

newsletter



Message from the Chair

by Michael Moore, PMS Chair



Coach of the Year

Patti Scott-Baier was awarded the 2005 Pacific Masters Coach of the Year. Patti has been instrumental in the start-up the Tuolumne County Aquatic Masters (TCAM). She even helped design the pool. TCAM is centered in Sonora - part of the Gold Country of California.

She helped found the team and it has grown to over 350 swimmers who practice at the Sonora Fitness Center. Their program emphasized swimming for life, while some members participate in local regional and national competition. Patti has brought the swimmers along from the novice to the competitive level by creating classes for the novice swimmers Masters Swimming 101 and Masters Swimming 102.

Her swimmers like her way of creating workout sets. She will design workout so that all of the swimmers complete a set at the same time.

Patti is responsible for over 30 practices a week. Where she offers a great workout for everyone from novices to advanced, young to old. Patti has been instrumental in working with the group to put together the Pinecrest Open Water Swim and the Invitational Short course Swim meet.

XI FINA World Masters Championships

The meet book for the XI FINA World Masters Championships has been scheduled to be published the first of September. In the booklet are the meet qual times, information about all the disciplines (Swimming, open water, synchronized swimming, water polo and diving) and it has the meet entry sheet. It also has the cost per event.

Starting in the Fall, one can enter by mail. January 1 is the scheduled date for on-line meet entry.

If you have friends in foreign countries who are thinking of coming to the United States to compete, please tell them to get a visa as soon as possible.

More information can be found at <http://www.2006Finamasters.org>

HELP Needed 2006 FINA Masters

The XI FINA World Masters Championships organizing committee and the Pacific Masters Swimming committee want to have a hosted dinner for foreign and out of state competitors. We are asking swimmers on the peninsula and Silicon Valley to open their homes to host a dinner for six people.

The swimmers would be responsible to get to your home and you fix the dinner. It can be anything from a barbeque to a nine course French meal. It is your choice. This is a great chance to show California hospitality. For more information email hosteddinner@2006finamasters.org.

POOL MEETS

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 (650) 728-0704 cindyswimlee@earthlink.net

Referee: TBA

Events: Women=odd; Men=even

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

* = Special event

Mountain View Masters The Alan Liu Memorial SCM Meet

Sunday, September 25, 2005

Sanction #: 38-05-19

Location: Eagle Park Pool, 651 Franklin Street, Mountain View, CA. (Along Shoreline Blvd, between Church Street and High School Way).

Directions: From HWY 101, exit Shoreline Blvd. Turn south towards downtown Mountain View. Turn left on Church Street. Pool is on the right. From HWY 280, exit HWY 85 north. Exit El Camino Real north into Mountain View. Turn right on Shoreline, then right on Church Street. Pool is on the right. The MVM website (www.mvm.org) has a link to a map. Parking is available in lots on both Church and Franklin Streets, and on the surrounding streets.

Facility: 8 lane x 25 meter outdoor pool with bulkhead. 4 lane x 20 yard shallow end available for continuous warm up and warm down. Full locker room facilities, toilets and showers on site. Snack Bar available.

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

Check In: This meet will be deck-seeded. Positive check-in is required for all events. Swimmers entered in Events 1 and 2, the 400 IM, must check in by 8:30 am. Swimmers for all other events must check in at least 30 minutes before the estimated start of the event. Entry closures for all events will be announced during the meet, well in advance.

Entries: This is a cardless meet. You must use the consolidated entry form in the Pacific Masters Swimming newsletter or from the PMS website (www.pacificmasters.org). **Please submit short course meter times for proper seeding.** Swimmers may enter up to 5 individual events and both relays. All events may be deck-entered on the day of the meet.

Entry Fees: \$3.00 per individual event plus a surcharge of \$5.00 per swimmer for preregistered entries, and \$4.00 per event with a \$5.00 per swimmer surcharge for late or deck entries. All relays will be deck-entered at a cost of \$4.00 per relay.

Deadline: Preregistered entries must be postmarked by Wednesday, September 14, 2005, or received by Saturday, September 17, 2005.

Mail consolidated entry form, check (payable to Mountain View Masters), and a copy of your 2005 USMS registration card to: Mountain View Masters, Attn: Swim Meet Entries PO Box 390570, Mountain View, CA 94039. There will be NO REFUNDS of entry fees.

Awards: Ribbons 1st through 8th in each age group. A special award, in memory of Coach Alan Liu, will be given to the winner of the Men's 30-34 400 m IM.

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

Referee: TBA

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

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

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

POOL MEETS

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

Sunday, October 2, 2005

Sanction Number: 38-05-16

Location: (NOTE: SAME NEW POOL LOCATION AT UCD AS 2004): Schaal Aquatic Center on the UC Davis campus. From I-80 (east or west), take Highway 113 north (toward Woodland), exit on Hutchinson and go east. Take the very first right onto Health Science Drive (there is no stop sign or light). The road quickly T's, take a left and follow this road around to the right. Park in the first parking lot on the left and the pool will be right in front of you.

Facility: Schaal Aquatic Center is an outdoor 8 lane x 50 meter pool with ample warm-up space. The course will be set up as a short course meter swim meet. Snack Bar available.

Time: Warm-up at 10:00 a.m., meet starts at 12:00 noon

Check In: Deck entries will close at 11 a.m. and check in for pre-entered swimmers will close at 11:30 a.m.

Entry Fees: \$2.50 per event plus a \$5 surcharge if postmarked or received by September 27th, 2005. Late and deck entries are \$3.50 per event plus \$5 surcharge. \$4 per relay. Make checks payable to Sacramento Masters.

Entries: Mail consolidated entry form, a copy of your 2005 USMS registration card and your check to: Sacramento Masters P.O. Box 188205, Sacramento, CA 95818.

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

Meet Director: Andrew Brenan (916) 923-5174; Andy@Brenan.net

Referee: Mel Knapp

Events: (Odd=Women, Even=Men)

- 1-2 50 yd. Fly
- 3-4 50 yd. Back
- 5-6 50 yd. Breast
- 7-8 50 yd. Free
- 9-10 100 yd. IM

*11 200 yd. Women, Men, or
Mixed Medley Relay

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

Santa Rosa Masters Wine Country Invitational

Friday, October 14 and Saturday, October 15, 2005

Sanction # 38-05-18

Location: Healdsburg Community Swim Center, 360 Monte Vista Avenue, Healdsburg, CA

Directions: Take Highway 101 to the Dry Creek Road exit. Proceed east on Dry Creek Road to Healdsburg Avenue and turn right. Turn left on to Monte Vista Avenue. After two stop signs, the pool and pool parking are on the right. Pool phone: (707) 433-1109.

Facility: 6-lane 25-meter course outdoor pool for competition with 1 additional lane for warm-up and warm-down throughout the meet. Bleachers and lawn area are available for seating. A snack bar will be available.

Time: Warm-up on Friday is from 1:00 to 1:45 p.m. and meet will start at 2:00 p.m. Warm-up on Saturday is from 8:00 to 8:45 a.m. and meet will start at 9:00 a.m.

Check-In: The check-in deadline for the first event each day is 30 minutes before the scheduled start of the meet. Swimmers in later events must check in at least thirty minutes before the estimated start of the event.

Entries: You may enter the meet either online, by mail or by deck entry on the day of the meet. Note that a discount is offered for on-line entry. The 1500-Meter event will be limited to the first 48 entrants. **In all cases, enter time in meters for accurate seeding purposes.** Heats will be seeded slow to fast.

Online (after July 1): Enter this meet online by going to: srm.swimmeetentries.com 1 event: \$5; 2-5 events: Add an additional \$4 per event. Swimmers can enter up to five individual events. Fees for relays are \$4 per relay event. The cost of using the Meet Online entry System is \$1.50 + 6.5% for each entry transaction requiring payment of a meet entry fee (for any number of swimmers per transaction). You may enter more than one family member or an entire team in the same transaction. For example, an individual person entering 3 events online will pay \$13 event fee + \$2.35 for total fees of \$15.35. Online entries must be received by October 11, 2005.

Mailed Entry Event Fees: 1 event \$9; 2-5 events: Add an additional \$4 per event. Fees for relays are \$4 per relay event. Submit entries on a consolidated entry form. There will be a \$3 look-up fee if a copy of your USMS card is not enclosed with the entry form. Entries must be postmarked by October 6, 2005 or received by October 11, 2005. Mail entries, a copy of USMS card, and a check payable to Santa Rosa Neptunes to: Wine Country Invitational, c/o Theresa Wistrom, 1601 Dry Creek Road, Healdsburg, CA 95448.

Deck Entries on Day of Meet: 1 event \$20; 2-5 events: Add an additional \$5 per event. Fees for relays are \$4 per relay event.

Proceeds from this meet will be donated to Neptune Swim Team in commemoration of its 50th anniversary. The competition is geared for fun, especially for first-time Masters meet participants.

Awards: Ribbons for 1st - 8th in all age groups.

Meet Director: Theresa Wistrom (707) 433-1886. email: theresawistrom@netzero.net. **Assistant Meet Director:** Catherine Davis. **Referee:** Cynthia Wood

Head Starter: Mitch Thiele

Schedule of Events: (Odd=Women, Even=Men)

FRIDAY, OCTOBER 14

1-2 1500m Free

SATURDAY, OCTOBER 15

3 200m Mixed Varietal Medley Relay

5 - 6 50m Fly

7 - 8 100m Free

9 - 10 50m Back

11 400m Vintage Classic Relay*

13-14 50m Breast

15-16 100m IM

17 - 18 50m Free

19 - 20 200m Free Relay

*Special Event

SCM CHAMPIONSHIP MEET

Walnut Creek Masters

2005 Pacific Masters Short Course Meters Championships

November 4th, 5th and 6th, 2005

Sanction # 38-05-17

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

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

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

Check-In: All swimmers must check in each day for their events. The 200 Free (Friday) and the 100 Back (Saturday) must be checked in by 8:00 am. The 800 Free Relay and 800 Mixed Free Relay (Sunday) must be checked in by 8:30 am. All other events must be checked in ½ hour prior to the start of their event.

Age: Age on December 31, 2005 determines age for this meet.

Entries: This is a cardless meet. No late or deck entries will be accepted. Enter meter times for seeding purposes. Entry Fees are \$15 for one event, \$25 for 2-4 events, and \$30 for 5-7 events. (Includes a \$4 splash fee). Swimmers may enter no more than five individual events per day and a total of seven for the three days. All events will be seeded slow to fast. Events 41, 42, and 43 (the 800 Free Relays) will be seeded by time and swum together regardless of gender. Each swimmer may participate in only one 800 meter relay.

Deadline: Entries must be postmarked by October 17th or received by October 21st.

Mail entries, a copy of USMS Card, and check payable to Walnut Creek Masters to: Walnut Creek Masters, Pacific Masters SC Meters Championships, P.O. Box 8039, Walnut Creek, CA 94596

Awards: Distinctive Awards will be given to the top three teams. Awards will be given 1st through 8th in all individual events. Points will be scored as follows: 9-7-6-5-4-3-2-1 for individual events and double for relays.

Meet Director: TBD. For questions, contact Kerry O'Brien (925) 943-5856.

Referee: John Duncan

Events: Women = Odd, Men = Even

Friday, November 4th Warm-up begins @ 7:30am.

Meet starts @ 8:30am

1 - 2	200m	Free
3 - 4	400m	Medley Relay
5 - 6	50m	Back
7 - 8	200m	Breast
9 - 10	100m	Fly
11 - 12	50m	Free
13 - 14	100m	IM
15 - 16	200m	Back
17 - 18	200m	Free Relay
19 - 20	400m	Free

Saturday, November 5th Warm-up begins @ 7:30am.

Meet starts @ 8:30am

21 - 22	100m	Back
23 - 24	200m	Fly
25 - 26	50m	Breast
27	400m	Mixed Free Relay
29 - 30	200m	IM
31 - 32	100m	Free
33 - 34	50m	Fly
35 - 36	100m	Breast
37	200m	Mixed Medley Relay
39 - 40	800m	Free

Sunday, November 6th Warm-up begins @8:00am.

Meet starts @9:00am.

41 - 42	800m	Free Relay
43	800m	Mixed Free Relay
45 - 46	400m	IM
47 - 48	1500m	Free

GEORGE CUNNINGHAM 1925-2005

George Cunningham, one of the founders of the Santa Cruz Masters Swim Club, passed away Tuesday July 26th. George had just turned 80 on the 14th of July.

George had served on the Pacific Masters Swimming Committee for many years. He also represented Pacific Masters at United States Masters Swimming. He served on the USMS Internal Audit committee and worked on the USMS Endowment fund.

For many years George was the meet director for any meet that was held at Santa Cruz. George ran the meet, made the

announcements and Tillie, his wife, was the head timer.



George loved the breaststroke and frequently commented that it was the best stroke to swim. George would compete in the 200 Breaststroke, even when he was the meet director. George was also the Men's overall swimmer of the year in 1981, the first year the award was presented.

In memory of his sister Peggy Lucchesi, George annually presented an award to the swimmer who brought the greatest joy to swimming. The award was started in 1985 and has been awarded to an eclectic group of Pacific Masters Swimmers.

POOL MEET

Tuolumne County Aquatics Masters Invitational Short Course Swim Meet

October 29, 2005

Sanction # 38-05-20

Parking: There is Limited PARKING at the Fitness Center. Parking is available below the pool, the outside spaces around Burger King and the middle spaces across the street in the Junction Shopping Center. There will be a drop off area provided at the pool for swimmers and equipment.

Location: Sonora Sport and Fitness Center 13760 Mono Way Sonora CA. 95370. Take Hwy 108 and continue on Hwy 108 past the Sonora exit. Proceed east until you see the Mono Way exit. Take this exit and turn right at the stoplight. Turn left at the second stoplight. Proceed to the back of the Fitness Center. A snack bar will be available

Course: Outdoor heated 25 yd x 25 m pool 10-lane pool. Six or eight lanes will be used for competition depending upon the number of entries received.

Check-in: The meet will be deck seeded. Swimmers must check in all the events by 8:30 AM. Deck entries will be allowed. The meet will be conducted using the Hy-Tek system.

Entries: Entries must be on a consolidated Pacific Masters Entry Form. Make sure you enter yard times. **Entry fee** is \$4.00 per event when received by the deadline. There is also a \$5.00 surcharge per swimmer to offset meet expenses. Enclose consolidated entry form, copy of your 2005 USMS card, and entry fee made payable to TCAM. Mail to TCAM P O Box 881 Sonora CA. 95370 or hand deliver to Sonora Sport and Fitness 13760 Mono Way Sonora CA. 95370.

Deadline: Entries should be postmarked by **October 17th 2005** or hand delivered by **October 19th 2005**. **Deck entries** will be accepted and the entry fee for deck entries is \$5.00 per event. All deck entries must be completed by 8:15 AM. The charge for relays will be \$4.00 per team. Only **5 swims** will be allowed.

Limited edition meet T-shirt A special Long Sleeve Meet shirt will be available for the TCAM meet. It has been designed by our resident artist and TCAM swimmer Mary Lou Gerber. Cost is \$20.00 and that amount should be included with your meet entry. A limited number of shirts will be available at the meet.

Awards: Ribbons will be awarded 1st thru 6th place Age Groups: 18-24, 25-29, 30-34, 35-39, up to 90+. Relays will be seeded in 10 year age groups 18-24, 25-34 etc. Age group is determined by the youngest swimmer.

Officials: Meet Referee: Don Brown. **Head Starter:** Michael Gourley. **Meet Director:** Bill Fisher 209-743-5475 cell

Events: Odd=Women Even=Men

- 1-2 100 Yd Free
- 3-4 50 Yd Back
- 5-6 100 Yd IM
- 7-8 100 Yd Breast
- 9-10 200 Yd Free
- 11-12 50 Yd Fly
- 13-14 100 Yd Back
- 15-16 50 Yd Breast
- 17-18 200 Yd IM
- 19-20 50 Yd Free
- 21-22 200 Yd Free Relay

Olympic Training Center Tips

High Altitude, High Intensity Camp at the Olympic Training Center

By Leianne Crittenden, [Continued from the May/June issue of
USMS Swimmer]

Some takeaways that apply to Masters Swimmers:

Flexibility:

Increase your flexibility through stretching and flexibility exercises, but do the stretching after you workout so your muscles are ready for the stretches. The ones we did in the pool after workout (two times for 30 seconds) were:

Lat stretch: reach above you on the pool side or on the backstroke grip of the block; pull your back straight out and down, with your head between your arms, to stretch the lats.

Pectoral stretch: with your back toward the wall, place hands on gutter, with back straight, feet against wall and push your body away from the wall, making sure you stretch muscles across chest (not in arms).

Hamstring stretch: Against a twofoot raise, with both feet pointed forward, back straight, in a standing position, lean forward with one foot on the raise, to stretch hamstring.

Quad stretch: Stand on one foot, pull other foot straight up to buttock, to stretch quads. Be sure your abs in pulled in and you're standing tall.

Groin stretch: Sit with heels pressed together and back straight, push knees down to floor to stretch groin.

Dog stretch: Kneeling with hands in front of you, press up to an inverted "V", with your back straight and heels on floor, to stretch hamstrings.

Stroke Tips (drills done in 15 yard segments):

Starts:

Hands go straight forward, not looping around

Make sure you streamline by placing hands on top of each other with the thumb of the top hand locked over the bottom hand, so that you have less drag entering water

If you do a grab start, have our feet shoulder width apart (to increase the power from your legs), and keep you hands between your feet (to make sure you bring your arms forward and not around)

Do not dive as far as you can, dive up over a barrel and under the water

The image is diving through a hole in the water with as little drag as possible

For backstroke start, get hips out of water, dive under the water deep. Try it with your arms by your sides to get the feel of standing up, then lifting hips and dropping head

Place one foot below the other to provide traction to lift hips out of water

Turns:

On freestyle flip turns, keep your feet shoulder width apart to make sure you get the most strength from your push off

Place your feet low enough on the wall so that you push off below the surface of the water, and under the wave you have made coming in to the wall

On butterfly and breaststroke turns, remember to quickly pull your knees in to the wall

Visit our
website www.pacificmasters.org

More stroke tips next time....

COMPETITION ENTRY INSTRUCTIONS

Pacific Masters Swimming Competitions

HOW TO ENTER

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

AGE GROUPS

Entrants must be at least 18 years old.

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

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

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

POOL COMPETITIONS

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

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

PMS relay entry cards.

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

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

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

OPEN WATER COMPETITIONS

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

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

Cut here

Consolidated Entry Form • Pacific Masters Swimming

Name (as it appears on registration card)		Sex	M <input type="checkbox"/>	1. Place USMS card in this space. 2. Photocopy with this consolidated entry form. 3. Send in photocopy with each entry. *Age for LCM & SCM meets is age as of Dec. 31st of current year. Age for SCY meets is age of last day of meet.
Street		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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Rev 9/02

PACIFIC MASTERS SUPPLIES AND SERVICES

VIDEO TAPE LIBRARY How to Borrow Tapes:

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

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
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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/). Building a Successful Masters Club and Places to Swim can be found on the USMS web site (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.

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

2005 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

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

Sun.	9/11/05	RAD	Whiskeytown (1, 2 mile), Greg Tyler, tmisswimr@aol.com
Sun.	9/18/05	SMMM	SCM Meters Pentathlon, Cindy Lee, cindyswimlee@earthlink.net
Sun.	10/2/05	SAC	32 nd Annual Pentathlon, Andrew Brenan, revols@earthlink.net
Sat-Sun	10/14-15/05	SRM	Wine Country SCM Invitational, Theresa Wistrom, (707) 443-1886
Sun.	10/23/05	MVM	SCM Meet, Chris Campbell, christopher.s.campbell@lmco.com
Sat.	10/29/05	TCAM	Invitational Short Course, Patty Scott-Baier, rrb@goldrush.com
F-S-S	11/4, 5, 6/05	WCM	PMS SCM Championships, Kerry O'Brien, swim4wc@netscape.net
Sat.	12/03/05	SNM	Reno Winners Meet , Gwen Shonkwiler, gwen@unr.edu

**.Publishing deadline will be
moved up 2 weeks beginning .
with the January - February .
2006 issue. Deadline for this .
and subsequent issues will be .
on the 5th of the odd months .
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Please submit creative writing
and photos to Newsletter Editor
Joanne Berven
4854 Andrea Ct.
Livermore, CA 94550
newsletter@pacificmasters.org

**Deadline for pool and open water swims for the
November - December, 2005 Newsletter
is
SEPTEMBER 15, 2005**

2005 Meeting Dates are tentative at press time: 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

PACIFIC MASTERS SWIMMING OFFICERS

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

Administrative Vice-Chair:
Barbara Thomas
48 White Pine Lane
Danville, 94506
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:
Bill Grohe
189 Galewood Circle
San Francisco, 94131
At-Large@pacificmasters.org

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

Communications Co-Chairs:
Newsletter
Joanne Berven
4854 Andrea Ct.
Livermore, 94550
newsletter@pacificmasters.org

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

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