

Pacific Masters Swimming

newsletter



Michael Moore, PMS Chair

One of the joys of working on the deck has been meeting the other officials who also work at the meet. During the past 17 years it has been my privilege and pleasure to work with Bud Meyer. After over 50 years working swim meets at the age of 82 he decided to retire from meet officiating.

During slow parts of the meet we would chat about many different things.

Near the close of World War II, Bud joined the Marine Corps and became a pilot, flying a B25. During his tour in the Pacific, he would start out at night fly for many hours at 300 feet off the ocean's surface. His job was to sink troop ships and cargo a bombing run he above the surf. He when he was 18.



He told about Jima and said there landing, the flight to use the entire as the Japanese far end of the

A couple of years Smithsonian was a B25 there. and we had many young men who fought by flying those small airplanes.

ship. When making would be 25 feet sank his first ship

flying out of Iwo were time when control told him not runway to land had control of the runway.

ago, I was in the museum and there It is a small plane

After the war, he married Betty the love of his life. Together they had four children. While Debbie was the swimmer and tales of her swimming career were always interesting, he has always spoke with pride in the accomplishments of each of his children.

Being around swimming for so long, he had many stories about swimming and swimmers. He would tell some great Mark Spitz stories.

Bud worked at Masters meets for the past 20 years, including three USMS National championships with two of them as the meet referee. I have never seen him flustered or angry at any meet. At one nationals, there was an Olympian swimmer who took a dolphin kick off the wall in the breaststroke – a swimmer ahead of her time. The swimmer was out of the water before the turn judge could get to her to give her the notification.

She was asked to come to see the meet referee. Her manager went to see Bud. The manager said that she was upset about the disqualification and this was a Masters meet.

"I see" said Bud.

"She is so upset she might pull out of the her next event."

"Oh, what is that event?" queried the head referee.

The manager replied "The 50 fly."

"I don't know if I would do that. Looking at this slip she has a great kick off the wall."

She swam the next race.

In honor of his years of service to Masters swimming, the PacMasters committee voted him the 2007 Appreciation award and has voted him a lifetime membership in Pacific Masters. We will miss you, Bud.

DORE SCHWAB, JR, 1922-2008

Dore Schwab, Jr, past chairman of Pacific Masters Swimming, passed away 1 June 2008. Dore went to UCLA where he was on the swimming team and the water polo team.



Dore joined USMS in March 1972. It was Dore, Ray and Zada Taft, Carol MacPherson and Cindy Baxter that started Pacific Masters Swimming.

He was a USMS Top Ten swimmer. Dore was a member of Tamalpias Masters from March 1972. He served as President of Tamalpias Masters, Chairman of Pacific Masters, Marketing Chairman of USMS Masters. He also worked as a meet official in his later years. Dore was the USMS Zone Chair in 1985 -86. He was a recipient of the Dorothy Donally Award.

Dore contributed to this Newsletter by writing poetry - Pacific has one of the few newsletters that has had poetry in it.

When I first met Dore, he was the chairman of Pacific Masters. He was always very courtly and a gentleman to all who conducted the meeting. He also ran a meeting that allowed everyone to give their report and kept them people on track.

Dore suffered a stroke a few years ago and had been living in an assisted living facility.

Dore Schwab, Jr, was one of the giants who help build Pacific Masters swimmers. We will miss Dore. Rest in Peace.

**Redding Swim Team
Whiskeytown One
and Two Mile Swim
Sunday, September 7, 2008**

Sanction #: OW-08-12A

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. Some water grasses near start and finish. 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. 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 2008 USMS registration card and a check (payable to Redding Swim Team) to: Redding Swim Team, c/o Bill Misslin, 2193 Cadjew St., Redding, CA 96003.

Deadline: Postmarked by August 29, 2008.

Awards: Whiskeytown mugs 1st-3rd place in usual groups.

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

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 • **Deadline for pool and open water** •
 • swim information for the •
 • **November-December** •
 • Newsletter is •
 • **September 6, 2008** •
 • Please submit creative writing •
 • and photos to Newsletter Editor •
 • Joanne Berven •
 • 4854 Andrea Court •
 • Livermore, CA 94550 •
 • newsletter@pacificmasters.org •
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**Mountain View Masters
The 5th Annual Alan Liu Memorial SCM Meet
Sunday, September 14, 2008**

Sanction #: 38-08-17

Location: Eagle Park Pool, 651 Franklin Street, Mountain View, CA. (Along Shoreline Blvd, between Church Street and High School Way). **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 Blvd, 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. 6 lanes for competition, with 1 lane and the 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.

Time: Warm-up from 7:30am - 8:45 a.m. The meet will start at 9:00 a.m. There will be a 10-minute break before both relays.

Check In: This meet will be deck-seeded. Positive check-in is required for all events. Swimmers entered in Events 1 and 2, the 400 IM, must check 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. Entry closures for all events will be announced during the meet, well in advance. All events may be deck-entered on the day of the meet.

Entries: This is a cardless meet. Swimmers may enter up to 5 individual events and both relays. Please submit short course meter times for proper seeding. This meet may be entered online or by conventional surface mail. Entries submitted by mail are preregistered if postmarked by Wednesday, September 3, 2008, or received by Sunday, September 6, 2008. Entries submitted online must be submitted by midnight Sunday, September 6, 2008. There will be NO REFUNDS of entry fees.

Entry Fees:
Option 1: Online Meet Entries: Enter at: <http://mtnview.mastersswim.com> to receive immediate confirmation of acceptance via email. The "billing information" email should be brought to the meet as proof of entry. Online entry requires payment by credit card using our secure site. The cost to enter this meet is a Splash Fee of \$5 per swimmer, and \$3.50 per individual event entered. In addition, the cost of using Online Meet Entries is \$1 per swimmer plus 5% of the total entry fees to cover processing. Please note that the processing fee is a separate fee from the entry fees. Online meet entry

fees are paid to Swim Connection LLC. Online Meet Entry is in no way required or expected of a swimmer by Pacific Masters Swimming. Submission of entries and fees by this method is completely voluntary.

Option 2: Mailed Entry Fees: \$4.00 per individual event plus a Splash Fee of \$5.00 per swimmer for preregistered entries, and a \$10.00 per swimmer Splash Fee for late or deck entries. All relays may be deck-entered at a cost of \$4.00 per relay. Mail consolidated entry form (available at <http://www.pacificmasters.org/comp/entrycard.html>), check (payable to Mountain View Masters), and a copy of your 2008 USMS registration card to: Mountain View Masters ,Attn: Swim Meet Entries ,PO Box 390570 Mountain View, CA 94039

Preregistered entries must be postmarked by Wednesday, September 3, 2008, or received by Saturday, September 6, 2008.

Awards: Ribbons 1st through 8th in each age group. Special awards, in memory of Coach Alan Liu, will be given to the winners of the 400 IM in each age group and gender. An additional special award will be given to the winner of the Men's 30-34 400 IM

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

Referee: TBD

Events: (Odd Numbers--Women, Even Numbers--Men)

Notes: All events will be seeded and swum slow to fast. Both the 800 and 200 Freestyle Relays will be offered in Men's, Women's and Mixed genders. Each swimmer may participate in only one 800m Free Relay and only one 200 Free Relay.

1-2	400 m	IM
3-4	200 m	Free
5-6	50 m	Back
7-8	200 m	Breast
9-10	50 m	Free
10 minute break		
11	800 m	Mixed Free Relay
13-14	800 m	W&M Free Relay
15-16	100 m	IM
17-18	200 m	Fly
19-20	50 m	Breast
21-22	100 m	Free
10 minute break		
23	200 m	Mixed Free Relay
25-26	200 m	W&M Free Relay
27-28	200 m	IM
29-30	50 m	Fly
31-32	200 m	Back
33-34	400 m	Free

OPEN WATER SWIM

Sierra Marlins Masters

Folsom Lake Swim

Saturday, September 27, 2008

Sanction #: OW-08-13 (1/2 mile;

OW-08-13A (1 mile)

Location: Negro Bar Beach, Folsom, CA
Directions: From the West, South or North HWY 5 or HWY 80 to HWY 50 East (South Lake Tahoe) Folsom Blvd Exit. Left Couple miles and a half a dozen lights or so. Over the bridge (get in the left most lane) to Green Back Lane. Left 200 yards up Green Back is the entrance to Negro Bar beach. Left Follow signs to beach parking.

From the East on HWY 80 Douglas Blvd Exit. Left Couple miles and a dozen lights or so Auburn-Folsom Blvd. Right Couple miles and a few lights. Green Back Lane. Right 200 yards up Green Back is the entrance to Negro Bar beach. Left Follow signs to beach parking.

Parking: Plenty of parking is available, car-pooling is recommended. There is a \$7 entrance fee to the park. Biking/walking/rolling or strolling - \$0 Negro Bar is on the American River Bike Trail
Bicycle Checking: Bicycle check in will be available for those of you wishing to ride to the lake via the American River Bike Trail.

Course Description: Counter clockwise half and mile loop.

Water Temperature: 55 - 70 Degrees

Registration & Check in: Opens at 9 a.m. Half mile closes at 10 a.m. One mile closes at 10:30 a.m

Start Times: Half mile - 11:00 a.m. One mile - 11:45 a.m

Registration & Check in: Pre registration by Sept. 13, 2008, \$30 Half or One mile; \$40 Half and One mile. Race day registration \$40 Half or One mile; \$50 Half and One mile. All entries must have a copy of USMS Card attached.

Entries: Entry fee includes event T-Shirt and swim cap

Payable To: Sierra Marlins, P.O. Box 1714, Folsom, CA 95763

Awards: T-Shirt to all pre-registered,
Contact: Joe Dowd 916-983-8041, jrdowd@aol.com

POOL MEET

Sacramento Masters - UCD Women's Swimming Thirty-Fifth Annual Sprint Short Course Meters Pentathlon

Sanction #: 38-08-18

Sunday, October 5, 2008

Location: Schaal Aquatic Center on the UC Davis campus. From I-80 (east or west), take Highway 113 north (toward Woodland), exit on Hutchinson and go east 100 yards to the first stop light, then turn right onto Health Science Drive, going straight at the first stop sign, in about 25 yards one enters the west side of the parking lot for the Aggie Stadium and the Swim Center- which is on the far east side of the parking lot (to the left)

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. Complimentary Snack Bar available.

Time: Warm-up at 10:30 a.m., meet starts at 12:00 and usually lasts 3 hrs

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: \$2.50 per event plus a \$5 surcharge if postmarked or received by September 29, 2008. On-line registration open until October 2nd. Late and deck entries are \$3.50 per event plus \$5 surcharge. \$4 per relay. Make **checks payable** to Sacramento Masters.

On-Line Registration available at Active.com http://www.active.com/event_detail.cfm?event_id+1581248

Entries: Mail consolidated entry form, a copy of your 2008 USMS registration card and a check to: Sacramento Masters P.O. Box 188205, Sacramento, CA 95818.

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

Meet Director: Andrew Brenan (916) 923-5174; AndyBrenan@mac.com

Referee: Mel Knapp

Events: (Odd=Women, Even=Men)

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

* Relay event will be deck entered by 1 p.m.

9th Annual RCP Tiburon Mile Open Water Swim

Saturday, October 5, 2008

This is not a sanctioned event.

Location: Marin County. Start at Angel Island and end in downtown Tiburon For More information log onto their website: <http://www/rcptiburonmile.com>

Please help support Hospice By The Bay by volunteering at the Tiburon Mile Open Water Swim!

We are the designated charity for the 9th annual Tiburon Mile event on October 5, 2008. All race pledges and a very generous matching pledge will be donated to Hospice By The Bay. Volunteers are needed on land as assistants to the swimmers, and in other organizing and supportive roles. We also need water safety volunteers in the water to monitor the swimmers, so if you own a boat, kayak, or surfboard or have First Aid experience, please join us. This is a very exciting event drawing hundreds of competitive swimmers including many Olympic Athletes. A morning you won't forget!

Volunteers start at 7:00 a.m. in Tiburon and assignments require moderate physical activity. For more event information, view www.rcptiburonmile.com.

To volunteer, please reply as soon as possible to this email at events@hospicebythebay.org or contact Candace McKinnon at (415) 526-5610.

We would love your help.

Hospice By The Bay, which serves Marin, San Francisco, Northern San Mateo, and Sonoma counties, is dedicated to ensuring that all who need hospice care and services receive them. Hospice By The Bay also serves people whose lives have been altered by the loss of a loved one through its community grief support program. Hospice By The Bay is a 501(c)(3) nonprofit organization that has been serving the Bay Area since 1975. Hospice By The Bay programs are funded through health care reimbursement and financial donations from community members, businesses, and corporations to the Hospice By The Bay Foundation. For more information about Hospice By The Bay services or how to support our work, call (415) 927-2273, or visit www.hospicebythebay.org



CHAMPIONSHIP POOL MEET

WALNUT CREEK MASTERS

2008 Pacific Masters Short Course Meters Championships

October 10th, 11th and 12th, 2008

Sanction # 38-08-20

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

Directions: From I-680 North, take Ygnacio Valley Road Exit east about 2 miles to San Carlos Dr. signal light, turn left, go one block to Heather Drive turn left. Swim Center is on your right. From I-680 South, take the North Main exit, turn right at the signal on N. Main St travel south to Ygnacio Valley Road, turn left on Ygnacio Valley Rd to San Carlos Drive, as above.

Facility: All Deep 6-Lane 25 Meter course for competition with 6-25 yard lanes provided for warm-up and warm-down throughout the meet; electronic timing, bleachers and lawn seating, and snack bar.

Check-In: This is a Pre-Seeded meet. Swimmers are considered checked-in for all individual events with a distance of 200 Meters and less. Swimmers must check in for ALL Friday events, the 800 Meter Free on Saturday, and the 400 Meter Free on Sunday. The 400 IM (Friday events 1 & 2) must be checked in by 8:30 am. All other events over 200 Meters must be checked in 45 minutes prior to the estimated start of the event.

Age: Age on December 31, 2008 determines age for this meet.

Entries: TWO OPTIONS FOR MEET ENTRY:

Option 1 - Online Meet Entry: (deadline: midnight, Wednesday, October 1, 2008). Enter at: <http://wcm.mastersswim.com> to receive an immediate entry confirmation via email. The billing information email should be brought to the meet as proof of entry. This entry process will include a processing fee by Swim Connection and requires a credit card for payment. The processing fee is \$1 per swimmer plus 5% of the total entry fees.

Option 2 - Traditional Mailed or Hand-Delivered: (Entries must be postmarked by midnight Friday, September 26, 2008, or hand delivered to the address below by 5:00 p.m. on Monday, September 29, 2008). Entries must be on a Consolidated Entry Form. Mail your form to the address below with a copy of your 2008 USMS Card, and check payable to Walnut Creek Masters. If you would like to confirm entry, please include a stamped envelope or post card.

Mailed: Walnut Creek Masters, c/o Debbie Santos, 1244 Oak Knoll Dr., Concord, CA 94521 (phone 925-521-0522)
Hand Delivered: Clarke Swim Center, Heather Farms Parks, Walnut Creek, CA, Attn: Kerry O'Brien

Note: This is a cardless meet. No late or deck entries will be accepted. No refunds will be made. No fax entries will be accepted. Incomplete entries cannot be processed and will be returned.

Enter short course meter times for seeding purposes. Swimmers may enter no more than five individual events per day and a total of seven for the three days. Because this is a Championship meet NT (no time) entries are not allowed. All events will be seeded slow to fast. Events 3, 4, and 5 (the 800 Free Relays), as well as events 7 & 8 (the 1500 Free) will be seeded by time and swum together regardless of gender. Each swimmer may participate in only one 800 meter relay. There will be a brief five minute break after event 2 to prepare for the 800 relays.

Fees: \$15 for one event, \$30 for 2-4 events, and \$35 for 5-7 events.

Deadline: Mailed entries must be postmarked by Friday, September 26, 2008, and/or received no later than Monday, September 29, 2008. Meet Directors are forbidden to accept late or incomplete entries!

Online entries must be submitted by Wednesday, October 1, midnight. No entries will be accepted after that time!

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 and double for relays. High point award will be given to each age group.

Snack Bar: Available all three days.

Program: Available for \$5.00

Meet Director: Kara Gray. For questions, contact Kara Gray (925) 254-1944, or Debbie Santos at (925) 521-0522.

Referee: John King

Events: Women - Odd, Men - Even

Friday, October 10 Warm-up begins @ 8:00 a.m.

Meet starts @ 9:00 a.m.

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

Saturday, October 11 Warm-up begins @ 7:30 a.m.

Meet starts @ 8:30 a.m.

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

Sunday, October 12 Warm-up begins @ 7:30 a.m.

Meet starts @ 8:30 a.m.

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

Are You Swimming in a Vacuum?

by Don Swartz

Many experts in the field of human behavior tell us that the one thing all humans resist most is change. We tend to think that such broad statements fall short of the mark more often than not. Having said that, when it comes to our exercise routines perhaps we would be well served to examine how we approach our training cycles. Even if the change we contemplate is for the better, we may find ourselves resisting it.

If you have ever tried something new, be it a food, a car, a vacation spot or an event in the pool and had a great eye opening experience - "Wow, if I had known that would have been so good I would have tried it years ago" - then you know the pure pleasure that comes from trying something new. What if exercise in general and swimming specifically could generate that kind of response - ON A REGULAR BASIS? Now that would indeed be something special.

As coaches and swimmers we aim to make our sport fun at the same time we make it challenging, invigorating and stimulating. If swimming and coaching remain enjoyable and personally rewarding then we will stay with it for a life time. That indeed would be a wonderful thing to have happen! One way we do that is by checking out what others are doing. As coaches, we constantly are looking and listening to other professionals in our search for something new and valuable. As a swimmer, are you checking out what is going on in your sport beyond the boundaries of your pool deck, your local meet calendar?

We suggest that you do so. As a coach, if you are the only one on deck to whom do you turn on a regular basis for feedback? As a swimmer, if you are always doing the same swims every Monday, then the same workout each Wednesday, the same races each summer, perhaps you are "swimming in a vacuum." You have isolated yourself, without even knowing it, from outside stimuli that might greatly enhance your growth as a swimmer and your enjoyment of swimming as a person.

Face it; we only know what we know. If we are to grow, we need to look to outside sources for new ideas, or at the very least for fresh approaches to familiar subjects.



*PMS 2008 Coach of the Year
Laureen Welting, TOC,
presented at the PMS LC
Championships by
Michael Moore, PMS Chair and
Chris Campbell, PMS Coaches
Committee Chair*

The options for this strategy are limitless. You could:

- Schedule a workout with a neighboring team; make a social out of it as well
- Go train at a different pool with different swimmers once or twice a week
- Train for and then race in a different event
- Do an open water swim
- Enter a pool meet once a season
- Try your hand at a triathlon
- Take the lane lines out of the pool and swim widths for a day or a week
- Kick with a variety of fins, from short and stiff to long and soft, or a monofin
- Lift first then swim or vice versa
- Start stretching, or yoga, or Pilates, or weightlifting (some of our swimmers do boxing!)
- Go to a coaching clinic - and take notes
- Read a book a month, a year about training principles
- Try something new in the pool each week, no matter how small
- Start from the other end
- Breathe on the other side
- Have a swimmer make up the workout once a week

We could go on forever it seems. We know for certain this: top performers in any field are always exploring new territory. They are willing to make mistakes and take chances. Even Michael Phelps and his coach Bob Bowman know that they do not know everything! They only know what they know.

We at North Bay Aquatics have the luxury of coaching together and thus benefit from each other's take on what is happening daily. We often critique each set we do, sometimes tweaking it for future use or abandoning it altogether. Each of you know others who share a common passion for swimming. We encourage you to seek out these folks, get stimulated and try some fresh ideas, both on the deck and in the pool.

Someone once said that a rut is nothing more than a grave with the ends knocked out. We've also heard "If you are green you are growing; if you are ripe you are nearly rotten." So, let's head into the fall and winter with a pledge to explore new ground, make new friends and renew old acquaintances, visit new pools and try some new training routines. If we can help, let us know. Thanks for reading!

Don Swartz founded Masters Swimming in Marin County in 1971 with the Marin Aquatic Club. The Mt. Tam Masters grew from that organization. He along with Ken and Rick DeMont operate Swim Coach Direct, an online coaching service working with swimmers and coaches at all levels of interest and ability with clients in Canada and the United States. Ken and Don currently coach North Bay Aquatics, a member of Pacific Masters Swimming. They may be reached at www.swimcoachdirect.com.

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"/> F <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		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: <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	

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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.

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

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USMS/PMS #	Phone ()		

EVENT SCHEDULE

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

2008 Meet Schedule

Sun	09/07/08	RAD	Whiskeytown 1- and 2-mile
Sun	09/14/08	MVM	Alan Liu Memorial SCM
Wed-Sun	9/24-28/08	USMS	USAS Convention, Atlanta, GA
Sat	09/27/08	SMST	Folsom Lake 1- and 2-mile
Sun	10/05/08	SAC	34th Annual Sprint Pentathlon
Sun	10/05/08	RCP	RCP Tiburon Mile Open Water**
Fri-Sun	10/10-12/08	WCM	PMS SCM Championships
Sat	12/06/08	SNM	Reno Winners Meet

* recognized

** non-sanctioned

*** tentative

Aftermath
by Dore Schwab

The deck is almost deserted now
And the pool still
It's mirror surface disturbed
Slightly but the ever present breeze
And the silent recycling
Of purifying waer

Everything is put away
Swimmers and friends
Have made their plans
Are off to dinner or home
To relive the swims
Explain the losses
Or modestly share the victories

Tired bodies of the swimmers
Burned out officials
Relieved volunteers
Will sleep - and do it
All over again
Tomorrow

For now it's quiet
The tensions released
To permit exhaustion
To be recognized
And, hopefully,
Dealt with
So we can do it
Again - tomorrow

2008 Meeting Dates: Sept. 17, WC, Oct. 15, cc*, Nov. 19, WC, 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.

(cc)*meetings will be via conference call.

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

PACIFIC MASTERS
SWIMMING OFFICERS

Chairman:

Michael Moore
350 Wayland
San Francisco, 94134
chairman@pacificmasters.org

Administrative Vice-Chair:

Joan Alexander
532 Ridgeview Ct.
Pleasant Hill, 94523
administration@pacificmasters.org

Operations Vice-Chair:

Barry Fasbender
845 Talisman Dr.
Palo Alto, 94303
operations@pacificmasters.org

Treasurer:

Linda Shoenberger
1075 Joaquin Miller Drive
Reno, NV 89509
treasurer@pacificmasters.org

Secretary:

Karen Duggan
510 Mt. Dell Drive
Clayton, 94517
secretary@pacificmasters.org

Member-at-Large:

Bill Grohe
189 Galewood Circle
San Francisco, 94131
At-Large@pacificmasters.org

Registrar and PMS Office

Nancy Ridout
580 Sunset Parkway
Novato, 94947
(415) 892-0771
registrar@pacificmasters.org

Communications Co-Chairs:

Newsletter
Joanne Berven
4854 Andrea Ct.
Livermore, 94550
newsletter@pacificmasters.org

Webmaster

Michael Moore
350 Wayland
San Francisco, 94134
mwmoore@pacificmasters.org

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