

newsletter



Pacific Masters Swimming Names Year 2000 Service Award Winners

by Doug Huestis, PMS Chair

A big "Thank-You" and congratulations to all the Service Award Winners and Age Group Swimmers of the Year! The awards were given out at the Short Course Championships at Santa Cruz.

Distinguished Service Awards

Julie Paque was one of the recipients for this years award; and it would be hard to find a more deserving individual. Her years of service have set the standard for those who follow and not only has she been a key figure in Pacific Masters ongoing success, she has been a clear and decisive voice for us at the national level. She has served as Chair of Pacific Masters Swimming for several tenures and has represented Pacific at USMS National Conventions for many, many years.

Our other recipient for this years award is **Dale Finch**, or as she is affectionately known to her team (San Mateo Master Marlins) as Captain Dale. Without her some of your favorite pool events might not have been offered, or directed as well, and our 'pool seasons' would be more than a little bit sparser. What would the early Short Course season be without the Annual Relay Meet at Pacifica (has it really been 15 years for that event?), or the Short Course Meters Meet in October. Thank-you Capt'n!

Personal Achievement Awards

Our first recipient for this award is **Heidi Renner**, and she is truly inspirational in her achievements. Having suffered a stroke years ago, she turned to swimming as therapy and for empowerment. Her having swum in the most recent National Championships is a testament to her drive and determination. Not only that she has also done volunteer work and fund raising for "Strokes for Stroke" in their ongoing work and research. We are pleased that she is a recipient of this award; but realize that what she has achieved to date is almost reward enough.

Our other recipient is **Alice Tokars**, who in some ways epitomizes Masters Swimming. She is a dedicated swimmer who applies her talents with discipline and hard work. Not all swimmers are gifted athletes, most of us have to work hard to make Pacific Masters Top Ten lists. Alice is no exception, three years ago she finally cracked into that crowd with a few times over the entire year. Last year she made seven Top Ten times in the Short Course season alone, and clocked in another four more during the Long Course season.

Contributor of the Year Award

This years recipient needs no introduction as not only is she Registrar for Pacific Masters and one of our best swimming competitors, she is also the President of USMS. Of course, I speak of **Nancy Ridout** (TAM) a person who seems to have endless reserves of energy. At one time or another you might have had to call the main office for Pacific Masters, and Nancy is the one who is there to help, to direct, to answer questions for all the membership. This in addition to attending to the needs of the entire membership of USMS. As I have mentioned at other times she is indeed the "glue" that holds everything together, although "super-glue" would be more appropriate.

Appreciation Awards

Dennis Horan was one of this years recipients for this years award. He has served Pacific Masters for a number of years as an official (referee, starter, stroke and turn judge) at local meets, our own Championships, and when they are in town, National Championships. He is a USA Swimming Official as well as a Masters Swimmer so he understands both sides of the fence.

Our other recipient is a package deal as it was awarded to **Lois and Harrison Race**. They are also USA Swimming Officials who have been working many Pacific Masters swim meets over the last ten years. They have brought much needed officiating experience, and wisdom, to our local and Championship meets. We are indeed very fortunate in having individuals of such experience and character in our LMSC.

(cont. on last page of meet information)

Age Group Swimmers of the Year

19-24	Sarabeth Schweitzer (USAB) Jeff Maynor (CVM)	55-59	Susan Allen (USF) Tim Birnie (TOC)
25-29	Maya Nasution (USF) Ed Owen (MELO)	60-64	Susan Munn (DAM) Emory Haworth (WCM)
30-34	Tiffany Forbes ((TOC) John Keppeler (TOC)	65-69	Ann Hirsch (WCM) Stan Morner (WCM)
35-39	Lisa Ward (WCM) Stephen Stahl (WCM)	70-74	Gail Roper (RPMS) Roger Campbell (SMMM)
40-44	Jill Hernandez (CMS) Mike Keck (TOC)	75-79	Margery Meyer (TOC) Fred Rogers (USF)
45-49	Laura Val (SCSC) Fred Farley (RINC)	80-84	Marjorie Sharpe (STAN) Ray Taft (SMMM)
50-54	Celeste Miller (SNM) Jim Clemmons (MAM)	85-89	Jeanne Durston (WCM) Jim Triolo (LAM)

OPEN WATER CHAMPIONSHIP MEETS

Santa Cruz Masters and The Santa Cruz Surf Life Saving Association The 27th Annual Roughwater Swim

Saturday, August 4, 2001

Sanction # OW-0105

Location: Lifeguard tower #1, Santa Cruz City Main Beach. Arrive early to secure parking.

Course: One-mile course around the Pier. Expected water temperature: 60°.

Time: Check-in and race-day registration begins at 9:30 A.M. Race begins at 11:00 A.M.

Swim Procedure: Pre-race instructions at 10:45 A.M. Contestants will receive a siren start. Three wave start system will be used. A one-hour cut-off time will be enforced.

Entries: Pre-race entries are \$25.00 per person. Late entries and race-day registration are \$30.00. Mail consolidated card or entry form, a copy of your 2001 USMS registration card, a self-addressed stamped envelope for pre-race info and a check payable to SCSLSA to: Santa Cruz Roughwater Swim, 323 Church St., Santa Cruz, CA 95060.

Deadline: Entries must be postmarked by **July 19, 2001**.

Awards: All participants will receive a commemorative item. Awards three deep in each age division.

Race Information: (831) 420-6012

Santa Cruz Masters The CRUZ Cruise PMS 2 Mile Championship

Sunday, August 5, 2001

Sanction # OW-0106

Location: Santa Cruz Pier, Cowell Beach, Lifeguard Tower #1.

Course: Two-mile out/back course. Expected water temperature: 62°.

Time: Check-in at 7:00 A.M. Race begins at 8:30 A.M.

Entries: Entries are \$20.00 per person. Entry fee is non-refundable. Late and race-day entries are \$25.00. Mail PMS consolidated entry form, a copy of your 2001 USMS registration card, and a check payable to Santa Cruz Masters Aquatics to: Paul Wrangell, 120 Dufour St., Santa Cruz, CA, 95060.

Deadline: Entries must be received by **July 24, 2001**.

Awards: Championship medals through 5th place in each age/sex division.

Race Information: Scott Patterson, scottcp@sasquatch.com, (831) 426-1043 or Paul Wrangel, pwrangel@cats.ucsc.edu, (831) 429-1217.

Santa Cruz Masters Pier to Pier 10 Kilometer Open Water Swim PMS Championship Swim

Sunday, August 5, 2001

Sanction # OW-0107

Location: Capitola to Santa Cruz.

Course: The 10 kilometer swim begins on the beach east of the Capitola Wharf and finishes on the beach west of the Santa Cruz Wharf. Expected water temperature 60°.

Escorts: Each swimmer must provide an experienced open water escort. Escort must check in with swimmer for pre-race instructions. Escorts must use appropriate escort craft. Kayaks recommended. No motorized escorts. Soft foam paddle boards, surf boards or paddle boards less than 10 feet in length are not suitable.

Time: Check-in at 6:45 A.M., pre-race instructions at 7:15 A.M. Race begins at 8:00 A.M.

Swim Procedure: Escort, escort craft and swimmers must be together on the beach immediately before the start. Swimmers must be swimming with their escort within 5 minutes of the start of the race. There will be marker buoys on the course. All swimmers must wear fluorescent caps. Neoprene caps, ear plugs and body grease are allowed.

Entries: Entries are \$55.00 per person and must be received by July 26, 2001. Entry fee is non-refundable. Swimmers must attach a list of their open water swims (with times) completed in the past year. Mail entry form, list of swims, copy of 2001 USMS registration card, and a check payable to Santa Cruz Masters Aquatics, P.O. Box 8422, Santa Cruz, CA, 95061.

Deadline: Entries must be received by **July 26, 2001**. Entries received after the 26th will be returned. No race day entries.

Awards: Championship medals through 5th place in each age and gender division.

Race Director: Contact Joel Wilson (831)425-5762 for additional important information.

Email: openwatr@got.net

Santa Cruz Plays Host to 3 PMS Open Water Championships

1 mile PMS Championship
Santa Cruz Rough Water Swim
Saturday August 4, 2001

2 Mile PMS Championship
Cruz Cruise 2 Mile Swim
Sunday August 5, 2001

10 K PMS Championship
Santa Cruz Pier to Capitola Pier
Sunday August 5, 2001

Quality Events, Good Friends, Championship Awards

OPEN WATER MEETS

Sierra Nevada Masters Donner Lake 22nd Annual Open Water Swim

Saturday, August 11, 2001

Sanction: # pending

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

Parking and Shuttle: This is a point to point swim with parking available at the start and the finish areas. A shuttle will operate between these areas from 7:00 A.M. till noon. There is a spectator fee at West End Beach (\$3.00 adults, \$2.00 children). Animals are not allowed on the beach.

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

Time: Check-in and race-day registration 7:00 - 8:30 A.M. Race begins at 9:00 A.M.

Swim Procedure: Pre-race instructions at 8:45 A.M. followed by a beach start. A 2 hr. 15 min. time limit will be enforced. Fifty minute time limit for the first mile. Non-motorized individual escorts are permitted. Life jackets and "man in water" flags are required on all craft.

Entries: Pre-race entries are \$20.00 per person. Late entries and race-day registration are \$25.00. Entry fee is non-refundable. Mail consolidated entry form or official race entry form, a copy of your 2001 USMS registration card, a self-addressed stamped envelope (for confirmation of entry or list of motels) and a check (payable to SNM) to: Sierra Nevada Masters, P.O. Box 9122, Truckee, CA 96162. To receive an official race entry form, mail an SASE to this address.

Deadline: Entries must be postmarked by **August 3, 2001.**

Awards: Special Awards to the top 19+ and top 40+ male and female finishers. Awards to the top three finishers in each age division. Participants in wet suits are ineligible for awards. Post-race refreshments will be provided. Post-race raffle for all participants (must be present to win).

Picnic: SNM and TTST will provide refreshments after the race for participants. BBQ's are available if you'd like to pack a picnic lunch and enjoy the afternoon at Donner Lake.

T-Shirts: T-Shirts will be sold race day for \$12. Also, a limited supply of sweatshirts will be available for \$20.

Race Information: Mike Ryder, (775) 787-3279; email gwen@scs.unr.edu

Manatee Masters 2x1 Open Water Relay Swim

Sunday August 19, 2001

Sanction # OW-0109

Location/Directions: Lake Del Valle, Livermore, CA. To reach Lake Del Valle, take I-580 to Livermore. Exit at North Livermore Ave. Proceed south on North Livermore Ave., which changes street names to become Livermore Ave. and then South Livermore Ave. The road bends to the left and becomes Tesla Rd. Turn right onto Mines Rd. Take Mines Rd. to Del Valle Rd. and proceed to the park entrance. Turn right at the gate and proceed to East Beach. Parking fee: \$5, carpooling is recommended. Anticipate a 20-30 minute wait at the park entrance.

Course: Two person relay team around a one-mile loop course. Water temperature: approximately 75°.

Time: Gates open at 6:00 A.M. Check-in and race day registration 7:00-8:00 A.M. Mandatory pre-race meeting at 8:15 A.M. Race begins at 8:30 A.M.

Race Procedure: Caps, identifying the swimmer number one and two on each team will be provided and must be worn during the race. Two-hour cutoff time.

Entries: Pre-race entries are \$45 per team. Late and race day entries are \$55. Mail consolidated form or official entry form with a copy of each participant's 2001 USMS registration card and a check payable to MAM, Attn: Vince Pon, 25625 Crestfield Drive, Castro Valley, CA 94552. There is a 250 team limit, so register early.

Deadline: Entries must be postmarked by **July 31, 2001.**

Age Divisions: 19-24, 25-34, 35-44, etc.; men, women and mixed. Age group is the sum of the ages on race day divided by 2 (and rounded up).

Awards: Awards will be given to the first three teams in each age division. Special awards will be given for the first mother/daughter, mother/son, father/daughter, father/son, brother/sister, sister/sister, brother/brother, grandparent/grandchild, spouse/significant other teams. Raffle drawing will be held after the swim and before the awards ceremony. Complimentary beverages, food and snacks will be available to participants.

T-Shirts: Preregistered swimmers will receive a 15th Annual Manatees 2x1 t-shirt.

Race Information: Vince Pon, (510) 287-0792 day and (510) 384-3339 eves. MAM 2x1 website: www.pacificmasters.org/manatee/2by1.htm

Tuolumne County Aquatics Pinecrest Lake One Mile Swim

Saturday, August 25, 2001

Sanction # OW-0110

Location: Pinecrest Lake is located in Pinecrest approximately 30 miles east of Sonora.

Directions: From Hwy. 99 at Manteca take Hwy. 120 east through Escalon and Oakdale. Follow signs to Sonora and continue approximately 30 miles past Sonora on Hwy. 108. Take the Pinecrest exit and proceed to the beach at the southeast side of the lake.

Course: The swim consists of a one mile loop course. Anticipated water temperature 65-69°. Pinecrest Lake is an alpine lake situated at an altitude of 5616 feet.

Time: Race day registration and check-in begins at 7:30 A.M. and closes at 8:30 A.M. The swim begins at 9:00 A.M.

Swim Procedure: Deep water wave starts based on estimated time.

Entries: Mail consolidated form, a copy of your 2001 USMS registration card with your estimated one mile time and a check payable to Tuolumne County Aquatics, c/o John Brunolli, 22636 Cedar Pines Ave., Twain Harte, CA 95370.

Entry fees: \$25 (\$30 late and race day).

Deadline: Entries must be postmarked by **August 18, 2001.**

Awards: Awards to top three men and women finishers in each age group.

T-shirts: May be ordered on entry form for an additional \$10 each prior to August 18, 2001. A limited number of T-shirts will be available on race day for \$15 each.

Race Director: John Brunolli, 209-586-8944;

e-mail: jbrunol@lodalink.com

check out our website
www.pacificmasters.org

OPEN WATER MEETS

Redding Swim Team Whiskeytown One and Two Mile Swims

Sunday, September 9, 2001

Sanction # OW-0111, OW-0112

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: The one and two mile triangular courses. Expected water temperature 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: 10:45 A.M. Two-mile start: 11:45 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 \$17.00 per race, \$25 for both. Add \$10 for late and race day entries. Mail consolidated form or official entry form with a copy of your 2001 USMS registration card and a check (payable to Redding Swim Team) to: Redding Swim Team, c/o Terri Misslin, 2193 Cadjew St., Redding, CA 96003.

Deadline: Entries must be postmarked by **September 1, 2001**.

Awards: Whiskeytown mugs for first through third in usual groups.

Race Information: Pete O'Neill (530) 246-7340 or Terri Misslin (530) 221-5550.

Tri Valley Masters Shadow Cliffs Open Water Swims

Saturday, September 15, 2001

Sanction: # OW-0113, OW-0114

Location: Shadow Cliffs Regional Park, Pleasanton, CA. From I-580, exit Santa Rita Rd. Exit South. Proceed 2 miles to Valley Rd. and turn left. Proceed to Stanley Boulevard and turn left. Shadow Cliffs is 3/4 mile ahead on the right. Parking fee \$5.00.

Course: 0.75 mile (new this year) and 1.5 mile loop courses. Expected water temp. 75°.

Time: Check-in and race-day registration 6:30 - 7:45 A.M. 0.75 mile swim starts at 8:15 A.M. and 1.5 mile swim starts at 8:45 A.M.

Entries: Pre-race entries are \$20.00 per person. Special price of \$30 to swim both events. Add \$5 for late and race day entries. Mail consolidated form or official entry form with a copy of your 2001 USMS registration card and a check (payable to Tri Valley Masters) to: Ron Emhoff, 7730-C Canyon Meadow Circle, Pleasanton, CA 94588.

Deadline: Entries must be postmarked by **September 7, 2001**.

Awards: Awards to overall male and female winners and three deep in each age division.

Race Information: Suzanne VanCleve (925) 463-2146; suzannevanclave@home.com



Getting ready for the Shadowcliffs 1.5 mile swim.



photos by Joanne Berven

(cont. from front page)

AGE GROUP SWIMMERS of THE YEAR

Our female swimmer of the year is **Sarabeth Swietzer**, swimming for USA WaterBandits. Swimming in the 'youngest' age group, she is off to a fine start. During the Short Course yards season she broke nine Pacific Masters records, which were also fast enough to break the corresponding USMS National records. And keeping up the momentum into the Long Course meters season she did the same 'double' setting seven Pacific and USMS National records!

In the men's division we had a tie! Swimming in the 50-54 age- group and representing the Manatee Masters was **Jim Clemmons**. During the Short Course season he set four Pacific Masters records, of which two were fast enough to break USMS National records. In the Long Course season he broke three more Pacific Masters records to cap off a great year. I think it's just great when Masters swimmers refuse to "act their age"!!!

Our other male age-group winner was **Tim Birnie**, swimming for The Olympic Club. He did not 'age-up' till the Long Course season (55-59 age group); but he made up for it by breaking six Pacific Masters Long Course meters records, of which four were USMS National records. And finishing out the year in the Short Course meters season he broke six more Pacific Masters records, of which all but one were new USMS National records.

SWIMMERS OF THE YEAR

photos by Rich Burns



Carolyn Boak (LAM) (r) receives the Ransom Arthur Award from Nancy Ridout (TAM) (l).



Nancy Ridout (TAM) receives the Contributor of the Year Award from Doug Huestis (FOG) (l) and Barry Fasbender (STAN) (r).



Dale Finch (SMMM) is a co-recipient of the Distinguished Service Award.



Age Group Swimmers of the Year

Front row L-R: Laura Val (TAM), Lisa Ward (WCM), Emory Haworth (WCM), Ann Hirsch (WCM), Tiffany Forbes (TOC) Mike Keck (TOC); Back row: Ray Taft (SMMM), Maya Nasution (USF), Tim Birnie (TOC), Susan Allen (USF), Fred Rogers (USF), Roger Campbell (SMMM), Marjorie Sharp (STAN), Stan Morner (WCM), Jim Clemmons (MAM) Margery Meyer (TOC), Fred Farley, (RINC), Susan Munn (DAM).



Heidi Renner (MELO) is a recipient of the Personal Achievement Award.



Dick Bennett (MELO) (r) is presented with the Peggy Luchessi Award by George Cunningham (CRUZ), in memory of his sister.



Jim Clemens (MAM) is a co-recipient of the Male Swimmer of the Year Award.

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																														
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For a Cardless Meet, enter your times in the table below																																
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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
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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.

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| <ol style="list-style-type: none"> 1. How Swimming Works, New Ideas in Freestyle & Backstroke - Dr. Marty Hull, 1996 2. From the Fast Lane (3 tapes)- John Moffet vol. 1-Basic Technique, vol. 2-Basic Training, vol. 3-Advanced Technique 3. Swim Power, Unlock Your Ultimate Potential (Technique, Training & Tips) - SteveTarpinian 4. Water: How to Be Safe In It, Have Fun In It, Move Powerfully In It, Swim Fast IN It - Dr. Marty Hull 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 6. Swimming Fastest II - John Trembley 7. Swim Smarter/Swim Faster - Richard Quick 8. Swim Smarter/Swim Faster II (Starts & Turns) - Richard Quick 9. Forbes Carlisle Seminar - Taped at the Olympic Club, 1995 | <ol style="list-style-type: none"> 10. From the Bottom Up - Mike Bottom (3 tapes)Freestyle, Backstroke, Breastroke 11. Excellence in Swimming Stroke Technique - 12. Stretching - Bob Anderson 13. Clinical Sports Massage - Benny Vaughn 14. Gettin' Better - John Nabor 15. Red Cross Swimming & Diving Skills 16. ASCA World Clinic, 1992 (4 tapes) Freestyle, Backstroke, Breastroke, Butterfly 17. Weight Training for Adult Swimmers - from Rinconada Masters 50+ Clinic 18. Masters Starts & Turns - ASCA 19. Gold Medal Series (4 tapes) - Don Gambriel Freestyle, Backstroke, Breastroke, Butterfly 20. Classic Swimming Series (4 tapes) - Don Gambriel, Men's Swimming, Women's Swimming, Swimming Techniques, Coaches Techniques 21. Breaking the Mental Barrier (audio tapes) |
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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 2001 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

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			

