89--Audrey Etienne, 89, SMMM, 196

Men

18-24--Matthew Roper, 24, DAM, 514
25-29--Andy Nonaka, 26, DAM, 390
30-34--Brad Winsor, 34, DAM, 202
35-39--Roque Santos, 38, WCM, 684
40-44--Roger Brisbane, 41, UNAT, 352
45-49--John Morales, 48, SRM, 370
50-54--Philipp Djang, 50, RHMS, 301
55-59--Jim Clemmons, 55, MAM, 1,022
60-64--Rich Burns, 62, TAM, 577
65-69--Jim Perilman, 66, WCM, 507
70-74--Robert Mayo, 72, WCM, 460
75-79--Don Stupfel, 77, SMMM, 208
80-84--Tom Mc Call, 82, SCAM, 340
85-89--Bill Johnston, 87, WCM, 669
90-94--Jim Triolo, 91, LAM, 190

Women's Swimmers of the Year:

Allison Wagner (25-29) and Audrey Etienne (85-89)
Allison Wagner of USF Master, set Pacific Records in short course yards 100 and 200 breaststroke, long course 200 Breaststroke and 200 IM, with her IM swim also setting a National record. She also won both the Short Course Yards and the Long Course Pacific Championship High Point. Allison finished in USMS Top Ten for long course meters in 8 events, including six first place finishes. She also had nine USMS Top Ten swims for Short Course Yards, including two firsts.

Audrey Etienne of San Mateo Marlins has long been active at Pacific Masters meets and continues to participate with a gracious way of inspiring others to continue to swim. She was the High Point winner at Short Course Meters Pacific Championships. She also achieved three second place finishes in USMS Top Ten times for Short Course meters, and four second place times in Long Course meters. Her total Top Ten swims are 167.

Swimmer of the Year – Jim Clemmons

Pacific Master's Swimmer of the Year Award goes to Jim Clemmons (50-54 and 55-59) of Manatee Aquatic Masters. Jim was the clear winner in the scoring, for the following reasons:

In 2005 he achieved:

16 USMS Top Ten swims in Short Course Yards, spanning two age groups, including seven first places in his new age group

13 Long Course Meters USMS Top Ten swims, in all strokes, including two first places

17 Short Course Meters USMS Top Ten swims, in all events except one (he only missed the 50 fly), including 8 second places

Since 1996, Jim has achieved 190 top ten swims in USMS records

In 2005, he also represented Pacific LMSC to participate in the Masters Session of the US Olympic Training Camp.

Jim set National and Pacific records in Short Course Yards in 500 free, 1000 free and 1650 free, and 400 IM and set a Pacific

See CHAIR, next page

CALL FOR VOLUNTEERS

CHAIR, from previous page

record in 200 fly. Jim also set Pacific records in Long Course Meters 200 fly and 400 IM, and in Short Course Meters, he set Pacific records in the 100 and 200 fly as well as the 200 IM.

Jim also won the High Point in all three Pacific Championships: Short Course Yards, Long Course Meters, and Short Course Meters.

All in all, an amazing year for Jim! Congratulations!

FINA MASTERS – Call for Volunteers!

It is less than a month to the start of the FINA World Championships, and there is still a lot of work to be done. We hope that every one is getting registered, the deadline is June 3, and we already have a lot of participants in all the disciplines – pool, diving, synchro, water polo and open water. We are hoping that devoting one day of the swim meet exclusively to relays will encourage people to sign up – even if you can only get to the meet for one day, the relays will be lots of fun!

This is the only FINA event in the US this year in any of the aquatic sports disciplines, so the whole Masters Aquatic World will be looking at Stanford. How well we do will affect the consideration of San Francisco and the United States for international sporting events. San Francisco will probably be putting together a bid for the 2016 Olympic Games, and we want to show that when sporting events come to San Francisco they are top notch in every respect: facilities, event delivery, running the meets, accommodations, extracurricular events – all aspects should be terrific!

To pull this off, though, we need to make sure the events run smoothly. To do this literally *hundreds* of volunteers are needed for all aspects of the meets, games and competitions. Consider whether to volunteer as a team so you will be working with people you know, or volunteer with the goal of meeting someone new and making new friends. For this competition, we need help on tasks that do not usually come up in your basic aquatic competition:

Translators – We need people to help other people who may not speak English all that well. I have been traveling to many countries - Italy, China, Switzerland, South Africa, Lesotho, Dubai, Dominican Republic and Chile – even though English is spoken all over the world, we will need people to help others in their native language. Many people feel more comfortable when someone else can help them out when speaking in English.

Transportation – We need drivers to get people where they need to be. We also need people to direct those who drive, and can help them get directions to where they need to go, as well as people to help with the shuttle. If you are local to the Stanford/Peninsula area you could really help us out by volunteering, it will make some one's trip much smoother if they can easily get to where they need to be.

Timers – Obviously, for a meet this size a huge number of timers are needed.

Administrative jobs – We need people to man the desks to check accreditation of participants, to assure that they have all the required paperwork to participate. We will have to take everyone's picture for their ID badges, and while we have the software and hardware to run it, we still need people to do the job. We will have to accredit over 7000 athletes and other participants.

Sports specific jobs – For each type of competition there will be specific jobs, such as timers, judges, referees, runners, check in clerks and so on. To make the competitions run smoothly, these unsung jobs become crucial.

In traveling around the world to get ready for this event, I have found that it is the little things that influence the way I feel about a country, and especially, the person who goes out of their way to make my stay a little more comfortable. I am hoping that among our Pacific Masters athletes, we will find many people who will help make their competitors from different countries (or even from across the US) feel welcome in California.



*Swimmers of the Year
Top to bottom
Marguerite Meyer,
Roger Brisbane, Roque Santos, Jana Matena
Rebecca Tukua, Brad Winsor, Bob Mayo
Helen Salcedo, Andy Nonaka
Daniela Barnea, Jim Perlman Jim Triolo
Jim Clemons, Allison Wagner
John Morales. Margery Meyer
Bill Johnston, Don Stupfel
Laura Val, Rich Burns
Audrey Etienne, Susan Munn*

photo by Peter Kapetanic

With a lot of volunteers, we can put the San Francisco Bay Area, California and the United States in a good light so if we choose to go pursue another international competition, the people who decide will think favorably about the United States and the Bay Area.

You can volunteer by going to <http://www.my-signup.com/2006FINAMasters>.

Your help will be appreciated.

OPEN WATER SWIMS

Sierra Nevada Masters 26th Annual Donner Open Water Swim

Saturday August 12, 2006

Sanction #: OW-0611

Location: Donner Lake, Truckee, CA. Located 35 miles west of Reno, NV and 100 miles east of Sacramento, CA via Interstate 80. The start is at the east-end of the lake by Donner Memorial State Park; the finish is at West End Beach.

Parking: This is a point to point swim with parking available at a designated parking area at the start and at the finish area. A shuttle will operate between these areas from 6:30 a.m. till noon. There is a spectator fee at the West End Beach (\$3.00 adults, \$2.00 children). Animals are not allowed on the beach.

Course: Straight, point to point, 2.7 miles. Expected water temperature 65-68 degrees. Altitude is 5933 ft.

Time: Check-in and race day registration 6:30-8:00 a.m. Race begins at 8:30 a.m.

Swim procedures: Pre-race instructions at 8:15 a.m. followed by a beach start. A 2 hour 30 minute race time limit will be strictly enforced. A fifty-minute time limit for the first mile will also be enforced. Non motorized individuals escorts are permitted. Life jackets and "man in water" flags are required on all craft.

NOTE: *If you fail to complete the first mile in 50 minutes you will be removed from the water if you do not have your own escort. Additionally, if you fail to finish the race prior to the time limit you will be considered a disqualified non-finisher and will be removed from the course if you do not have your own escort. Should you feel that you will be unable to meet the swim time limit, you must provide a personal escort to accompany you during the swim.*

Entries: \$25 per person if RECEIVED BY Monday, August 7, \$40 per person, if received on race day. DO NOT MAIL entries after Saturday, 8/5/06. Entry fee is non-refundable. Timing for this year's event will be provided by Finish Line Productions utilizing the ChampionChip system. You will be issued a timing chip and ankle strap at check-in to be worn around the ankle during the swim. As you cross mats placed at the finish line your time will be recorded based on your assigned chip number. You will be unable to exit the finish area until you return your timing device and will be charged \$30.00 if you fail to do so.

Mail consolidated entry forms or official race entry forms, a copy of your 2006 USMS registration card and a check (payable to SNM) to Sierra Nevada Masters, c/o Laura Hanson, 2750 Plumas Street #202, Reno, NV 89509. Official race entry forms are available at sierranevadamasters.com.

Awards: Special Awards to the top 18-39 and top 40+ male and female finishers. Awards to the top three finishers in each age division. Participants in wetsuits are ineligible for awards. Postrace refreshments will be provided along with a lunch provided by Men Wielding Fire for all pre-registered race participants. Lunches will be available for purchase (\$5.00) to participants who do not sign up in advance and spectators.

T-shirts: Short sleeve and Long sleeve T-shirts will be sold race day.

Race Director: Laura Hanson, (775) 843-1477, or email laurahanson888@hotmail.com

Manatee Aquatic Masters 20th Annual 2x1 Open Water Relay

Sunday, August 20, 2006

Sanction #: OW-0612

Location: Quarry Lakes Regional Recreation Area 2250 Isherwood Way Fremont, CA

Directions: To Quarry Lakes, in Fremont. Horseshoe Lake will be the site of this year's event. From the North: take 880 south to Decoto RD/ CA 84 West, turn left on Decoto RD, right on Paseo Padre Pky, left on Isherwood Way. From the South: take 880 north to Thornton Ave./ CA 84 East, turn right on Thornton Ave., left on Paseo Padre Pky, right on Isherwood way. From the West: take CA 84 East/ Dumbarton Bridge, continue on Decoto RD, turn right on Paseo Padre Pky, left on Isherwood Way. Turn right into the park entrance on Isherwood Way. There is a park fee of \$4.00/car. Exact change is appreciated, as change is limited. Carpooling is highly recommended. Anticipate a 10-20 minute delay at the gate.

Swim Distance: The finest experts will be used to make sure this year that the course is as close to one mile as possible - assuming you swim a straight course.

Course: One-mile rectangle course. Water temperature is expected to be approximately 65°- 70°.

Check In: Gates to the park open at 6:00 a.m. Registration begins at 7:00 a.m. and all swimmers must check in by 8:00 a.m. ALL TEAMS MUST REGISTER TOGETHER. Mandatory pre-race briefing will be at 8:15 a.m. The race will begin at 8:30 a.m. NO LATE STARTERS will be allowed.

Divisions: 18-24, 25-34, 35-44, etc.; men, women and mixed. No entrants under age 18. Age group is the sum of ages on race day divided by 2 (and rounded down).

Entry Fees: Pre-race entries - \$45.00 per team for online registration via Manateeswimming.org or \$50 per team if mailed. The mail-in form is also on the web page. A photocopy of your current 2006 PMS/USMS registration card must accompany your pre-race entry

Race day entries \$55.00 per team. All entrants must have proof of current PMS or USMS registration. Entry fee is non-refundable. **Deadline:** Pre-race mail entries postmarked by Saturday August 5, 2006. Race day entries closed at 8:00am. There is a 250-team limit, so register early.

Awards: Special awards will be given to the first men's team, first women's team, and first mixed team. Ribbons will be given to the first three places in each age group. Special awards will be given for the first mother/daughter, mother/son, father/daughter, father/son, brother/sister, brother/brother, sister/sister, grandparent/grandchild, and spouse/significant other. Special event gifts will be given to all entrants.

Race Info: Race Director: Gordon Jacoby (510) 339-6367. Email [gdjacoby@aol.com](mailto:gjacoby@aol.com)

*Visit our website
www.pacificmasters.org*

COMPETITION ENTRY INSTRUCTIONS

Pacific Masters Swimming Competitions

HOW TO ENTER

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

AGE GROUPS

Entrants must be at least 18 years old.

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

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

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

POOL COMPETITIONS

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

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

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

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

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

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

OPEN WATER COMPETITIONS

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

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

C u t

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"/>	
City		no. of events entered:		
State	Zip			
Phone	* Age	Birthdate		
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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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. 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)

2. Open Water Swimming, Skills, Techniques, and Tactics, Michael Collins & Gerry Ridrigues – DVD format only

3. 21st Century Swimming, v.2 Backstroke, v.5, IM, v.6 Starts, Turns, Finishes, v.7 Advanced Drills

4. Ultimate Breaststroke, featuring Adrian Moorhouse and Nick Gillingham.

5. Core Stabilization & Shoulder Stabilization (2 tape set with book), Matt Wren MS, PT

6. Basic Training from the Fast Lane - Coach John Tremblay, 1992

7. Core Body Strength with Coach Scott Volkers (Mobility and Flexibility).

8. How Swimming Works, New Ideas in Freestyle & Backstroke - Dr. Marty Hull, 1996

9 Australian Swim Coaches Teaching Association with Coach Bill Sweetnam v2. Backstroke, v5. Individual Medley, v6. Starts, Turns, Finishes, v7. Advanced Drills

10. From the Fast Lane (3 tapes)- John Moffet vol. 1-Basic Technique, vol. 2-Basic Training, vol. 3-Advanced Technique

11. Water: How to Be Safe In It, Have Fun In It, Move Powerfully In It, Swim Fast IN It - Dr. Marty Hull

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

13. Swimming Fastest II - John Tremblay

14. Forbes Carlisle Seminar - Taped at the Olympic Club, 1995

15. From the Bottom Up - Mike Bottom (3 tapes)Freestyle, Backstroke, Breaststroke

16. Stretching - Bob Anderson

17. Clinical Sports Massage - Benny Vaughn

18. Weight Training for Adult

Swimmers - from Rinconada Masters 50+ Clinic

19. Classic Swimming Series (4 tapes) - Don Gambрил

20. Breaking the Mental Barrier (audio tapes)

21. Residential Pools by SwimEx, Aquatic Therapy, Sports & Conditioning Pools

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 2005 Rule Book	8.00
USMS Mini Rule Book (rules only)	5.00
USMS Decals (each)stickon or static cling	0.50
PMS Luggage Tag for PMS Card	2.00
Video and audio tape deposit	50.00
Video/audio tape mailing charge (per 1 or 2 tapes order)	5.00

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			

2005 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

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

Fri-Sun	7/7-9/06	CRUZ	PMS LC Championships, Joel Wilson, openwatr@got.net
Sat	7/15/06	RCM	Russian River 1 mile, PMS Open Water Championship, Bert Whitaker, bert@lifeguardsforlife.org
Sat	7/22/06	TOC	Trans-Tahoe Relay, Scott Williams, swilliams@olyclub.com
Sat	7/29/06	CRUZ	33rd Annual Roughwater Swim 1 mile, Roughwater Swim, rgould@santa-clarita.com
Sun	7/30/06	CRUZ	Cruz Cruise 2 miles, Paul Wrangell, pwrangel@pacbell.net
Fri-Fri	8/4-11/06	USMS	XI FINA World Masters (3K=8/11)
Sun	8/13/06	SNM	Donner Lake 2.7 miles, Laura Hanson, laurahanson888@hotmail.com
Sun	8/20/06	MAM	2 x 1 Relay at Quarry Lakes, Gordon Jacoby, gdjacoby@aol.com
Sat	8/26/06	TCAM	Pinecrest Lake 1 & 2 mile, Sheila Monaghan, sam2@sonnet.com
Sun	9/10/06	RAD	Whiskeytown Lake 1 & 2 Mile, Greg Tyler, gtyler@stimpel.net
Th-Sun	9/13-17/06	USMS	USAS Convention, Dearborn, MI
Sat	9/23/06	DACA	Oktoberfest Lake 1 & 2 Mile, Jerry Koch, lockdrive@aol.com
Sun	9/24/06	SMMM	SCM Pentathlon, Cindy Lee, cindyswimlee@earthlink.net
Sun	10/1/06	MVM	Alan Liu Memorial SCM Meet
Sun	10/1/06	**	Tiburon Mile, Bob Placak, rcptibmile@placak.com
Sat	10/7/06	SAC	SCM Sprint Pentathlon, Andrew Brenan, Andy@Brenan.net
Fr-Sun	10/13-15/06	WCM	PMS SCM Championships, Kerry O'Brien, swim4wc@netscape.net
Sat	12/2/06	SNM	Reno Winners Meet, Gwen Shonkwiler, gwenshonk@sbcglobal.net

** Not PMS sanctioned



PMS SCY Championships at the Pleasanton Aquatic Center

2006 Meeting Dates are: July 19, August 23, September 27, October 18, November 15. The meeting place will be at Heather Farms Community Center Club House or the classroom at the pool, Walnut Creek. From I-680 take the Ygnacio Valley off ramp, head east. Left at San Carlos and take the second left at the Community Center sign. Parking to the left around the curve.

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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