

# newsletter



## RENEW TODAY FOR 2001

### Benefits of 2001 Pacific Masters Swimming Membership

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

<p><b>United States Masters Swimming, Inc.</b></p> <p><b>Pacific Masters Swimming, Inc.</b></p> <p style="text-align: center;"><b>2001 Membership Application</b></p> <p><input type="checkbox"/> Renewal 2000 number if known: _____</p> <p><input type="checkbox"/> New Registration</p> <p><b>YOU MUST PAY FEE OF \$25</b> <small>(Fee allocation: USMS = \$8, PMS = \$10, SWIM magazine = \$7)</small></p> <p><b>SEP. / OCT. 2001 FEE = \$15</b> <b>(end of year fee)</b></p> <p><b>Make check payable to Pacific Masters Swimming</b></p> <p><b>Mail to: Nancy Ridout</b> <b>580 Sunset Parkway</b> <b>Novato, CA 94947</b> <b>(415) 892-0771</b> <b>registrar@pacificmasters.org</b></p> <p><small>Registration Expires 12/31/01</small></p>	<p><b>PLEASE PRINT CLEARLY.</b> <b>Your name on this form and on meet entry forms must be identical.</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%;">Last Name</td> <td style="width: 33%;">First Name</td> <td style="width: 33%;">Middle Initial</td> </tr> <tr> <td colspan="2">Mailing Address</td> <td>Daytime Phone No. ( )</td> </tr> <tr> <td>City</td> <td>State</td> <td>Zip</td> </tr> <tr> <td colspan="2"></td> <td>Home Phone No. ( )</td> </tr> <tr> <td>Date of Birth</td> <td>Age</td> <td>Sex</td> </tr> <tr> <td>Month      Day      Year</td> <td></td> <td>e-mail address</td> </tr> <tr> <td colspan="2">CLUB (Must be USMS chartered or you will be registered as "Unattached")</td> <td>Today's Date</td> </tr> </table> <p><small>"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."</small></p> <p>Signature _____ I am a Masters Coach <input type="checkbox"/></p> <table style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> <input type="checkbox"/> I wish to contribute \$1 (or \$____) to the United States Masters Swimming Foundation. I <i>have added</i> this amount to my 2001 Registration fees.             </td> <td style="width: 50%; vertical-align: top;"> <input type="checkbox"/> I wish to contribute \$1 (or \$____) to the International Swimming Hall of Fame Foundation. I <i>have added</i> this amount to my 2001 Registration fees.             </td> </tr> </table>	Last Name	First Name	Middle Initial	Mailing Address		Daytime Phone No. ( )	City	State	Zip			Home Phone No. ( )	Date of Birth	Age	Sex	Month      Day      Year		e-mail address	CLUB (Must be USMS chartered or you will be registered as "Unattached")		Today's Date	<input type="checkbox"/> I wish to contribute \$1 (or \$____) to the United States Masters Swimming Foundation. I <i>have added</i> this amount to my 2001 Registration fees.	<input type="checkbox"/> I wish to contribute \$1 (or \$____) to the International Swimming Hall of Fame Foundation. I <i>have added</i> this amount to my 2001 Registration fees.
Last Name	First Name	Middle Initial																						
Mailing Address		Daytime Phone No. ( )																						
City	State	Zip																						
		Home Phone No. ( )																						
Date of Birth	Age	Sex																						
Month      Day      Year		e-mail address																						
CLUB (Must be USMS chartered or you will be registered as "Unattached")		Today's Date																						
<input type="checkbox"/> I wish to contribute \$1 (or \$____) to the United States Masters Swimming Foundation. I <i>have added</i> this amount to my 2001 Registration fees.	<input type="checkbox"/> I wish to contribute \$1 (or \$____) to the International Swimming Hall of Fame Foundation. I <i>have added</i> this amount to my 2001 Registration fees.																							

## Message from the Chair

by Julie Paque, PMS Chairman

At the Pacific Masters Swimming annual meeting on November 15th a new chairman will be elected to replace me. I am moving to Southern California to get married (to another swimmer, Michael Heather).

I have been involved with PMS for about a dozen years. Our organization has grown considerably during that time, thanks to the efforts of all the wonderful volunteers who have contributed their time and effort. This is an easy organization to lead, everyone has a common goal to further Masters Swimming in Northern California and Northern Nevada, and everyone pitches in to do the work that needs to be done.

This is evident in the membership growth we have seen. On September 15th, we surpassed our 1999 membership total, reaching 8825. We anticipate that we will be well over 9000 this year, an all time high.

Next year our goal is to reach the 10,000 mark. With Santa Clara hosting the 2001 Short Course National Championship (May 17-20, 2001) we have a good chance. They did a great job on their last Nationals, and we are looking forward to another fantastic meet (yes, I will be traveling back up the coast to attend!).

If you have an interest in participating in the governance of our organization, please consider volunteering. We have many one-time projects that need to be done, and always need people with good ideas. The annual meeting is open to any member, and each team gets a vote. For information on the time and location of our meetings go to [www.pacificmasters.org](http://www.pacificmasters.org). Stop by and find out what we're all about!

.....

## Annual Pacific Coaches Clinic

January 5 & 6, 2001 in Napa, CA

Sponsored by NorCal Sports 1-800-752-7946

Pacific Masters Swimming is offering one half scholarships to PMS coaches who apply. Contact Brian Stack, 680 - 33rd. St., Richmond, CA 94804 or [stackb@aol.com](mailto:stackb@aol.com). Deadline for applications is December 15, 2000. The Master's track will be Saturday afternoon.

.....

## RICHARD AND JOAN SMITH HONORED WITH RANSOM ARTHUR AWARD

At the United States Masters Swimming Short Course Nationals, it was announced that Joan and Richard Smith were the recipients of the 2000 Ransom Arthur Award, Masters swimming highest award to its volunteers.

Richard is the current Oceana Zone Rep of Masters Swimming. He has served on the USMS Finance Committee and legislation Committee. Richard has worked as a deck official

at meets. For many years Richard was the treasurer of Pacific Masters Swimming.

Joan is the current Officials chair of Pacific Masters Swimming. She has also served as Vice Chairman of Operations of Pac Masters. She is frequently seen working as a deck official at local and championship meets. Joan has also served as USMS historian.

Pacific is blessed with two great volunteers, It is great that United States Masters swimming has chosen to honor them with the 2000 Ransom Arthur Award (It will be formally awarded at the USMS convention this October in Orlando.



Richard and Joan Smith with USMS President Nancy Ridout receiving the Ransom Arthur Award

photo by Joanne Benven

## Keep The Machine Fueled

by Carol Berendsen

Ma•chine \me-'shen\ *n.* an instrument designed to transmit or modify the application of power, force, or motion; a person or organization that resembles a machine (as in being methodical, tireless...). These are among the many definitions of a machine. I guess, then, it's fair to say that in some sense of the word we are all machines. Like all machines we need a source of fuel, and for the human body that's food, in both solid and liquid forms. For the last several decades we've focused on what that fuel should (and shouldn't) be. There is another part of the fueling question that receives less attention...when we should fuel and refuel.

Since many masters swimmers prefer (or only have available) early morning workouts, and we know that breakfast is our most important meal of the day, how do we make our scheduling needs mesh with our fueling needs? According to sports nutritionist Jackie Berning in the June/July 1998 issue of *Fitness Swimming*,... "you've got to fuel up right, right from the start." Berning suggests three breakfasts. "Even if your workout is the first thing in the morning, do not hit the water with an entirely empty stomach." If you don't have time to eat something, drink some juice or sports drink. That's breakfast number one.

Breakfast number two comes right after you get out of the water, even before you hit the showers. "Make sure you have a good snack — a bagel or an energy bar..." There is a window of thirty to sixty minutes when you have to begin replacing the carbs, or it will take longer to eventually refuel your muscles. If you don't start refueling during that window of opportunity, you will begin the workday with a "fuel deficiency".

After snacking your way through the early morning, it's time for breakfast number three. "Here's where you add protein, so you are alert and functioning for the morning," says Berning. "It's also time to start getting the 40 nutrients you need every day to sustain life — carbs, of course, but protein from meat or dairy foods, and some fat. Make sure you also have some fruit and juice."

And...never forget the importance of drinking water. Staying hydrated should start as soon as you wake in the morning. Your first trip to the bathroom should include a drink of water. By the time your mouth tells you that you are thirsty, your muscles have been dehydrated for six hours!! And for swimmers, the 'dry mouth' signal is delayed because we train in an environment that keeps our mouth (but not our muscles) wet.

Now...go start your day with a great workout and lots of fuel...

**New Memberships**

New memberships and membership renewals for 2001 will be accepted as of November 1, 2000. Renew now before you throw this magazine away and save the time and inconvenience later. Dues remain unchanged at \$25. It's the best bargain you could ask for! Please print clearly and use the name you plan to use for competing. Do not forget to sign your form. When you receive your 2001 membership card, make several copies of it. You will need a copy to submit with every event you enter. A copy will also provide you with a backup, in case yours is lost. Replacement cards are available for a \$2 fee.

You may transfer to a new club at this time with no additional form, fee or waiting period. After you have registered for 2001, a signed transfer form and a \$2 fee will be required. Cards are processed each Friday. If you do not receive your membership card within a reasonable time after you have mailed in your registration, please call the PMS Office at (415) 892- 0771.

You will notice on the bottom of the form an opportunity to contribute to two worthy causes. The USMS Foundation is a tax- deductible foundation, administered by USMS, to provide for research and projects which further the goals of Masters swimming. You may also donate to the International Swimming Hall of Fame (also tax-deductible) which promotes swimming world- wide.

Elsewhere in this magazine, you will find the 2001 PMS Events Calendar full of pool meets, open water events, and clinics. Take the challenge to participate in at least one of these offerings in 2001. We invite and encourage you to take advantage of our activities.

**Sierra Nevada Masters 7th Annual Reno "Winners" Meet**

**Saturday, December 2, 2000**

Sanction #38-00-22

**Location:** Northwest Pool in Reno, Nevada Take Interstate 80 to Reno. Exit on West McCarran Blvd. Go north about two miles to Kings Row. Turn right at the light on Kings Row and then right again on Apollo Drive. The pool will be on your left.

**Facility:** 8 lane, 25 yd indoor, heated pool. One lane will be used for warm-up during the meet, with 6 lanes for competition. Seating is limited so bring your own chairs. A small snack bar will be available during the meet.

**Time:** 11:00 am warmup and noon start

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

**Entries:** Send your entries on a PMS Consolidated Entry Form. Swimmers are limited to 5 individual events. 2000 or 2001 USMS registration is required and a photocopy of such must accompany the entry form.

**Entry fee** is \$3.00 per swimmer (pool use fee) and \$2.00 per individual event. No fees for relays. Fees for late and any deck entry will be \$3.00 per swimmer and \$3.00 per individual event. Consolidated entry forms must be filled out completely, including age. There will be no refunds. Make checks payable to: Sierra Nevada Masters and mail to: Gwen Shonkwiler, 3315 Thornhill Drive, Reno, NV. 89509

**Deadline:** Entries must be postmarked by Monday, November 20th or received by Wednesday, November 22, 2000. Deck entries will not be accepted after 12:00 noon on meet day.

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

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

**Referee:** Rick Kaufmann

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

W	M	
1	2	200 Yd. Free
3	4	100 Yd. Back
5	6	50 Yd. Fly
7	8	100 Yd. Free
9	10	50 Yd. Breast
11	12	200 Yd. Individual Medley
13		200 Yd. Mixed Free Relay
15	16	50 Yd. Back
17	18	100 Yd. Fly
19	20	50 Yd. Free
21	22	100 Yd. Breast
23	24	100 Yd. Individual Medley
25		200 Yd. Mixed Medley Relay
27	28	500 Yd. Free

**USMS Coaches Mentor and Swimmer Clinic**

**Sunday, November 12, 2000**

**The Olympic Club**

**Directions:** From the North: 101 South to Golden Gate Bridge, off at Lombard, right on Van Ness, left on Bush, right on Mason, first right onto Sutter, 1/2 block on left is Club garage and rear entrance to club.

From East Bay and Peninsula: off at Van Ness, north to Bush, Right on Bush and follow above directions.

**Coaches Mentor clinic:** 9-11a.m.

**Swimmers Clinic:** 12-4 p.m.

**Fee:** \$30 each clinic; coaches clinic fee includes a coaching manual

**Topics:** Freestyle with a special emphasis on sprinting with underwater video taping.

Many on-deck coaches to help swimmers with technique; workout available

**Mentor Coaches:**

- Brian Stack - Oakland Manatees
- Doug Huestis - Fog City Masters
- Scott Williams - The Olympic Club
- Joel Wilson - Santa Cruz Masters
- Tina Talbot - Tri Valley Masters

**USMS MENTOR/COACH/ SWIMMER CLINIC**

Please sign me up for:  
 Mentor/Coach clinic \_\_\_\_\_  
 Swimmer clinic \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, Zip \_\_\_\_\_

phone: \_\_\_\_\_

email: \_\_\_\_\_

USMS # \_\_\_\_\_

Send this form/information with \$30 before Nov. 2; \$35 after or day of to:  
 Tina Talbot  
 1705 Liahona Lane  
 Danville, CA 94526  
 925-831-9539



## POOL MEETS

## !!ATTENTION!!

### University of San Francisco Masters 2001 Short Course Valentines Affair

Saturday, February 10, 2001

Sanction #38-01-05

**Location:** USF Koret Health and Recreation Center. Corner of Turk and Parker Sts., San Francisco. From the **Bay Bridge** take 101 GG Bridge/GG Park Connector. Once freeway ends, stay on Fell approx. 1 mile. Turn R on Masonic, L on Turk (third light). Turn L into free parking just after Parker (2nd light) From **280** take 19th Ave. exit. Stay on 19th approx. 3 miles. Turn R on Geary, and follow directions from GG Bridge. From the **GG Bridge**, stay to the right and take 19th Ave. Turn R on Clement, L on 14th Ave., L on Geary to Stanyon, R on Stanyon, L on Turk and enter free parking area on the right.

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

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

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

**Entries:** This will be a cardless meet. All entries must be on a consolidated entry form and accompanied by a copy of the swimmer's 2001 USMS registration card.

**Entry fees:** Entry fees are \$2.00 per event plus \$5.00 surcharge per swimmer. \$3.50 per event plus \$5.00 surcharge for late and deck entries, and \$4.00 per relay, deck entry only. Make checks payable to University of San Francisco Masters. Mail to USF Masters, Attn. E. Tosta, PO Box 330017., San Francisco, CA 94133-0017.

**Deadline:** if postmarked by Wednesday, January 31, 2001 or hand delivered to Koret by Friday, February 2, 2000.

**Awards:** Participation goodies will be distributed to all swimmers.

**Meet Director:** Mark Block (510) 549-0616

**Referee:** Bud Meyer

**Information:** Cathy Huang (415) 422-6247

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

All events will be swum slow to fast

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

\* Special Event

### The Olympic Club Mile

Saturday, February 11, 2001

Sanction:#38-01-06.

This is a unique 1650 freestyle event.

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

**Directions:** From the **Bay Bridge** take 101 GG Bridge/GG Park Connector. Once freeway ends, stay on Fell approx. 1 mile. Turn R on Masonic, L on Turk (third light). Turn L into free parking just after Parker (2nd light) From **280** take 19th Ave. exit. Stay on 19th approx. 3 miles. Turn R on Geary, and follow directions from GG Bridge. From the **GG Bridge**, stay to the right and take 19th Ave. Turn R on Clement, L on 14th Ave., L on Geary to Stanyon, R on Stanyon, L on Turk and enter free parking area on the right.

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

**Time:** Warm-ups from 8:00-8:45 a.m. The meet will start promptly at 9:00 a.m.

**Check-In:** The meet will be pre-seeded and preliminary heat assignments will be made. Application acceptances will be mailed out on Friday, February 2, 2001. Heats 1-8 must check-in by 8:30 a.m.; Heats 9-16 must check in by 11:30 a.m..

**Entries:** All entries must be postmarked by Monday, January 29, 2001. All entries must be on one signed consolidation entry form and include a copy of your 2001 USMS registration card. NO DECK ENTRIES!! No refunds will be made. Entries will be limited to 100 total swimmers

**Fees:** 15.00 per swimmer. Make check payable to THE OLYMPIC CLUB and send to: The Olympic Club Mile, 524 Post Street, San Francisco, CA 94102 Attn: Tiffany Forbes, Aquatic Manager

**Awards:** Distinct awards will be given for the following:

1. Fastest male . 2. Fastest female.
3. Closest to a AG National Record or the swimmer who breaks a National Record by the largest margin.

**Officials:**

**Meet Director:** Tiffany Forbes (415) 775-3088, ext 1205

**Referee:** Michael Moore.

**Guest Speaker:** TBA

### Red Cross Safety Classes

Safety Training for Swim Coaches and California Emergency Water Safety

If you are coaching without a lifeguard on duty, you need this class! Become aware of safety and health issues that are a part of the aquatic environment. Create safe workout conditions for the benefit of both your swimmers and yourself. Both classes together include discussions and in - water practice of safe workouts, safe facilities, medical emergencies, medical conditions, rescues, spinal injury management, and more. If you don't know if you need this class, answer this question: In an emergency, if not you, who?

**What:** Safety Training for Swim Coaches and Emergency Water Safety

**When:** Sun., November 19, 2000 9 AM - 5 PM

(Must register before Nov. 10 to receive pre course materials)

**Where:** Mills College Trefethen Aquatic Center

**Cost:** \$50

### Sports Safety Training

This is a course developed by the American Red Cross in partnership with the US Olympic Committee to offer First Aid and CPR Training in sports/athletic context. Get certified/recertified studying material that addresses many coaching concerns.

**What:** Sports Safety Training (First Aid and CPR)

**When:** Sunday, Dec. 3, 2000 9 AM - 5 PM

**Where:** Mills College Trefethen Aquatic Center

5000 MacArthur Blvd.  
Oakland, CA 94613  
510/430-3351

**Cost:** \$50

# COMPETITION ENTRY INSTRUCTIONS

## Pacific Masters Swimming Competitions

### HOW TO ENTER

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

### AGE GROUPS

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

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

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

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

### POOL COMPETITIONS

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

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

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

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

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

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

### OPEN WATER COMPETITIONS

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

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

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

### Consolidated Entry Form • Pacific Masters Swimming

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

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

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

Name of Meet/Event	Date of Meet/Event	Signature
--------------------	--------------------	-----------

Rev 3/99

# PACIFIC MASTERS SUPPLIES AND SERVICES

## VIDEO TAPE LIBRARY

### How to Borrow Tapes:

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

- |   |   |
|---|---|
| <ol style="list-style-type: none"> <li>1. How Swimming Works, New Ideas in Freestyle &amp; Backstroke - Dr. Marty Hull, 1996</li> <li>2. From the Fast Lane (3 tapes)- John Moffet: vol. 1-Basic Technique, vol. 2-Basic Training, vol. 3-Advanced Technique</li> <li>3. Swim Power, Unlock Your Ultimate Potential (Technique, Training &amp; Tips) - SteveTarpinian</li> <li>4. Water: How to Be Safe In It, Have Fun In It, Move Powerfully In It, Swim Fast In It - Dr. Marty Hull</li> <li>5. Fluid Swimming: The Importance of Range-Of Motion in Swimming, Stretching Exercises to Improve ROM, Strengthening Exercises to Use It Better - Dr. Marty Hull</li> <li>6. Swimming Fastest II - John Trembley</li> <li>7. Swim Smarter/Swim Faster - Richard Quick</li> <li>8. Swim Smarter/Swim Faster II (Starts &amp; Turns) - Richard Quick</li> <li>9. Forbes Carlisle Seminar - Taped at the Olympic Club, 1995</li> </ol> | <ol style="list-style-type: none"> <li>10. From the Bottom Up - Mike Bottom (3 tapes)Freestyle, Backstroke, Breastroke</li> <li>11. Excellence in Swimming Stroke Technique -</li> <li>12. Stretching - Bob Anderson</li> <li>13. Clinical Sports Massage - Benny Vaughn</li> <li>14. Gettin' Better - John Nabor</li> <li>15. Red Cross Swimming &amp; Diving Skills</li> <li>16. ASCA World Clinic, 1992 (4 tapes) Freestyle, Backstroke, Breastroke, Butterfly</li> <li>17. Weight Training for Adult Swimmers - from Rinconada Masters 50+ Clinic</li> <li>18. Masters Starts &amp; Turns - ASCA</li> <li>19. Gold Medal Series (4 tapes) - Don Gambriel: Freestyle, Backstroke, Breastroke, Butterfly</li> <li>20. Classic Swimming Series (4 tapes) - Don Gambriel: Men's Swimming, Women's Swimming, Swimming Techniques, Coaches Techniques</li> <li>21. Breaking the Mental Barrier (audio tapes)</li> </ol> |
|---|---|

## 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		

### Directions to Oak Hill Park for 2001 PMS meetings: 680 South:

Take Stone Valley Rd., go left under the freeway ~2.5 miles; right on Glenwood Ct.

680 North: Take Diablo Rd. exit, go right ~1 mi, make a right to stay on Diablo Rd. Left at Green Valley Rd. (signal light) Follow Green Valley Rd. ~3/4 mi. to StoneValley Rd. Left on Stone Valley Rd, and left on Glenwood Ct., just beyond the park.

## PRICE LIST

- Membership Card Replacment.....2.00
- USMS/PMS Registration Forms.....free
- USMS Brochures (up to 20).....free
- Entry Cards
- (pink, blue, relay; combos ok)
- set of 20.....2.00
- set of 100.....5.00
- set of 500.....15.00
- Pad -100 Consolidated Entry Forms.....3.50
- USMS/PMS Records- indicate type:
- (SC, LC, SCM).....3.00
- PMS Top Ten Times -indicate type
- (SC, LC).....5.00
- Building a Successful Masters Club.....3.00
- Places to Swim - one area.....SASE
- Places to Swim - entire USA.....6.00
- USMS 2000 Rule Book.....7.00
- USMS Decals (each).....0.25
- PMS Luggage Tag for PMS Card.....2.00
- Video and audio tape deposit .....50.00
- Video/audio tape mailing charge.....5.00
- PMS Super Set
- (stickers, instructions, certificates)
- set of 1.....1.00
- set of 10.....5.00
- set of 15.....10.00
- set of 50.....18.00
- Swim Seasons Record Card
- ( for recording best times)
- set of 1.....0.50
- set of 10.....2.00
- set of 25.....4.50

**Deadline for**  
pool and open water swims  
for the  
January - February, 2001 Newsletter is  
**November 15, 2000.**  
Please submit creative writing  
and photos to  
Newsletter Editor  
Joanne Berven  
4854 Andrea Ct.  
Livermore, CA 94550  
nevreb@home.com

The Pacific Masters Swimming Newsletter is published six times a year as an insert in the bimonthly SWIM Magazine, for swimmers registered with Pacific Masters Swimming.  
© Pacific Masters Swimming

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

# 2000-2001 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

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

## NOVEMBER, 2000

3-5 HMSW, PMS Championships, SCM, Karlene Martin, (707) 838-4432.

15 PMS Meeting, 7:30 p.m., San Ramon Olympic Pool.

## DECEMBER

3 SNM, Reno Winners Meet, SCY, Gwen Shonkwiler, (707)327-5010.

## 2001

Jan. 20 SDAM Masters Clambake, SCY, Dan Frost, (831) 889-7213  
 Jan. 24 PMS Meeting, Oak Hill Park, Danville\*  
 Jan. 27 FCM Fog City Quadrathon, SCY, Doug Huestis, (415) 776-5496  
 Jan. 1-Feb. 28 TAM Postal 1650, SCY, Jon Steiner, (415) 459-2000 x30  
 Feb. 10 USF Valentine's Day Affair, SCY, Mark Block, (510) 549-0616  
 Feb. 11 TOC The Mile, SCY, Tiffany Forbes, (415) 775-3088 x 1205  
 Feb. 25 SMMM Pacifica Indoor Relays, SCY, Dale Finch, (650) 654-1554  
 Feb. 28 PMS Meeting, Oak Hill Park, Danville  
 Mar. 2-4 WCM Intensive Training Camp, Kerry O'Brien, (925) 943- 5856  
 Mar. 10 RINC Pre-Spring Meet, SCY, Jim Shaw. (650)529-1173  
 Mar. 28 PMS Meeting, Oak Hill Park, Danville  
 Mar. 31 SCAM Invitational, SCY, Polly Upshaw, coachpolly@usms.org  
 Apr. 20-22 CRUZ PMS Championships, SCY, Joel Wilson, (831) 425-5762  
 Apr. 25 PMS Meeting, Oak Hill Park, Danville  
 May 12 RCM Spring Lake, OW, Jim Mc Cray, (707) 528-4718  
 May 17-20 SCSC USMS Nationals  
 May 23 PMS Meeting, Oak Hill Park, Danville  
 June 2 DAM Lake Berryessa (1, 2 mile), OW, Tariq Kadir, (530) 758-8665  
 June 8-9 WCM Long Course Invitational, LCM, Kerry O'Brien, (925) 943-5856  
 June 10 SMMM Open Water Clinic, Thomas Huggins, (415) 668-4840  
 June 23 RCM Lake Sonoma 2-mile, OW, Jim Mc Cray, (707) 528- 4718  
 June 27 PMS Meeting, Oak Hill Park, Danville  
 July 1 SMMM Open Water Swim (0.5 mile), OW, Thomas Huggins, (415) 668-4840  
 July 13-15 WEST PMS Championships, LCM, Isla Wallace (408) 926-6621  
 July 21 TOC Trans Tahoe Relay, OW, Scott Williams, (415) 775- 3088 x 1241  
 July 22 SMMM Open Water Swim (1 mile), OW, Thomas Huggins, (415) 668-4840  
 July 25 PMS Meeting, Oak Hill Park, Danville  
 July 28 SFBSA Aquatic Park Challenge, OW, Gary Emrich, (650) 359-3773  
 Aug. 4 CRUZ Santa Cruz Pier, OW, Rick Gould, (925) 931-5345  
 Aug. 5 CRUZ Pier-to-Pier, OW, Joel Wilson, (831) 425-5762  
 Aug 5 CRUZ Cruz Cruise, OW, Joel Wilson, (831) 425-5762  
 Aug. 11 SNM Donner Lake, OW, Mike Ryder  
 Aug. 16-19 PN USMS Nationals  
 Aug. 19 MAM 2 x 1 Relay, OW, Vincent Pon, (510) 523-3304  
 Aug. 25 TCAM Pinecrest Lake, OW, John Brunolli, (209) 532-2761  
 Aug. 29 PMS Meeting, Oak Hill Park, Danville  
 Sept. 9 RAD Whiskeytown (1, 2 mile), OW, Pete O'Neill, (530) 225-0020 x 726  
 Sept. 12-16 USMS National Convention  
 Sept. 15 TVM Shadow Cliffs (0.5, 1.5 mile), OW, Suzanne Van Cleve, (925) 463-2146  
 Sept. 22 RAMS Folsom Lake (1, 2 mile), OW, Nancy Kelley, (916) 624-0715  
 Sept. 26 PMS Meeting, Oak Hill Park, Danville  
 Sept. 29 SFRP Swim SF, SCY, Tod Hill, (415) 647-4271  
 Oct. 7 SAC Sacramento Pentathlon, SCY, Andrew Brenan, revols@earthlink.net  
 Oct. 14 SMMM Meters Meet, SCM, Dale Finch, (650) 654-1554  
 Oct. 19 HMSW PMS 1500 Championships, SCM, Theresa Wistrom, (707) 433-1886  
 Oct. 20-21 WCM PMS Championships, SCM, Margee Curran, (925) 256-7940  
 Oct. 24 PMS Meeting, Oak Hill Park, Danville  
 Nov. 28 PMS Annual Meeting, Oak Hill Park, Danville  
 Dec. 1 SNM Reno Winners Meet, SCY, Steve Lintz, (775) 849- 2179

\* Directions to Oak Hill Park on previous page

## PACIFIC MASTERS SWIMMING OFFICERS

### Chairman:

Julie Paque  
 5467 E. Fairbrook St.  
 Long Beach, 90815  
 chairman@pacificmasters.org

### Administrative Vice-Chair:

Rick Windes  
 1543 La Salle Avenue  
 San Francisco, 94110-4851  
 administration@pacificmasters.org

### Operations Vice-Chair:

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

### Treasurer:

Clarine Anderson  
 88 Yerba Buena Ave.  
 Los Altos, 94022  
 treasurer@pacificmasters.org

### Secretary:

Joan Alexander  
 532 Ridge View Court  
 Pleasant Hill, 94523  
 secretary@pacificmasters.org

### Member-at-Large:

Michael Moore  
 350 Wayland  
 San Francisco, 94134  
 swim@hooked.net

### 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  
 swim@hooked.net