

# newsletter



## Message from the Chair

by Michael Moore, PMS Chair



Without volunteers who work for the good of the swimming community, Masters swimming would not have the swimming meets nor the organization that it is. Pacific Masters Swimming honors its once a year at its largest swim meet, the annual short course yards championships.

There are five service awards. There were three people who were awarded the Appreciation Award. **Joel Wilson** who has been the meet director of the many short course and long course Pacific Masters championships that have been organized by **Santa Cruz Masters**. He has also been instrumental in the Cruz Cruise and Pier to Pier swim. Joel has the appreciation of Pacific Masters Swimming.

There is a lot of jobs done at the swim meets. One of the more important jobs is the clerk of the course, who makes up the heat sheets and prints the results. **Dan Corrigan** has been the clerk of the course at the Pacific Masters Championships for the past fifteen years. Dan is always calm in the mist of the hurricane of people wanting to change their times, saying they entered the event, but they are not listed on the event sheet and being sure the results are accurate. Dan has the appreciation of the Pacific Masters Swimming.

After hearing of the tsunami that devastated countries along the Indian Ocean, **Tsunami Masters** took it upon themselves to raise money for the survivors. For raising over \$20,000 that was given to the American Red Cross, Pacific Masters honors them with the Distinguished Service Award.

When Pacific Masters has needed a place to put on a fitness clinic the Olympic Club has stepped up, to let us use their beautiful new facilities. The Olympic Club has put on the TOC Mile, Pacific's meet for the distance pool swimmer. When USMS was short of funds for the Olympic Training camp, the Olympic Club, donated funds for its continuation. Pacific honors the **Olympic Club** with its Distinguished Service award.

**Joan Alexander**, Pacific's secretary, has also be the Oceana Zone rep and is a member of the USMS Committee that is reviewing the governance of USMS. This has involved many hours of committee meeting, phone calls and reading documents. Pacific recognizes her for her distinguished service.

**Brian Stack** has been the head coach of Manatee Masters, which has developed into one of the largest clubs in Masters

swimming. Brian has served as co-chair of Pacific's Coaches committee and works on presenting fitness clinics. Pacific recognizes his distinguished service.

**Dore Schwab** has been involved in Masters swimming for over 30 years. He has served as Pacific Masters chairman. He has been the USMS zone chairman and he has worked as a deck official in his desire to help Masters swimming. For all of his work over the past 30 years, Pacific recognizes him for his distinguished service.

**Leianne Crittenden** after a 29 year hiatus decided to start swimming competitively again. She started training in her home pool, came to a Pacific Masters meet and swam well. She joined Walnut Creek Masters. During 2004, she took first place at Pacific Championships, she took two first places at short course nationals and she took first in the 50 at the FINA World Masters Championships in Riccione, Italy. For doing all of that in such a short period of time, Leianne Crittenden is awarded the Personal achievement award.

**Michael Moore** was awarded the Contributor of the Year award for his work in the getting the XI FINA World Masters Championships to Stanford.

This is one more appreciation award that will be awarded at Long Course Championships. The overall swimmers of the year were Bill Johnson for men and Daniela Barnea for women

### Age groups Swimmers of the Year

19-24 Tara Ho	19-24 Matthew Roper
25-29 Allison Wagner	25-29 Andy Nonaka
30-34 Katrina Radke	30-34 Robert MacKenzie
35-39 Laureen Welting	35-39 Rick Hamilton
40-44 Terri Maginnis	40-44 Hector Chao
45-49 Suzanne Heim-Bowen	45-49 Matthew Kanzler
50-54 Laura Val	50-54 Jim Clemmons
55-59 Ruth Shaps	55-59 Tod Spieker
60-64 Daniela Barnea	60-64 Rich Burns
65-69 Susan Munn	65-69 Jim Perilman
70-74 Ann Hirsch	70-74 Robert Mayo
75-79 Barbara Owens	75-79 Don Stupfel
80-84 Margery Meyer	80-84 William Johnson
85-89 Marjorie Sharpe	85-89 Tom McCall
	90-94 Jim Triolo

## OPEN WATER SWIMS

### The Olympic Club The 29th Annual Trans Tahoe Invitational Rough Water Relay Swim

Saturday, July 23rd, 2005

Sanction # OW-0509

**Location and Course:** Approximately 11.5 miles across Lake Tahoe from Sand Harbor, NV to Skylandia Beach, CA. Altitude: 6,200 ft. Expected water temperature: 55-65 degrees. Special course conditions include wind, choppy water and a rocky beach.

**Swim Procedure:** Six members to a team. Each member swims a 30-minute leg, then a 15-minute leg, and then 10-minute legs until finished. Teams must maintain their swimming order throughout the race. No drafting permitted. **The use of wet suits is not permitted.** Pilot boats must conform to stated safety and emergency procedures.

**Check-in:** Check-in is required at the Captains' meeting at 8:00 p.m. on July 22nd and again at 7:00 a.m. before the race on July 23rd. Teams not signed-in at the Friday evening meeting will not be permitted to check-in or compete on Saturday morning.

**Divisions:** Combined ages determine team age category. Minimum age 18: Divisions: Women's 114+, 180+, 240+, and 300+ Men's 114+, 180+, 240+, and 300+ Mixed (3 men, 3 women) 114+, 180+, 240+, 300+, and Open (any team not fitting other categories).

**Entries:** Teams may enter by submitting a fully completed "Official Entry and Roster Form" to the Olympic Club. **A copy of all team members' 2005 USMS cards must accompany this form. ABSOLUTELY NO REFUNDS.**

**Deadline/fees:** Pre-race entries are \$300 per team, postmarked by May 6th. Before June 6th the entry fees will be \$350, and before July 9th, entry fees will be \$400 and After July 9th (by staff decision) the entry fees are \$450. **NO REFUNDS.**

For the Official Entry and Roster Form, refer to The Olympic Club website [www.olyclub.com](http://www.olyclub.com). Go to the OC events site and click on Trans Tahoe Relay.

**Awards:** Plaques and coffee mugs. Three deep in each division. Swim caps and t-shirts to all participants.

**Race Info:** Scott Williams, Race Director, e-mail: [swilliams@olyclub.com](mailto:swilliams@olyclub.com), phone # 415-345-5215. Lauren Welting Co-Race Director e-mail [lwelting@olyclub.com](mailto:lwelting@olyclub.com) 415-345-5213.

**Website:** [www.olyclub.com](http://www.olyclub.com) (click on OC events)

### Santa Cruz Masters and The Santa Cruz Surf Life Saving Association

### The 32nd Annual Roughwater Swim 2005 PMS Open Water Championship

Saturday, July 30, 2005

Sanction #: OW-0512

**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 2005 USMS registration card, and a check payable to SCCLSA to: Santa Cruz Roughwater Swim, 323 Church St., Santa Cruz, CA 95060. Or you can enter on-line at <http://roughwater.mastersswim.com>

**Deadline:** July 18, 2005.

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

**Race Information:** (831) 420-6015

### Santa Cruz Masters Aquatics Cruz Cruise 2-Mile Open Water Swim

Sunday, July 31st, 2005

Sanction #: OW-0513

**Location:** Start and finish at Cowell's Beach on the northwest side of the Santa Cruz Municipal Wharf (on the right of the Wharf as you look out to the water from shore).

**Course Description:** The swim begins at Cowell's Beach directly to the right (as you look out to the bay) of the Santa Cruz Wharf entrance. Swim parallel to the wharf past the end to the first marker buoy (at .47 mile). With the buoy on your right shoulder, angle to the right for another .3 mile and then turn sharply to the right again towards Steamer's Lane for a .48 leg (again keeping that turn buoy on your right shoulder). Then another right turn towards the "ocean" end of the wharf (.27 mile, which will complete the triangle). The last turn is a left (buoy on the left shoulder) around the original first turn buoy just past the wharf's end, with the last leg re-tracing a "parallel to the wharf route" back to the beach and the finish line.

**Conditions:** Water temperature has been as cold as 57 F and as warm as 62 F.

**Check-In:** Opens at 7 a.m. and closes at 8:00. Pre-Race instructions then, with the race starting at 8:30 a.m.

**Registration:** Pre-Race registration on-line is (\$20 plus \$1 plus 5% which equals) \$22. Register online at <http://cruzcruise.mastersswim.com>. Postal mail-ins will be \$25 if received by July 20th, \$30 after that and on race day, all payable to: "Santa Cruz Masters". Send to: Scott Patterson at 108 Anthony St., Santa Cruz, CA 95060 or visit <http://cruzswim.org>

**Deadline:** July 20

**Contacts:** Scott Patterson @ (831) 426-1043 or Paul Wrangell @ (831) 429-1217.



## OPEN WATER SWIMS

### Manatees Aquatic Masters

#### 2x1 Open Water Relay Swim

Sunday, August 21, 2005

Sanction # OW-0506

Location: Quarry Lakes Fremont, CA

**Directions:** From the North : take Interstate 880 south, exit at Decoto Rd./ CA 84 west, turn left on Decoto Rd., turn right at Paseo Padre Pky, turn left at Isherwood Way. From the South: take Interstate 880 to Thornton Ave./ CA 84 east, turn right at Thornton, turn left at Paseo Padre Pky., turn right at Isherwood Way. From the West: take CA 84 east (Dumbarton Bridge), continue on Decoto Rd., turn right at Paseo Padre Pky, turn left at Isherwood Way. Enter the park at the entrance on the right at 2250 Isherwood Way. There is a park fee of \$4.00/car. Exact change is appreciated, as change is limited. Carpooling is highly recommended. Anticipate a 20-30 minute delay at the gate.

**Time:** Gates open at 6:00 a.m. Registration begins at 7:00 a.m. and all swimmers must check in by 8:00 a.m. All teams must register together. Mandatory pre-race briefing will be at 8:15 a.m. The race will begin at 8:30 a.m. no late starters will be allowed.

**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.

**Safety:** Water temperature is expected to be approximately 65°-70°. Swimmers who wear wet suits or other non-porous attire are ineligible for awards or place points. No personal escorts permitted. A cut-off time of 2 hours will be strictly enforced.

**Entries:** \$45.00 per team. Register early for your free tee-shirt! Race day entries: \$55.00 per team. Entry fee is non-refundable. All entries will be eligible to win many exciting raffle prizes. The raffle drawing will be held after the swim and before the awards ceremony. A photocopy of your 2005 PMS/USMS registration card must accompany your entry.

**Mail entries** to: MAM, c/o Teresa Picchi 516 Boulevard Way, Piedmont, CA 94610. Make checks payable to Manatee Aquatic Masters (MAM).

**Deadline:** Postmarked on or before Friday July 29, 2005.

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

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

**T-Shirts & Caps and Goodies:** pre-registered swimmers will receive an 18th-Annual Manatee 2X1 Tee-Shirt, in addition to the racing cap with their registration. Complimentary beverages, food and snacks will be available to participants.

**Race Information:** Larry Taggesell, Meet Director at (510) 263-0268.

### Tuolumne County Aquatics Masters

#### Pinecrest Lake 1 & 2 Mile

#### Open Water Swims

Saturday August 27, 2005

Sanction # OW-0516, 0517

**Location** Pinecrest Lake 30 miles east of Sonora on Hwy 108 near Dodge Ridge Ski Area

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

**Course description:** One and two mile loop courses.

**Anticipated water temp:** 65-69 degrees. Alpine Lake altitude of 5,616 feet. Swimmers must be conditioned for high altitude and cold water conditions.

**Registration & check-in time period:** Race day opens 6:30 a.m., One mile swimmers must be checked in by 8:00 a.m.. Two mile swimmers must be checked in by 9:30 a.m..

**Race start times:** USA age group starts 8:30a.m.. One mile masters starts 8:45 a.m.. Two mile masters starts 10:00 a.m.. Starts for one and two mile masters will be divided by age in two groups leaving 5 min apart; men and women ages 39 and below and men and women ages 40 and above.

**Entries:** Mail entry form, copy of your USMS registration card and check payable to Tuolumne County Aquatics to: Tuolumne County Aquatics, c/o Sheila Monaghan, P.O. Box 4102 Sonora, CA 95370

**Fees:** \$30 if postmarked by July 18 or received by July 21(\$35 late and race day) for the one or two mile swim, \$35 if postmarked by July 18 or received by July 21 (\$40 late and race day) for both one and two mile swims. Entry fee is nonrefundable and nontransferable. Entry fee includes colored swim cap and glass mug with imprinted logo and date. Glass mugs although included with entry fee will be included for race day entries as long as supplies last.

**Awards:** Special awards are for top three masters swimmers in each usual 5-yr age group (first group is 18-24) as well as an award for first overall male and female.

**Contact information:** Sheila Monaghan Ph(209)533-1407 email\_sam2@sonnet.com



**Redding Swim Team  
2005 Whiskeytown One and  
Two Mile Swim**

**Sunday, September 11, 2005**

Sanction #: OW-0507, OW 0508

**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. 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.).

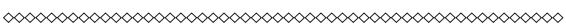
**Swim Procedure:** Beach start. Cut-off times of one hour (one mile) and two hours (two mile) will be enforced.

**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 2005 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:** Postmarked by August 31, 2005.

**Awards:** Awards will be given for first through third place in each 5-year age division.

**Race Information:** Terri Misslin (530) 221-5550 or Greg Tyler (530) 223-6605.



**XI FINA WORLD MASTERS  
CHAMPIONSHIPS**

The dates of the XI FINA World Masters Championships have been established. Swimming competition will be between 4 August 2006 through 11 August 2006.

The official web site <http://www.2006finamasters.org> is now up. Information on the web site includes:

- \* Dates and Schedule of the XI FINA World Masters Championships
- \* The meet qualification times
- \* Hotel availability and on-line booking

**HOTELS**

The XIFINA World Masters Championships Organizing Committee has made arrangements for special pricing for hotels around the venue. You are encouraged to make reservations as soon as possible, there is only a limited amount of hotel space near the aquatic venue. You can make your reservations on line - <http://www.2006finamasters.org/index.php?topic=hotels> or you can call

1- 800-826-4630 toll free (US)

To sign up for the FINA e-mail list, go to <http://seven.pairlist.net/mailman/listinfo/finamasters>

**San Mateo Master Marlins  
Short Course Meters**

**Sunday, September 18, 2005**

Sanction #: 38-05-15

**Location:** Joinville Swim Center, 2111 Kehoe Ave., San Mateo. From San Francisco, take US 101 South, exit on Third Avenue east. Turn right at Norfolk St., and go 0.5 mile to Kehoe Avenue. Turn left and we're at the second stop sign. From the South Bay, take US 101 north and exit on Kehoe Avenue (just after Hwy 92 interchange). From the East Bay on Hwy 92 (San Mateo Bridge) take US 101 north and the first exit is Kehoe Avenue.

**Course:** Outdoor heated pool, 25 meters, 6 competition lanes. A separate 4-lane small warm-up pool will be available at all times.

**Time:** Warm-up from 8:30-9:45 a.m. **Meet starts at 10:00 a.m.** Hand paddles will not be allowed in warm-ups.

**Rules:** USMS rules will govern this meet. A current USMS card is required. All events will be timed finals, and will be seeded slow to fast.

**Deadline:** Entries MUST BE POSTMARKED NO LATER THAN MONDAY, **September 12, 2005.** Use standard entry cards (pink or blue), accompanied by a consolidated card. **No charge for relay; relay will be deck entered.** Please enter appropriate meter times for seeding purposes.

**Entry fees:** Enclose a photocopy of your 2005 USMS Registration Card. Entry fees: \$10.00 for one to five individual events if postmarked no later than Sept. 12. Late and deck entries will be charged \$15.00 for one to five individual events. Make checks **payable to: SAN MATEO MASTER MARLINS**

**Mail to:** Cindy Lee P.O. Box 371245, Montara, CA 94037

**Check-In:** This meet is deck seeded. All swimmers must **check in by 9:30 a.m.**

**Age Groups:** 18-24, 25-29, 30-34, etc. Relay Age Groups: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320+, combined age.

**Awards:** Awards for 1st through 6th places for individuals in each age group swimming **ALL FIVE** events.

**Refreshments:** Snack Bar Concessions available.

**Meet Director:** Cindy Lee For questions, contact Cindy Lee (650) 728-0704, [cindyswimlee@earthlink.net](mailto:cindyswimlee@earthlink.net)

**Referee:** TBA

Events: Women=odd; Men=even

1-2	100m	Butterfly
3-4	100m	Backstroke
5-6	100m	Breastroke
7-8	100m	Freestyle
9-10	200m	Individual Medley
11	4x100m	Mixed IM Relay*

\* = Special event

# COMPETITION ENTRY INSTRUCTIONS

## Pacific Masters Swimming Competitions

### HOW TO ENTER

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

### AGE GROUPS

**Entrants must be at least 18 years old.**

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

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

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

### POOL COMPETITIONS

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

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

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

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

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

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

### OPEN WATER COMPETITIONS

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

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

C u t

## Consolidated Entry Form • Pacific Masters Swimming

Name (as it appears on registration card)		Sex M <input type="checkbox"/>	1. Place USMS card in this space. 2. Photocopy with this consolidated entry form. 3. Send in photocopy with each entry.  *Age for LCM & SCM meets is age as of Dec. 31st of current year. Age for SCY meets is age of last day of meet.
Street		F <input type="checkbox"/>	
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:

Event No.	Est. Time	Distance-Stroke	Event No.	Est. Time	Distance-Stroke
Email (Optional)					

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

Name of Meet/Event	Date of Meet/Event	Signature
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# PACIFIC MASTERS SUPPLIES AND SERVICES

## VIDEO TAPE LIBRARY      How to Borrow Tapes:

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

**1. Championship Winning Swimming**, Richard Quick and Milt Nelms, 10 tapes including 2-a) Freestyle, 2-b) Backstroke, 2-c) Breaststroke, 2-d) Butterfly, 2-e) Walls: Turns for all Strokes, 2-f) Starts, 2-g) Underwater Swimming – The Fifth Competitive Stroke, 2-h)

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

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

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

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

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

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

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

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

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

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

**12. Fluid Swimming:** The Importance of Range-Of Motion in Swimming, Stretching Exercises to Improve ROM, Strengthening Exercises to Use It Better - Dr. Marty Hull

**13. Swimming Fastest II** - John Tremblay

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

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

**16. Stretching** - Bob Anderson

**17. Clinical Sports Massage** - Benny Vaughn

**18. Weight Training for Adult Swimmers** - from Rinconada Masters 50+ Clinic

**19. Classic Swimming Series (4 tapes)** - Don Gambriel

**20. Breaking the Mental Barrier** (audio tapes)

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

### PRICE LIST

Membership Card Replacement	2.00
USMS/PMS Registration Forms	free
USMS Brochures (up to 20)	free
Pad -100 Consolidated Entry Forms	3.50
USMS 2005 Rule Book	8.00
USMS Mini Rule Book (rules only)	5.00
USMS Decals (each)stickon or static cling	0.50
PMS Luggage Tag for PMS Card	2.00
Video and audio tape deposit	50.00
Video/audio tape mailing charge (per 1 or 2 tapes order)	5.00

**USMS/PMS Records, Top Ten, and PMS member teams** can be found on the PMS website ([www.pacificmasters.org/](http://www.pacificmasters.org/)). Building a Successful Masters Club and Places to Swim can be found on the USMS web site ([www.usms.org/](http://www.usms.org/))

## ORDER FORM

Please send check (separate checks, payable to Pacific Masters Swimming, for video deposit and mailing) and completed form to Pacific Masters Swimming, 580 Sunset Pkwy, Novato, CA 94947.

<b>Name</b> - Please print clearly		<b>Item</b>	<b>Quantity</b>	<b>Price</b>
<b>Address</b>				
<b>City/ ZIP</b>				
<b>USMS/PMS #</b>	<b>Phone</b> (   )	<b>Total</b>		

## 2005 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

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

Fri.-Sun.	7/8-10/05	CRUZ	PMS LC Championships , Joel Wilson, openwatr@got.net
Sun.	postponed	RAMS	Folsom Lake (1, 2 mile), Terri Maginnis, pmaginnis@ncbb.net( <b>postponed</b> )
Sat.	7/23/05	TOC	Trans Tahoe Relay, Lauren Welting, lwelting@olyclub.com
Sat.	7/30/05	CRUZ	Santa Cruz Pier (1 mile), Roughwater Swim, rgould@santa-clarita.com
Sun.	7/31/05	CRUZ	Pier-to-Pier (10K), Joel Wilson, openwatr@got.net
Sun.	7/31/05	CRUZ	Cruz Cruise (2 mile), Paul Wrangel, pwrangel@pacbell.net
Sat.	8/6/05	SNM	Donner Lake, Laura Hanson, laurahanson888@hotmail.com
Sun.	8/21/05	MAM	2x1 mile Relay, Larry Taggesell, taggela@msn.com
Sat.	8/27/05	TCAM	Pincrest Lake, Sheila Monaghan sam2@sonnet.com
Sun.	9/11/05	RAD	Whiskeytown (1, 2 mile), Greg Tyler, tmisswimr@aol.com
Sun.	9/18/05	SCM	Meters Pentathlon, Cindy Lee, cindyswimlee@earthlink.net
Sun.	9/25/05	MVM	SCM Meet, Chris Campbell, christopher.s.campbell@lmco.com
Sun.	10/1/05	SAC	32 nd Annual Pentathlon, Andrew Brenan, revols@earthlink.net
Sat.-Sun.	10/7-9/05	WCM	PMS SCM Championships, Kerry O'Brien, swim4wc@netscape.net
Fri.-Sat	10/14-15/05	SRM	Wine Country SCM Invitational, Theresa Wistrom, (707) 443-1886
Sat.	10/29/05	TCAM	Invitational Short Course, Patty Scott-Baier, rrb@goldrush.com
Sat.	12/03/05	SNM	Reno Winners Meet , Gwen Shonkwiler, gwen@unr.edu

2005 Meeting Dates: July 20, August 24, September 28, October 19, November 16.  
The meeting place will be at Heather Farms Community Center Club House,  
Walnut Creek. From I680 take the Ygnacio Valley off ramp, head east. Left at  
San Carlos and take the second left at the Community Center sign. Parking to  
the left around the curve.

For a complete copy of the annual Hawaii Sports Calendar which includes  
pool and ocean swims, send SASE to: The Waikiki Roughwater Swim  
Committee, 95-230 Waioleka #39, Honolulu HI 96789

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