

Pacific Masters Swimming

newsletter



2009 Renewal Information

Your membership expires on December 31st. By renewing now, your membership will continue through 2009 with no gaps in benefits and you will avoid last minute hassles in rejoining later. Up to date USMS registration is mandatory for club and event liability insurance coverage. You may change your club affiliation upon renewal with no transfer forms, fees, or waiting period. When you receive your 2009 membership card, make several copies of it for event entry purposes and as a backup in case yours is lost. You can get a duplicate card from the PMS Office for a \$2 fee.

This year you have two ways to renew. You can register with a credit card online, print out a copy of your card, and be ready to go in minutes at <https://www.clubassistant.com/club/usms.cfm>. You can also complete the form below and mail it in with your check. In either case, a card will be mailed to you as soon as possible. If you don't receive your card within 7-10 days, please notify the PMS Office.

The 2009 fee remains unchanged from 2008 - \$40. \$25 of this fee goes to USMS and \$15 stays here in Pacific for programs and services. Swimmers who have reached the age of 90 pay no membership fee, but do need to submit a signed membership application form.

Services and 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 USMS member clubs throughout the country while traveling or vacationing.
- A subscription to USMS Swimmer, a bi-monthly national swimming publication which runs concurrently with your membership.
- The PMS Newsletter (inserted within USMS Swimmer) featuring up-to-date information on events occurring in our area.
- Web sites www.PacificMasters.org and www.usms.org which provide up-to-date and archived information on continued on next page

United States Masters Swimming, Inc. Pacific Masters Swimming, Inc. 2009 Membership Application <input type="checkbox"/> Renewal 2008 number if known: _____ <input type="checkbox"/> New Registration YOU MUST PAY TOTAL FEE OF \$40 (Fee includes: USMS = \$25, PMS = \$15)	PLEASE PRINT CLEARLY. Your name on this form and on meet entry forms must be identical.			
	Last Name		First Name	
Mailing Address			Home Phone No. ()	
City	State	Zip	Work Phone No. ()	
Date of Birth Month Day Year 19		Age	Sex	e-mail address
CLUB (Indicate Club affiliation or Unattached)			Today's Date Month _____ Day _____ Year 20 _____	
"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."				
Signature _____			I am a Masters Coach <input type="checkbox"/> I am a Certified Official <input type="checkbox"/>	
I wish to contribute to the following foundations <i>and have added the additional amount</i> to my 2009 registration fees. <input type="checkbox"/> \$1 or () The US Masters Swimming Foundation. <input type="checkbox"/> \$1 or () Pacific Masters Swimming. <input type="checkbox"/> \$1 or () The International Swimming Hall of Fame.				
				revised 9/15/08

continued from front page
swimming, training, discussion forums, Web-based publications, membership, event calendars, links to other swimming sites, and places to swim.

- The privilege of participating in any PMS and USMS sanctioned postal, pool, open water event, or clinic.
- Liability insurance for your club and event sponsors and personal secondary accident insurance.
- Borrowing privileges from the PMS video library.
- A central PMS Office to answer any of your swimming questions (registrar@pacificmasters.org or 415-892-0771).
- Member based (optional) email service with updates and current swimming information.
- Toll-free access to the USMS National Office (1-800-550-SWIM and usms@usms.org)

At the bottom of this form you will find an opportunity to contribute to three tax-deductible groups, the USMS Endowment Fund, Pacific Masters Swimming, and the International Swimming Hall of Fame. Just \$1 from each of us can make a difference to the ongoing missions of these organizations.

USMS is perhaps the best kept secret in adult fitness, and it also continues to be the best bargain. USMS and PMS are committed to offering a program that will continue to provide you the great opportunities and benefits of swimming for life.

Call for Service Award Nominations

Contributor of the year. This award recognizes outstanding individual contributions that support masters swimming in the areas of support, leadership, recruitment, program development, and/or promotion of masters swimming at the club, LMSC or national level. The recipient must be a member of PMS.

Barbara Thomas

Distinguished service. This award is given for outstanding and consistent contributions to Pacific Masters Swimming, in the areas of leadership, recruitment, program development, and/or promotion of masters swimming. PMS may give out more than one award in this category to currently registered PMS members.

Cindy Clements & Joanne Berven, The Olympic Club, USF and SAC Masters

Personal achievement. This award is for long-term dedication to our program with a noticeable improvement in a swimmer's skills and times. The recipient must have been a member of PMS during 2003, 2004, and 2005, active in local competitions, and showing improvement in at least one of the following categories: Top Ten Rankings, Open Water Points competition, or other significant indications of personal achievement.

Karla Rees

Appreciation award. This award expresses special thanks to individuals or groups that have made significant contributions to PMS. Nominees need not be registered members, but must have contributed significantly toward the conduct, leadership or support of PMS.

Sierra Nevada Masters

15Th Annual Reno "Winners" Meet

Saturday, December 6, 2008

Sanctioned #38-08-21

Location: Northwest Pool in Reno, Nevada.

Facility: Eight lane, 25 yd. indoor, heated pool. Two lanes will be used for continuous warm-up/down during the meet, with 5 or 6 lanes for competition, depending on the number of entrants per event. Seating is limited so bring your own chairs and a small snack bar will be available during the meet.

Directions: Coming into Reno from the east or west on I-80 exit on West McCarran Blvd. Go north about two miles to the intersection of Kings Row. Turn right onto Kings Row and then right again on Apollo Way. The pool will be on your left.

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

Entries: Send your entries on a PMS Consolidated Entry Form (see PMS insert in USMS SWIMMER magazine) **AND A PHOTOCOPY OF YOUR USMS CARD.** Entry fee is \$3.00 per swimmer (pool use fee) and \$2.00 PER INDIVIDUAL EVENT. No fees for relays. ENTRIES MUST BE POSTMARKED BY MONDAY, NOVEMBER 24, 2008 or received by Wednesday, November 26, 2008. Consolidated entry forms must be filled out completely, including age as of December 6, 2008. There will be no refunds.

Late Entries: Fees for entries received after 11/26/08 or any deck entries will be \$3.00 per swimmer and \$3.00 PER INDIVIDUAL EVENT. **Deck entries will not be accepted after 12:30 PM on meet day.**

Make Checks Payable To: SIERRA NEVADA MASTERS AND MAIL TO:

Gwen Shonkwiler, 3035 Comstock Dr., Reno, NV 89512

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

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

Referee: Rick Kaufmann

Order Of Events: Please note that this meet usually attracts fewer than 100 swimmers and entering back-to-back events is not advised.

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

POSTAL SWIM

The Jon Steiner Memorial Mile TAM's 1650 Postal January & February 2009

Sanction # 38-09-01

What You Need: A pool at least 25 yards in length and someone to time you (who can count to 66)

Distance: 1650 yards or 1500 meters. If swum in a meters pool convert to yards by dividing by 1.02

Date: Anytime between December 19, 2008 and February 28, 2009

Eligibility: All swimmers registered with USMS for 2009 are eligible to participate.

Rules: All USMS and PMS rules apply. A split sheet with 50 yard/meter splits must be signed by at least by one timer. Times not entered to the 1/100 will be rounded up. Drafting/circle swimming not permitted.

Entry: You may enter online at www.tammasters.org/PoolMileEntry, by using the entry form available at www.pacificmasters.org/comp/09tampostal.pdf or a consolidated entry form. A split sheet with 50 yard/meter splits signed by at least one timer must be attached to the entry form. Enter relays online or by filling out the relay form. Each Individual Entry Must Be Accompanied By A Copy Of The Swimmer's Current USMS Card. Mail entries to TAM 1650, c/o Jon Haveman, 204 Ross St, San Rafael, CA 94901.

Entry Fees: For individual entries: \$12.00. Checks should be made payable to "Tamalpais Aquatic Masters". Entry fees are not refundable or transferable. **Credit cards** will be accepted with online entry. **A \$4 DISCOUNT IS AVAILABLE FOR ONLINE ENTRIES, WHICH WE STRONGLY ENCOURAGE: www.tammasters.org/PoolMileEntry If you have previously participated in the 1650, you need only enter your name and date of birth online (it's much easier than filling out this clumsy form).**

Postmark Deadline: All entries must be postmarked by March 10, 2009.

Awards: 1-3 place ribbons for individuals. Awards, results, and T-shirts will be sent/posted in mid April.

NEW AWARD: Each year, the team with the highest percentage of membership participating in the event will receive a trophy. Simply inform the event director (jon@haveman.org) that your team is participating and of the total membership of your team.

T-shirts: T-shirts are available for \$16 each. XX large are \$18. If you wish to order a T-shirt, please indicate the size you want on your check.

INFORMATION: For more information or questions please contact Jon Haveman at (415) 457-1228, email: jon@haveman.org



POOL MEET

FOG City Winter Quadrathon Meet Sunday, January 25, 2009

Sanction # 38-09-02

Location: Herbst Natatorium at St. Ignatius College Preparatory School, 2001 37th Avenue, San Francisco. Located off Sunset Blvd. between Quintara and Rivera Streets.

Facility: Indoor, 25-yard x 8-lane competition pool. 5 competition lanes with 2 lanes available for warm-up/down throughout the meet. There will be breaks in the competition (between events) to ensure that swimmers have rest between events. Electronic Timing with touch pads will be used. Bleachers are available.

Time: Warm-up will start at 12:30 p.m., meet starts at 1:30 p.m. Check In: 12:45 p.m. for 500 Freestyle deck entries. 1:00 p.m. for 500 Freestyle pre-entered swimmers. 1:30 p.m. for all other events.

Entries: This is a cardless meet. Send your entry on a consolidated entry form with a copy of your 2009 USMS Card.

Entry fees: Flat fee of \$20.00 (for 1 to 4 events) if postmarked by Tuesday - January 20, 2009 or received at the pool by Wednesday, January 21, 2009. Late and deck entries (accepted until check in time on the day of the meet) is a flat fee of \$35.00 (for 1 to 4 events). Make checks payable to St. Ignatius College Prep.

Mail to: Diane Davis/Aquatics, 2001 37th Ave., San Francisco, CA 94116

Awards: Raffle

Meet Director: Diane Davis (415-682-5044)

Meet Referee: Michael Moore

Events: (Odd=Women, Even=Men)

1-2	500 yd.	Free
3-4	100 yd.	Free
5-6	200 yd.	Free
7-8	50 yd.	Free

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 • **Deadline** for pool and open water
 • swim information for the
 • **January - February**
 • Newsletter is
 • **November 6, 2008**
 • Please submit creative writing
 • and photos to Newsletter Editor
 • Joanne Berven
 • 4854 Andrea Court
 • Livermore, CA 94550
 • newsletter@pacificmasters.org
 •••••

POOL MEET

University of San Francisco Masters 2009 Short Course Valentine's Affair Saturday, February 7, 2009

Sanction # 38-09-03

Location: **University of San Francisco, Koret Recreation Center, 2926 Turk St**, corner of Turk and Parker Streets, San Francisco. Facility: 25 yd by 50 m heated indoor pool. There will be 8 lanes for competition and 2 warm-up / warm-down lanes available throughout the meet. Electronic timing will be used.

Directions:

From the North Bay (Golden Gate Bridge): Take 19th Avenue exit. Turn right on Anza St., right on 14th Avenue, and right on Geary Blvd. Go east on Geary to Stanyan and turn right. Turn left on Turk. Parking lot entrance is on the right, just before the light at the intersection of Parker and Turk Streets.

From the East Bay (Bay Bridge): After crossing the Bay Bridge, follow signs to 101 North - Golden Gate Bridge. Take Octavia Blvd / Fell Street exit. Continue on Octavia Blvd, crossing Market Street. Left on Fell Street, and continue west on Fell St. for several miles. Right on Stanyan Street, and then right on Turk Street. Parking lot entrance is on the right immediately before the intersection of Turk and Parker Streets.

From the South Bay (101 North): Follow signs to 101 North - Golden Gate Bridge. Take Octavia Blvd / Fell Street exit. Continue on Octavia Blvd, crossing Market Street. Left on Fell Street and continue west on Fell St. for several miles. Right on Stanyan Street, and then right on Turk Street. Parking lot entrance is on the right immediately before the intersection of Turk and Parker Streets.

(280 North): Take the 19th Avenue exit, stay in left lanes. Go north on 19th Ave. approx. 3 miles, through Golden Gate Park (becomes Park Presidio Blvd). Make a right on Geary Blvd. Go east on Geary. Turn right on Stanyan. Turn left on Turk. Parking lot entrance is on the right, just before the light at the intersection of Parker and Turk Street

Warm-up from 8:00 a.m to 8:45 a.m. Meet will start at 9:00 a.m

Check-in: All pre-registered swimmers in the first two events must be checked in by 8:30 a.m. Swimmers who deck enter the first two events must do so by 8:15 a.m. Swimmers in later events must check in at least thirty minutes before the estimated start of the event. Check in upstairs at the Alumni Lounge between 7:30 a.m and 9:00 a.m. Check in on the pool deck after 9 a.m.

Parking: Free parking available in the Koret Parking Lot, located at the corner of Turk and Parker Streets.

Entries:

Entries are limited to a maximum of 5 individual events, excluding relays. Individual event entries can be via on line; surface mail; or deck enter the day of the meet. Relays are deck entry only and must be on official yellow relay entry cards.

To enter on line:

Enter this meet online by going to <http://usf.mastersswim.com/>. Online entries accepted until 11:59 pm Wed. February 4, 2009.

To enter via surface mail: Mailed entries must be on a completely filled out consolidated entry form and accompanied by a copy of the swimmer's 2009 USMS registration card. Failure to provide a copy of the USMS card will result in a \$3 look-up fee per PMS rules. Entry must be postmarked by Wed. January 28, 2009 or hand delivered to the Koret Center at USF by Fri. Jan. 30, 2009. For hand delivery please put entry in an envelope addressed to: Cathy Huang. Make checks payable and mail to:

University of San Francisco Masters, Attn: E. Tosta, P.O. Box 330017, San Francisco, CA. 94133-0017

To Deck Enter:

All deck entries must be completed no later than 45 minutes prior to the start of the entered event. Swimmers who deck enter the first two events must do so by 8:15 AM. *Every year we process a large number of deck entries. To help us start the meet on time, please preregister!*

Fees:

On line Entry Event Fee: \$4.00 Surcharge plus \$2.50 per event. The cost of the on line meet entry system is \$1.00 per swimmer plus 5% of the events fee, which is added to your total.

Mailed Entry Event Fee: \$5.00 Surcharge plus \$3.50 per event. Please note that a discount is offered for on line entry.

Deck/Late Entry: \$5.00 surcharge plus \$5.00 per event

Relays: \$4.00 per event, deck entry only

Awards: Participation awards and goodie bags

Meet Referee: TBD

Meet Directors:

Duke Dahlin: ddahlin@pacific.edu (415) 929-6651:

Matt Chappell: mdc1313@gmail.com (415) 648-7167

Information: Cathy Huang (415) 422-6247

Events (deck seeded slow to fast):

Odd = Women Even = Men

1 - 2	200 yd	free
3 - 4	50 yd	fly
5 - 6	200 yd	breast
7 - 8	50 yd	back
9 - 10	200 yd	fly
11	200 yd	mixed medley relay
12	200 yd	mixed Centipede Relay*
13 - 14	50 yd	breast
15 - 16	200 yd	back
17 - 18	50 yd	free
19 - 20	200 yd	IM

* Special Event

CHAIR'S MESSAGE

PAC Masters Jan 2009

Knowing the rules and doing what you practice.

For those who compete, it is important to read the swimming rules to know exactly what the rules are. I know there are swimmers look at the USMS Rule Book and are scared off, as it is a about ? of an inch thick and like almost all rule books the writing is very technical.

The swimming rules, however, are only four pages long. Four pages, that cover breaststroke, backstroke, butterfly and freestyle. And you do not have to purchase the rule book to view the rules, they are available on-line at the USMS web site. <http://www.usms.org/rules/>

I know a coach who has not read the rules, he has depended on the officials to tell him what the rules are. In Perth, I helped one Pacific Master's swimmer appeal a decision, but the swimmer had not read the rule book and when speaking to the official, we quickly knew that the swimmer had committed an infraction.

I know someone who had not swum for several decades and consistently swam the breaststroke so that the water never went above her cap – like she had always been taught. It was not until a year after she came back that her coach told her that the rules had changed, leading to improved times, and fewer comments from her coaches!

All coaches should read the rule book. When you know what the rules are you can coach the swimmers about practicing correctly – and if a swimmer receives a dq slip, the coach is in a better position to know what the rule is and advocate for the swimmer in an appeal to the meet referee.

You are what you practice

Last year, I thought I would swim the 400IM. I had not swum it in years. This was the Long Course Championships and there are not that many who will swim it in my age group, so I thought I would attempt it to score points for the team.

In practice, our lane would do a lap of butterfly then a lap of free, a lap of backstroke then a lap of free, etc. I had only recently joined the team, and really had only been practicing those strokes for about a month. When competing at Santa Cruz last year, I made the transition from the butterfly to the back ok, but 400IM is very tiring and on the transition from the back to the breaststroke, not thinking I reverted to practice and did back to free. Of course, I was not in lane seven --far from the ref and stroke and turn judge-- I was in



Michael Moore, PMS Chair

lane one. (of course, if they had missed it, there were thirty of my fans who were happy to point it out to the ref). As I said before, you swim how you practice.

Especially when racing, many people are so focused on the race itself, that unless their technique is instinctive, they will make mistakes. Those thousands of freestyle flip turns with good streamlines and not breathing off the wall in practice will come into play in your races. So will those one handed butterfly turns. You swim how you practice.

Starting last year, I have made an attempt to swim more and to swim better. Lucky for me where I work and new pool became available to practice. It is a 25 yard wide pool and the coach wanted me to work on my turns, so I did a lot of 50s on a slow interval. Do a flip turn (I had not done many of them in years). Flip, plant feet, push hard, be on your side and look at the side of the wall, arms stretched together, chin tucked, knees together, ankles together (maybe), feet pointed. After doing a few of them (or a few hundred) I started to get the hang of it and on a turn could push off past the flags.

At Pac Masters LC Championships, I swam the 1500 and after the event one coach of another team, came up to me to say she notice I was much more streamlined off the wall than I was in Perth. That sounded great to me.

I was taking with a member of the Mud Sharks and then told her about the practice, and streamlining off the wall; she said someone said to her how great her dive looked at the start of the race. "At that time I am not thinking about the mechanics of the dive, I am just thinking about the buzzer and starting the race. When I was in practice, I did work on all the different parts of the start." You swim how you practice.

One of the hardest things for returning swimmers to do is to update their strokes. It is hard to remember how to do a set properly, keep track of your times and the interval and to remember some of the stroke techniques that will improve your times and technique. Some masters swimmers spend significant amounts of time on stroke technique, over swimming long workouts. You swim how you practice.

Think about it.

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.

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"/>			
City		no. of events entered:			
State	Zip				
Phone	* Age	Birthday			
Club	Club Abbr.	Entry Fee			
For a Cardless Meet, enter your times in the table below				T-Shirt size: <input style="width: 100px;" type="text"/>	
Event No.	Est. Time	Distance-Stroke	Event No.	Est. Time	Distance-
			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		

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.

New DVD's for the PMS Library

- Getting' Better with **David Marsh**, Head Coach Mecklenburg AC, 2007
 1. Tips, Drills, & Skills for Faster Freestyle
 2. Tips, Drills, & Skills for Faster Backstroke
 3. Tips, Drills, & Skills for Faster Breaststroke
 4. Tips, Drills, & Skills for Faster Butterfly
 5. Tips, Drills, & Skills for Faster Starts
 6. Tips, Drills, & Skills for Faster Turns
- Go Swim Backstroke, with **Aaron Piersol**, 2007
- In the Fast Lane, **Frank Busch**, Head Coach U. of Arizona, 2006
 1. Fast Lane Freestyle
 2. Fast Lane Backstroke
 3. Fast Lane Breaststroke
 4. Fast Lane Butterfly
 5. Fast Lane Starts & Finishes
 6. Fast Lane Turns & Breakouts
- Lane Lines to Shore Lines, Your Complete Guide to Open Water Swimming, Gary Emich & Phil DiGirolomo, 2007
- Becoming a Champion Swimmer, **Richard Quick**, Head Coach Auburn University, 2006
 1. Becoming a Champion Swimmer: Freestyle
 2. Becoming a Champion Swimmer: Backstroke
 3. Becoming a Champion Swimmer: Breaststroke
 4. Becoming a Champion Swimmer: Butterfly
 5. Becoming a Champion Swimmer: Starts & Turns
- Personal Best - Butterfly, **Bob Bowman**, Head Coach U of Michigan, & **Michael Phelps**, 2006
- **Eddie Reese** On, Head Coach Univeristy of Texas, 2005
 1. Eddie Reese On Freestyle
 2. Eddie Reese On Backstroke
 3. Eddie Reese On Breaststroke
 4. Eddie Reese On Butterfly
- The Swim: Technique & Training for Triathletes, **Trip Hedrick and Clark Campbell**, 2005
- Swimming Faster, **David Marsh**, Head Coach Auburn University, 2004
 1. Swimming Faster Freestyle
 2. Swimming Faster Backstroke
 3. Training & Race Strategies for Breastroke & Butterfly
 4. Training & Race Strategies for the Individual Medley
 5. Training & Race Strategies for Middle Distance & Distance
 6. Training & Race Strategies for Sprint Freestyle
- Championship Winning Swimming, **Richard Quick**, Head Coach Stanford University, 2003
 1. Posture, Line & Balance
 2. Championship Winning Freestyle
 3. Championship Winning Backstroke
 4. Championship Winning Breastroke
 5. Championship Winning Butterfly
 6. Championship Winning Walls: Underwater Swimming
 7. Championship Winning Starts
 8. Championship Winning Turns for All Strokes
- **June Quick** Instructional Series, 2003
 1. Swimalates: Pilates for Swimmers
 2. Swimmer's Shoulder, Prehab & Rehab
- Open Water Swimming, **Michael Collins & Gerry Rodrigues**, 2003

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/)

PRICE LIST

USMS Membership Forms	free online at www.pacificmasters.org
Membership Card Replacement	2.00
2008 USMS Rule Book	8.00
2008 USMS Mini Rule Book (rules only)	5.00
Video deposit	50.00
Video mailing charge	per order 5.00

DVD ORDER FORM

Please send two checks, payable to Pacific Masters Swimming; one for \$5 to help defray mailing costs and one for \$50 to cover damage and loss. This check will be sent back upon the timely return of the DVDs in good condition.

DVD title - 1	DVD title - 2	Deposit:	\$50
Name (Please Print)		Mailing	5
Address		Total	\$55
City/ ZIP			
USMS/PMS #	Phone ()		

EVENT SCHEDULE

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

2008 PMS SCHEDULE

Sat 12/06/08 SNM Reno Winners Meet

2009 PMS TENTATIVE EVENT SCHEDULE

Dec-Feb	12/19/08-2/28/09	TAM	Postal 1650
Sat	01/17/09	TOC	Olympic Club 1500 (cancelled)
Sun	01/25/09	FOG	Fog City Quadrathlon, SCY
Sat	02/07/09	USF	USF Valentine's Affair, SCY
Sun	3/01/09	BEAR	Don't Hibernate, SCY
Fri-Sun	3/6-8/09	WCM	Intensive Training Camp
Sat	03/14/09	RINC	Rinconada Masters Spring Meet, SCY
Sat	03/21/09	SCAM	Strawberry Canyon Masters Invit. SCY
Fri-Sun	4/17-19/09	WCM/TVM	PMS Short Course Championships
Sat	05/02/09	SMMM	Parkside Aquatic Mile, OW
Sat-Sun	5/7-10/09	Clovis, CA	USMS SC Championships
Mon	5/11/09	Clovis, CA	USMS Open Water Swim, Millerton Lake
Sun	05/23/09	RCM	Spring Lake 1-mile, OW
Sun	5/31/09	TVM	Del Valle 0.75- & 1.5-mile, OW
Sat	06/06/09	DAM	Lake Berryessa 1 & 2 mile, OW
Sat	06/27/09	RCM	Lake Mendocino 2 mile OW
Fri-Sun	7/10-12/09	CRUZ	PMS Long Course Championships
Sat	07/18/09	TOC	31st Annual Trans Tahoe Relays, OW
Sat	8/1/09	CRUZ	36th Annual Roughwater Swim, OW
Sun	8/2/09	CRUZ	Cruz Cruise 2-mile, OW
Wed-Sun	8/6/10/09	Indianapolis, IN	USMS LC Championships
Sat	8/8/09	SNM	Donner Lake 2.7-mile, OW
Sat	8/15/09	MAAC	3rd Annual Short Course Meters
Sat	8/22/09	RCM	Russian River 1-mile, OW
Sun	09/13/09	RAD	Whiskeytown 1- and 2-mile, OW
Wed-Sun	9/16-20/09	USMS	USAS Convention, Chicago, IL
Sun	9/20/09	SMMM	Swim and Eat Classic, SCM
Sat	09/26/09	SMST	Cold Water Challenge Lake Natoma 0.5, 1 mi, OW
Sun	9/27/09	**	Tiburon Mile, OW
Sun	10/4/09	MVM	Alan Liu Memorial SCM
Sat	10/11/09	SAC	36th Annual Sprint Pentathlon, SCM
Fri-Sun	10/16-18/09	WCM	PMS SCM Championships
Sat	12/05/09	SNM	Reno Winners Meet, SCY

* recognized

** non-sanctioned

2008 Meeting Dates: Nov. 19, WC, Annual Meeting.

2009 Meeting Dates:

Jan. 21, Feb 18 (cc), Mar. 18, Apr 15 (cc), May 20, June 17 (cc), July 15, Aug. 19(cc), Sept 9, Oct 21, (cc), Nov 18 annual meeting.

Directions: 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 right around the curve. Meetings are held at Heather Farms. (cc) meetings will be via conference call.

For information on Hawaii Open Water Swims go to <http://www.hawaiimastersswim.org/index.html>

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