

Pacific Masters Swimming

newsletter



Message from the Chair

by Michael Moore, PMS Chair



The new year is in full swing, and by the time you read this, short course season will be almost over for 2006. Because of this year's FINA World Championships, the long course season started early - with a meet at Stanford in March!

FINA CHAMPIONSHIPS UPDATE

Make sure you register for the meet now, to avoid the rush! Registration closes on 3 June, and if you register now, you can still update your entry times by going on line (but cannot change the entered events).

We still need help to put on this event. We are lucky to be able to host the events at one of the world's best facilities, but people will also remember how the meet is conducted. The US is hosting the meet, and how we put on the meet will be representative of how people will look at the US and its Masters programs (probably the largest adult fitness programs in the world). It is important for the sports to do well.

We will have an entire day just for relays! If you want to participate in Worlds, this is one easy way - get your team together and come to the meet on Tuesday August 8. We are looking forward to seeing the teams and who they have recruited for their relays.

Open water day is Friday 11 August at Crown Point in Alameda. This also is a great opportunity to participate in an international competition. [Even "drop dead sprinters" who have never swum open water events have been known to do this one.] There is no qualifying time per se, but you should be able to swim 3KM in under 90 minutes. Think about it, this is the distance that many swimmers swim in their practices. Water should be between 69 and 72 degrees.

COACH OF THE YEAR 2006 NOMINATIONS

Pacific is the largest LMSC in the United States, larger than the next four largest LMSCs combined. Seven of the ten largest clubs are in Northern California, set out below.

Congratulations you and your coaches!

Rank	Club	# of members	Coach
1	DAM	644	Rick Powers
2	WCM	449	Kerry O'Brien
3	TCAM	434	Patti Scott-Baier
5	USF	339	Kathy Huang
6	STAN	315	Tim Edmonds
7	MELO	293	Tim Sheeper
10	MAM	254	Brian Stack

Previous Coach of the Year recipients:

2005	Patti Scott-Baier	TCAM
2004	Alan Liu	MVM
2003	Scott Williams	TOC
2002	Joel Wilson	CRUZ
2001	Sharlene Van Boer	RHMS
2000	Marie McSweeney	TAM
1999	Tina Talbot	SANR
1998	Tim Sheeper	MNLO
1997	Brian Stack	MAM
1996	Doug Huestis	TOC
1995	Mo Chambers	MVM
1994	Polly Upshaw	SCAM
1993	Michael Collins	DAM
1992	Kerry O'Brien	WCM

OPEN WATER SWIMS

San Mateo Master Marlins

Parkside Aquatic Park Mile

Saturday May 13th, 2006

Sanction #: OW-0601

Location of Swim: Parkside Aquatic Park, San Mateo, CA
Directions: From 101 N, exit at Kehoe Ave. From 101 S. exit at 3rd Ave. East. Crossover freeway, turn right on Norfolk, proceed to Kehoe Ave and turn left. Follow Kehoe to Joinville Aquatic Center. To proceed to Parkside Aquatic Park turn right on Roberta Ave (just past Joinville Aquatic Center) and go 0.4 miles. Turn left into Parkside Aquatic Park.

Open Water Swim Check-in and Race Day Registration: Begins at 7:00 a.m. and closes at 8:30 a.m. Race start is at 9:00 a.m.

OW Swim Course Description: One mile salt water triangular course; in water start and sandy beach exit.
Expected water temp. 55-75 degrees. For current water temp. contact Joel Swartz prior to race day openwater@sanmateomarlins.org.

Swim Divisions and Awards: Awards in 5 yr age divisions: 18-24, 25-29, 30-34, 35-39, etc. Special awards to oldest finisher, first female, first male, and youngest finisher.

Open Water Swim fee is \$25 if pre-register by May 6; \$30 on race day. Make checks payable to SMMM. Send entries and a copy of your 2006 USMS card to SMMM, Joinville Aquatic Center, 2111 Kehoe Ave, San Mateo, CA 94403. Consolidated entry forms are available on the Pacific master Website (www.pacificmasters.org) or in this magazine. If race cancels for any reason refunds will be less \$5 for processing.

For Swim Information: Joel Swartz,
openwater@sanmateomarlins.org, 650-728-9351

Early entry deadline: Postmarked by May 6, 2006.

Amenities: Swim entry fee includes short sleeve t-shirt, post-race beverages and snacks. Picnic tables and BBQ grills are available at Parkside Aquatic Park. Locker rooms with showers at Joinville Aquatic Center.

Redwood Coast Masters

Spring Lake One Mile

Open Water Swim

Saturday, May 20, 2006

Sanction # OW-0602

Location: Spring Lake, Santa Rosa, CA.

Directions: From Hwy 101, take Hwy 12 East. Turn right on Mission Blvd., left on Montgomery Dr., right on Channel Dr., right on Violetti Rd., into park. Parking Fee \$3.00.

Course: One mile loop course swim from a small sand beach in Spring Lake. Expected water temperature 68 -70 degrees.

Time: Check-in, packet pick-up and race day registration from 7:30 - 8:30 a.m. Race begins at 9:00 a.m. No late starters.

Swim Procedure: There will be wave starts five minutes apart. All swimmers must wear the provided swim caps and race finish tags. The color of the swim cap will designate wave number and the finish tags will be collected in the chute at the finish line. There will be a one hour cut-off time. No individual escorts. Safety craft will patrol.

Entries: Online: go to www.lifeguardsforlife.org before May 14, 2006 **Mail:** Indicate estimated one-mile swim time on entry. Send entry form or consolidated card, a photocopy of 2006 USMS card and a check payable to Redwood Coast USLA to: Spring Lake One Mile Swim, P.O. Box 337, Healdsburg, CA 95448. For official entry form, Please visit www.lifeguardsforlife.org for printable entry forms, course maps, and driving directions.

Entry fees: \$25 entry fee for pre-entries, \$30 entry fee for late and race day entries. Entry fee is non-refundable and non-transferable.

Deadline: Entries must be postmarked by May 6, 2006. Online entries close May 14, 2006.

T-Shirts: All participants will receive a free T-shirt. Indicate size on entry form. T-shirts will be on sale on race day.

Awards: Awards will be presented to the first overall male and female finishers and to 1st through 3rd in each age division.

Race Information: (707) 528-4718

Email: redwoodcoastopenwater@yahoo.com

Website: www.lifegaurdsforlife.org (map to event location available and downloadable entry forms)

Redwood Coast Masters

Russian River 1 Mile Swim - PMS Open Water Championship

Saturday, July 15, 2006

Sanction#: OW-0607

Location: Healdsburg Veterans Memorial Beach, Healdsburg.

Directions: Highway 101 north to Healdsburg Ave Exit. Turn right on Healdsburg Avenue following the signs to Healdsburg Veterans Memorial Beach. The park is approximately 3/4 mile, and you will make a left turn into the parking area. If you cross the Memorial Beach Bridge over the Russian River you have gone too far.

Course: Loop course, The course will be well marked with buoys, wave starts, lifeguarded. Water temperature: 70 - 75 degrees.

Entries: \$25.00 per person. Mailed entries must be postmarked by June 30, 2006. Make checks out to REDWOOD COAST USLA, Mail to: Redwood Coast 1 Mile Championship Swim ,P.O. Box 337 Healdsburg, Ca 95448

Online entries via www.lifeguardsforlife.org open until midnight on July 9, 2006.

Late entries and race day registration \$30.00. Entry fee is NON-REFUNDABLE and NON-TRANSFERABLE.

All entrants must be registered with United States Masters Swimming. A copy of you 2006 USMS registration card must accompany entry or the correct number must be present with online entry. Proof of USMS registration is mandatory AND YOU MUST BRING YOU CARD TO THE EVENT. All event information including course diagrams, driving directions, event flyers, and online entries at www.lifeguardsforlife.org
Check-in: Check-in and race day registration will open at 7:30am - 8:30am. The race starts at 9:00am. No late starters will be allowed

Parking: There is a \$6 fee for day-use parking.

Safety: Swim caps will be supplied and must be worn. It is MANDATORY that these caps be worn. Safety craft and lifeguards will patrol the course on rescue boards. Individual escorts are not allowed.

Awards: Awards to the overall male and female winners and to the first five places in each male and female age division.

T-shirts: All entrants will receive a free T-shirt. T-shirts will be on sale race day.

Race Information: (707) 528-4718

OPEN WATER SWIMS

Davis Aquatic Masters

Lake Berryessa 25th Annual One and Two Mile Open Water Swims

Saturday, June 3, 2006

Sanction # **OW-0603** (1-mile) and **OW-0604** (2-mile)

Location: Lake Berryessa, in the hills above Napa at Oak Shores Park off Knoxville-Berryessa Rd., on West shore of the lake.

Directions: Turn E. onto Knoxville-Berryessa Road from Hwy 128 at Turtle Rock Cafe. Entrance to Oak Shores Park is 0.6 mi. N. of Park Headquarters and two miles N. of Spanish Flat. Carpooling is strongly encouraged. Directions are on web site and in the brochure.

Course: One and two-mile buoys mark courses at 200-yard intervals. Expected water temperature: 65-70 degrees.

Divisions: Masters 2- Mile, Masters 1 -Mile, Masters combined 2 and 1- Mile, Masters Wetsuit 2- Mile, and Masters Wetsuit 1- Mile.

Time: Race day registration and check-in begins at 6:45 a.m. and closes at 8:45 a.m. for 2-mile swim and 10:15 a.m. for all 1- mile swims. The two-mile starts at 9:30 a.m., one-mile at 11:15 a.m.

Swim Procedure: Deep water starts. No late starters. Caps are provided and are mandatory. No individual escorts. Safety craft will patrol, kayaks and canoes. Cut-off times: 1 hour for one-mile, 2 hours for two-mile.

Entries: Entry fees include swim cap, official Berryessa 25th Anniversary gift, pre and post-race refreshments. Only those that pre-register are eligible for raffle prizes.

Entry fees: For 1- Mile and 2- Mile swims are \$35 if **postmarked by Friday May 19, 2006** (\$45 late and race day). Pre-race day entry fees for combined 1 and 2- Mile is \$55 (\$65 late and race day). Send entries, with a photocopy of 2006 USMS card to DAM, P.O. Box 921, Davis, CA 95617. For official entry form or register on DAM's website at www.damfast.org.

Deadline: Postmarked by Friday May 19, 2006. Day of competition registrations are accepted but a \$10.00 late fee will be imposed.

Awards: Commemorative awards to the 1st three finishers in each age and gender group. Special awards are given to 1st man and woman overall in the 2 and 1 mile. Awards to top three men and women overall finishers in combined and wetsuit (no age group) categories. Award Ceremony post race at approximately 1:00 p.m. Awards will not be mailed after race day.

Custom T-shirts: May be ordered on entry form for an additional \$13 each prior to Friday May 19, 2006. A limited number of T-shirts will be available on race day for \$20 each.

Traditional Post Swim Picnic: An onsite food service will be providing a tasty meal at the event. Lunches should be pre-ordered - only a limited number will be for sale on race day. Details are on the official entry form. Picnic tables, BBQ grills and restroom facilities are available.

Race Director: Ahelee Sue Osborn (530) 757-7946; email aheleesue@earthlink.net

Online Registration Web Site: <http://www.damfast.org>
All information and online registration will be available on the web site by March 20, 2006

Paper Registration Form Request: Online Form Request: <http://www.adventuresports.com/outside/berryessa/e-mail.htm>

Phone: Ahelee Sue Osborn at 530-757-7946.

By Mail: send a SASE to P.O. Box 921, Davis, CA 95617, Attn: Race Director

Tri-Valley Masters

Del Valle 0.75 and 1.50-Mile Swims

Saturday, June 10, 2006

Sanction # **OW-0605** (0.75 mi), **OW-0606** (1.5 mi)

Location: Del Valle Regional Park, Livermore, CA.

Directions: Del Valle Regional Park is located on Del Valle Road off Mines Road south of Livermore (parking fee \$6.00). Exit I-580 eastbound or westbound in Livermore at North Livermore Avenue. Head south and proceed through town (North Livermore Avenue will become South Livermore Avenue in town). About 1.5 miles outside town, turn right at Mines Road, go about 3.5 miles and continue straight on Del Valle Road (Mines Road turns left). The park entrance is about four miles ahead.

Course Description: 0.75 mile and 1.50 mile loop courses. Both races have a water start, a counter-clock-wise course and a beach chute finish at the same place as the start. The 1.5 mile race has a longer course loop than the 0.75 race. Expected water temperature is 72+ degrees.

Check-in and race-day registration: 6:15 - 7:30 a.m.

Race Start Times: 0.75-mile swim start begins at 8:00 a.m. and the 1.50-mile swim begins at 9:00 a.m. Cutoff times will be 45 minutes for the 0.75-mile swim and 90 minutes for the 1.50-mile swim. Race start times are approximate

Entries: Pre-race entries are \$20.00 for one event and \$30.00 for both 0.75 mile and 1.50-mile events. Race day entries are \$30.00 for one event and \$35.00 for both 0.75 mile and 1.50 mile events. Please make checks payable to Tri-Valley Masters and mail along with an entry form and a copy of your 2006 USMS registration card to: Tri-Valley Masters, PO Box 5116, Pleasanton, CA 94566

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

Race Director: Joe Couto, josephrcouto@yahoo.com, (925) 846-7710.



Visit our
website www.pacificmasters.org

**Deadline for pool and
open water swim
information for the**

**July-August
Newsletter is**

May 6, 2006

Please submit creative writing
and photos to Newsletter Editor
Joanne Berven
4854 Andrea Court
Livermore, CA 94550
newsletter@pacificmasters.org

LONG COURSE CHAMPIONSHIP MEET

Santa Cruz Masters Aquatics

And The University Of California-Santa Cruz

2006 Pacific Masters Long Course Swimming Championships

Friday, Saturday and Sunday, July 7, 8, 9, 2006

Sanction # 38-06-15

Pool: UCSC Swim Complex-Santa Cruz, California One of Northern California's finest and fastest. Great locker and shower facilities. Spectacular view. Beautiful beaches, Boardwalk, Redwood parks. Seven lanes for competition and one lane for warm-up throughout the meet. Warm-up breaks during the meet.

Location: East Field House, UCSC Campus. Take Highway 1 (Mission St.) north from Highway 17 and Highway 1 interchange to Bay St. Turn right and follow Bay up the hill straight through campus entry. Turn left at Hagar Dr. and go up the hill (detailed map available at cruzswim.org). Drop off your passengers and gear at East Field House/Pool and return down Hagar to the big parking lot. Park and lock your car, stroll back up the hill along the path to the pool...about a 1/4 mile walk. Do not park at the pool on Friday!! Meters are closely monitored and non-meter zones are vigorously ticketed (\$30.00).

Time: Friday: Check-in and warm-up begin at 8:30 a.m. Meet starts at 9:30 a.m.

Saturday and Sunday: Check-in and warm-up at 7:00 a.m. Meet starts at 8:30 a.m. Please Note: You must check-in anew each day, and have checked in 45 minutes prior to the estimated start of your event or you will be scratched! However, the check-in deadline for the first event each day is 30 minutes before the scheduled start of the meet.

Entries: Enter this meet online at <http://cruz.mastersswim.com/> You may access mastersswim.com via the PMS web site or through the Santa Cruz Masters web site: cruzswim.org. Follow directions as given at this site. You may also snail mail a consolidated entry. Be sure to enclose photocopy of your 2006 registration card!! Maximum of 5 events per day, 7 events for three-day meet, excluding relays.

Fees: On-Line Entry: 1 event: \$10; 2-4 events: \$25; 5-7 events: \$30. Please note that a discount is offered for on-line entry. The cost of using the Online Meet Entry system is \$1.00 per swimmer + 5% of the events fee. Go to <http://cruz.mastersswim.com/> to enter online. Excluding relays. Fee for RELAYS is \$4 per relay. All fees payable to "U.C. REGENTS" ***On-line entries must be submitted by Wednesday, June 28, midnight. No entries accepted after that time.

Mailed Entry: 1 event, \$15; 2-4 events, \$30; 5-7 events, \$35. Please note that a discount is offered for on-line entry.

Deadline: Mail-in entries must be postmarked no later than Saturday, June 24, and/or received no later than Wednesday, June 28. Meet directors are forbidden to accept late entries so plan ahead! Enter now! ***** Mail your check, consolidated race entry, and USMS registration photocopy to: **PMS LONG COURSE CHAMPS, Box 8422 Santa Cruz, CA 95061**

Snack Bar: Available all three days. Concessionaires will have quality goods for your shopping pleasure. Commemorative items will be offered for sale.

Please Note: This meet is long course meters. To convert SC yards times to LC meters times conversion tables can be found at swiminfo.com.

Relays: Deck entered on yellow relay cards. Swimmers may swim only once in each relay event. Cards must show correct first and last names and correct age for each swimmer.

Seeding: Individual events will be deck seeded from slowest to fastest. We will swim most events one-to-a-lane. However, we will swim two-to-a-lane for the 400 m, 800 m, and 1500 m Freestyles. If you wish to swim one-to-a-lane, your heat will swim after the two-to-a-lane heats. Please write "one per lane" on the check-in sheet at the meet.

Scoring: Individual events: 9-7-6-5-4-3-2-1 (eight places). Relays: 18-14-12-10-8-6-4-2 for each age group. *NOTE* Only two relay teams per club may score per age group of a relay.

Awards: Ribbons will be presented to first through eighth place finishers. High point awards for each sex and age group. Team trophies will be awarded to the top teams in each PMS team size division.

Program: Available for \$5 donation to UCSC Men's and Women's Swimming.

Timing: CRUZ Masters will provide one timer per lane during the meet. Swimmers from all teams are expected to assist with timing duties, too. Let's all be good sports and lend a hand. Two-to-a-lane events will be hand timed; plan on bringing a team mate with you to the starting block if you're going for a Top Ten or USMS Record time. Split times on the way for Top-Ten or Records are not allowed by USMS in such events.

Accommodations: Contact Meet Director for an incomplete email or fax list of accommodations.

Referee: Leonard "Bud" Meyer

Meet Director: Joel Wilson: 831.425.5762; openwatr@got.net

Schedule of Events (odd # events for women, even # events for men):

FRIDAY, JULY 7

1-2	1500 m	freestyle
3	800 m	mixed free relay
5-6	400 m	I.M.

SATURDAY, JULY 8

7-8	200 m	freestyle
9-10	50 m	backstroke
11-12	400 m	free relay
13-14	200 m	backstroke
15-16	100 m	butterfly
17-18	100 m	breaststroke
19-20	50 m	freestyle
21-22	200 m	medley relay
23-24	800 m	freestyle

SUNDAY, JULY 9

25-26	200 m	I.M.
27-28	50 m	butterfly
29-30	200 m	breaststroke
31-32	100 m	backstroke
33	200 m	mixed freestyle relay
35-36	200 m	butterfly
37-38	50 m	breaststroke
39-40	100 m	freestyle
41	400 m	mixed medley relay
43-44	400 m	freestyle

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.

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Consolidated Entry Form • Pacific Masters Swimming					
Name (as it appears on registration card)		Sex M <input type="checkbox"/> F <input type="checkbox"/>		1. Place USMS card in this space. 2. Photocopy with this consolidated entry form. 3. Send in photocopy with each entry. *Age for LCM & SCM meets is age as of Dec. 31st of current year. Age for SCY meets is age of last day of meet.	
Street		no. of events entered:			
City	State	Zip			
Phone	* Age	Birthday			
Club	Club Abbr.	Entry Fee			
For a Cardless Meet, enter your times in the table below				T-Shirt size: <input style="width: 100px;" type="text"/>	
Event No.	Est. Time	Distance-Stroke	Event No.	Est. Time	Distance-
			Email (Optional)		
"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. For Open Water Events: In addition, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."					
Name of Meet/Event		Date of Meet/Event		Signature	

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PACIFIC MASTERS SUPPLIES AND SERVICES

VIDEO TAPE LIBRARY How to Borrow Tapes:

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

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| <p>1. Championship Winning Swimming, Richard Quick and Milt Nelms, 10 tapes including 2-a) Freestyle, 2-b) Backstroke, 2-c) Breastroke, 2-d) Butterfly, 2-e) Walls: Turns for all Strokes, 2-f) Starts, 2-g) Underwater Swimming – The Fifth Competitive Stroke, 2-h)</p> <p>2. Open Water Swimming, Skills, Techniques, and Tactics, Michael Collins & Gerry Ridrigues – DVD format only</p> <p>3. 21st Century Swimming, v.2 Backstroke, v.5, IM, v.6 Starts, Turns, Finishes, v.7 Advanced Drills</p> <p>4. Ultimate Breaststroke, featuring Adrian Moorhouse and Nick Gillingham.</p> <p>5. Core Stabilization & Shoulder Stabilization (2 tape set with book), Matt Wren MS, PT</p> <p>6. Basic Training from the Fast Lane - Coach John Tremblay, 1992</p> <p>7. Core Body Strength with Coach Scott Volkens (Mobility and Flexibility).</p> <p>8. How Swimming Works, New Ideas in Freestyle & Backstroke - Dr. Marty Hull, 1996</p> | <p>9 Australian Swim Coaches Teaching Association with Coach Bill Sweetnam v2. Backstroke, v5. Individual Medley, v6. Starts, Turns, Finishes, v7. Advanced Drills</p> <p>10. From the Fast Lane (3 tapes)- John Moffet vol. 1-Basic Technique, vol. 2-Basic Training, vol. 3-Advanced Technique</p> <p>11. Water: How to Be Safe In It, Have Fun In It, Move Powerfully In It, Swim Fast IN It - Dr. Marty Hull</p> <p>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</p> <p>13. Swimming Fastest II - John Trembley</p> <p>14. Forbes Carlisle Seminar - Taped at the Olympic Club, 1995</p> <p>15. From the Bottom Up - Mike Bottom (3 tapes)Freestyle, Backstroke, Breastroke</p> | <p>16. Stretching - Bob Anderson</p> <p>17. Clinical Sports Massage - Benny Vaughn</p> <p>18. Weight Training for Adult Swimmers - from Rinconada Masters 50+ Clinic</p> <p>19. Classic Swimming Series (4 tapes) - Don Gambriel</p> <p>20. Breaking the Mental Barrier (audio tapes)</p> <p>21. Residential Pools by SwimEx, Aquatic Therapy, Sports & Conditioning Pools</p> |
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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 2006 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/). 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
Address				
City/ ZIP				
USMS/PMS #	Phone ()	Total		

2006 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

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

Sat	5/13/06	SMMM	Parkside Aquatic Mile, Joel Swartz, joelgdtsswartz@yahoo.com
Sat	5/20/06	RCM	Spring Lake 1 mile, Bert Whitaker, bert@lifeguardsforlife.org
Sat	6/3/06	DAM	Lake Berryessa 1 & 2 mile, Race Director, damswim@dcn.davis.ca.us
Sat	6/10/06	TVM	Lake Del Valle .75/1.5 miles, Joe Couto, josephrcouto@yahoo.com
Sun	6/11/06	BMW	Splash and Dash, John Paul Sekulich, jp@burlingameaquatics.com
Sat	6/17/06	FDM	LC Meet
Fri-Sun	7/7-9/06	CRUZ	PMS LC Championships, Joel Wilson, openwatr@got.net
Sat	7/15/06	RCM	Russian River 1 mile PMS Open Water Championship, Bert Whitaker, bert@lifeguardsforlife.org
Sat	7/22/06	TOC	Trans-Tahoe Relay, Scott Williams, swilliams@olyclub.com
Sat	7/29/06	CRUZ	33rd Annual Roughwater Swim 1 mile, Roughwater Swim, rgould@santa-clarita.com
Sun	7/30/06	CRUZ	Cruz Cruise 2 miles, Paul Wrangell, pwrangel@pacbell.net
Fri-Fri	8/4-11/06	USMS	XI FINA World Masters (3K=8/11)
Sun	8/13/06	SNM	Donner Lake 2.7 miles, Laura Hanson, laurahanson888@hotmail.com
Sun	8/20/06	MAM	2 x 1 Relay at Quarry Lakes, Gordon Jacoby, gdjacoby@aol.com
Sat	8/26/06	TCAM	Pincrest Lake 1 & 2 mile, Sheila Monaghan, sam2@sonnet.com
Sun	9/10/06	RAD	Whiskeytown Lake 1 & 2 Mile, Greg Tyler, gtyler@stimpel.net
Thu-Sun	9/13-17/06	USMS	USAS Convention, Dearborn, MI
Sat	9/23/06	DACA	Ocktoberfest Lake 1 & 2 Mile, Jerry Koch, lockdrive@aol.com
Sun	9/24/06	SMMM	SCM Pentathlon, Cindy Lee, cindyswimlee@earthlink.net
Sun	10/1/06	MVM	Alan Liu Memorial SCM Meet
Sun	10/1/06	**	Tiburon Mile, Bob Placak, rcptibmile@placak.com
Sat	10/7/06	SAC	SCM Sprint Pentathlon, Andrew Brenan, Andy@Brenan.net
Fri-Sun	10/13-15/06	WCM	PMS SCM Championships, Kerry O'Brien, swim4wc@netscape.net
Sat	12/2/06	SNM	Reno Winners Meet, Gwen Shonkwiler, gwenshonk@sbcglobal.net

** Not PMS sanctioned

2006 Meeting Dates are: May 17, June 21, July 19, August 23, September 27, October 18, November 15. The meeting place will be at Heather Farms Community Center Club House or the classroom at the pool, 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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