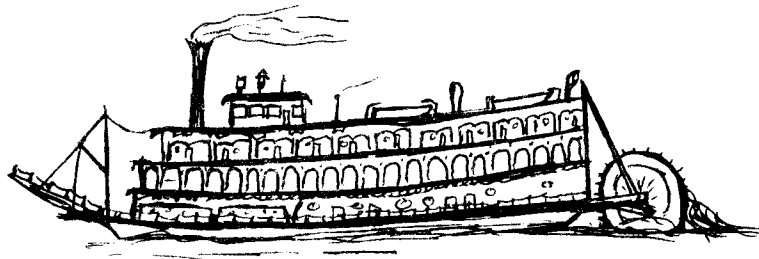


OLD STERNWHEELER'S

MASTER'S MONTHLY



DECEMBER 1976

Hello again, lost souls. Lots to report this month, starting with a reminder to all of you prospective paddlers about the December Masters Meet at the St. Paul YWCA. This meet is on a Saturday, so you can't use the late night as an excuse.

DO IT YOURSELF STROKE HINTS

This month's "Stroke Hints" will report on the Masters Swimming Clinic offered by Dr. Paul Hutinger of Western Illinois University in Macomb IL last November 12 & 13. Four from Minnesota (Carol Harris, Karen Butts, Ray Hakomaki, and the Old Sternwheeler himself) attended. Twelve hours, several lousy hamburgers, and four cases of fanny fatigue later, we rolled into Macomb.

Although dead to the world from the drive down, Ray kept this writer awake for two hours past bedtime with a deep discussion of the physics involved in the underwater portion of the swimming stroke. Mind you, Ray is an engineer, and we covered all of Newton's Laws, one of Bernoulli's, and a couple of others dealing with hot air balloons. I will try to digest those thoughts for a later issue.

Saturday morning came just moments after Ray stopped snoring and we drifted over to the pool. No breakfast because of the upcoming cholesterol test, and the rumbles from our stomachs caused ripples on the pool's surface. They bled our fingers, they measured our love handles, they took our blood pressure, took our money, took our picture. It's a wonder we had anything left. In lecture we discussed training, learned the results of the battery of physiological tests we took, had our strokes video-taped and expertly analyzed. Then that evening, at Paul and Patti Hutinger's home, we got to meet the "Man whose body won't roll," and the "woman with her elbows down," and were able to re-view the tell-tale video tapes.

Sunday we heard a lecture on alternative training methods, and were treated to a super session of stroke drills by WIU coach Bill Ryan. Then a quick lesson in mind control and relaxation by Barbara Zaremski, and it was time for one last thank you and goodbye.

The ride home was filled with praise for the fine work of Bill Ryan, the planning and thoroughness of Paul Hutinger and the hospitality of Patti Hutinger.

SAMPLE WORKOUTS (written for 2500 yds.)

400 Swim	250 Swim	500 Warm-up	200 Warm-up
400 IM Kick	8 x 25 sprint kick	4 x 200 (rest :60)	800 Swim for time
400 Pull	500 Swim, breathe	4 x 150 (rest :50)	2 x 400 faster than
5 x 100 on 2:00	only every other	4 x 100 (rest :40)	half the 800
100 EZ	300 Breast Pull	4 x 50 (rest :30)	2 x 200 faster than
3 x 100 on 1:45	300 Back pull	4 x 25 (rest :20)	half the 400's
100 EZ	300 Crawl	200 EZ	2 x 100 faster than
1 x 100 Fast	3 x 100 IM	(2800 yds)	half the 200's
200 EZ	350 EZ		100 EZ

Change of address:

The Old Sternwheeler can be reached in care of Tom Hodgson at 5 Oriole Lane St. Paul MN 55110. Or call at (612) 484-0210. Hope to hear from all of you soon.

Thank You

A very special thanks to Julie VanAman at the Southdale Y for the marvelous Masters Stroke and Turn Clinic on November 27. The Flying Dutchman (or Dutchperson) has done it again, with help from Robin Kleffman, Bill Kansas, and Ruth Weidenbacher. So inspired was I that I am running out tomorrow and buying a full length mirror so I can observe my creative strokes while swimming. Julie's Masters program at the Southdale Y is ready to take off, so any of you in the Edina area, call Julie for information.

Set aside the 8th of January, Saturday, from 9:00 until we finish (about 4:00). That is the date of the Summer-Fall-Early Winter State Championships. To Be held at Chippewa Jr. High in Shoreview. Dinner party to follow. Make plans now. Over and out.

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Are you keeping track of your daily yardage? Of your workouts and some of your better sets? It's a good idea, not only as a motivator, but as a record of your improvement. Whether(?) you file away little scraps of paper or have a spiral notebook or even one of Paul Hutinger's neat log books. For example, just last week I was reviewing my notebooks from my college swimming days, and found that compared to my days of youth, today I couldn't swim my way out of a paper bag if I had a map. Now, couldn't everyone use inspiration like that? Seriously folks, it is very rewarding to keep track of these workouts, daily and weekly yardage, sets, meet times and splits, even things like weight, medical information (Blood pressure) or perhaps moods (biorhythms) It will make fascinating reading for your children's children's children.

Christmas shopping for a Masters Swimmer? If not, leave this in an obvious place so they can shop for you! Great gift ideas are: Cheapies- goggles, caps, log books, nose plugs, Not so cheapies- warm-up suits, extra swim suits for practice, Belgrad skin suit, gift certificate for the State Meet (a card with a \$10.00 bill inside), 10 ft. long surgical tube, or a plane ticket to Ft. Lauderdale for the Short Course Nationals. ho ho ho.

This is Page 2 of the Watertown meet results. Cut out along the dotted lines & staple to page 1.

Sixteen Minnesota Masters Swimmers were listed among the 1976 Masters Champions (National AAU Masters Top Ten Times) Leading the way was Ray Hakomaki with 3 firsts, 4 seconds, 2 thirds, a 4th, a 5th, a 6th and a 7th. Bob Baker placed five times, Bill Earley, Sue Sherin, four each, Chuck Bohems, three places, Bill Kansas, three, And with two each are Carol Harris, Robin Kleffman, Warren Kaye, Jessica Murphy, and Karen Butts. Placing once were Marilyn Lentz, Larry Boise, Ruth Baker, and Vion Kaye. All Swimmers represent Northern Shores Aquatic Club.

I hope this note finds all of you Masters Swimmers and your loved ones in good health and happiness this holiday season. From all of us here at headquarters for the Old Sternwheeler we wish you a very happy holiday season and a hopeful and healthful New Year. Keep in mind our fine Minnesota Masters Program when you do your part for the "healthful" New Year. I know Dave Beardsley is planning an even bigger, better 1977 for Masters Swimming, and that is a very exciting prospect. Make dedicated swimming for fun and fitness and fellowship one of your New Year's Resolutions on January 1, and follow up by attending the State Meet on January 8. Thinking of all of you,

Old Sternwheeler

200 YARDS FREESTYLE RELAY

N.S.A.C. 2:59.4
(Schulze, Lentz, Kansas, Colton)

MEN 25 & OVER

200 YARDS MEDLEY RELAY

N.S.A.C. 1:59.4
(Earley, Friberg, Kleffman, Jensen)

200 YARDS FREESTYLE RELAY

N.S.A.C. 1:45.9
(Littman, Earley, Kleffman, Jensen)

N.S.A.C. 2:15.5
(Russell, Friberg, Kansas, Harris)

MEN 35 & OVER

200 YARDS MEDLEY RELAY

N.S.A.C. 2:27.4
(Harris, Kansas, Hakomaki, Boies)

MIXED 35 & OVER

N.S.A.C. 2:02.5
(Harris, Boies, Sherin, Hakomaki)