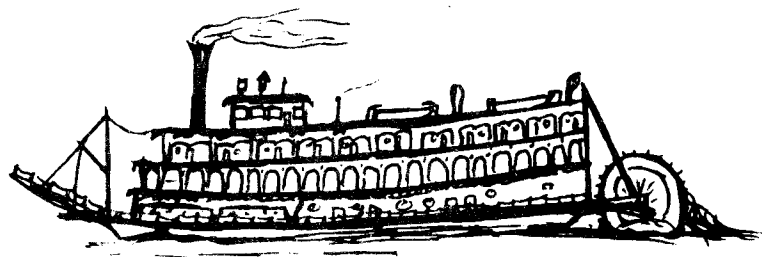


OLD STERNWHEELER'S

MASTER'S MONTHLY



Volume 3, Number 2

UNMATCHED PROPAGANDA

February 15, 1978

Hello again, sea nymphs. Take a break from reality with the Old Sternwheeler. We hope to get this issue in the mail and to you before the Duluth meet, so if you are still undecided, "Get off your old wazoo and gas up the car." Read this on the way up to the Twin Ports Open.

We haven't talked much about participation, except to encourage your attendance at the meets. When we reduced the event entry fees to 50¢ for open meets and a buck for 3 at the Minies, we hoped to make the meets easier on the checkbook and therefore more attractive. Thus far, we have been mildly successful. We lose about \$15.00 at the Open meets, and make about \$15.00 at the Mini Meets, so we are just breaking even. But with a few more meets like the Minnesota Mini--56 swimmers (16 in their first meet ever) we will be able to afford some things like stopwatches, periodic publishing of the state records, rental of some better pools, and many other things to make Masters Swimming better in Minnesota. In short, we need your participation.

IMPORTANT NOTE: On the cover sheet, you noticed a return address for Jack Gause in Wayzata. That is just for the bulk mailing permit which we are using. Please continue to address all Masters correspondence to George Hill, 241 Dawn Ave. St. Paul, MN 55112. We also would like to have any and all of your comments on the the Masters program in Minnesota. Address Those to the Old Sternwheeler, 5 Oriole Lane, St. Paul, MN 55110. And we thank you.

STATE MEET PLANS: Due to the great turnout at the Minnesota Mini, and the availability of the great facility at the University of Minnesota, The Executive Committee has decided to hold the State Masters Championships there on Sunday, April 2, with warm-ups and registration at 9:00 a.m. and the first event at 10:00. We plan to give medals (pins, actually) that you can wear on your warm-up suit or stick through your ear. We have put together a package deal to cover a lot of little expenses: instead of charging extra for the awards, charge once for the mailing list, once for the state records every 3-4 months, etc. etc. We will charge a \$5.00 meet entry fee, and then the usual 50¢ per event. For your five-spot, you will get: 1. special awards at the State Meet. 2. One year on the Mailing List. 3. Refreshments at the meet. (4) One year subscription to "Old Sternwheeler's Masters Monthly" 5. Meet results after each meet. 6. A ten month subscription to "Minnesota Swim News". 7. All Masters meet notices, which are often mailed before the meets actually take place.

We hope that this 'meet entry fee' plan will do away with much of the bother of renewing old subscriptions to the mailing list. Most of you who are currently on the active list have been active for over two years, so you're ALL due to bump the kitty again.

THOUGHT FOR THE MONTH: You're only young once, but you can be immature forever...

SPECIAL CUT OUT AND SAVE BONUS (just chew along the dotted line, and have the meet schedule on one side and "How to Enter" on the other side).

REVISED MEET SCHEDULE

Sat. Feb. 18	Twin Ports Open	3:30 PM	UMD Phy Ed Bldg	UMD Campus, Duluth
Mon. Feb. 27	Burnsville Mini	7:30 PM	Burnsville Sr. High,	Burnsville
Sa & Su, Mar 18-19	Wisconsin State Meet		Kenosha WI	(We will print details as we get them)
Sun, Apr. 2	Minnesota State Meet	9:00 AM	Cooke Hall, U of M,	Minneapolis Campus
Mid April (probably the 20th)	Northern Shores Mini			
Early May (hopefully the 6th)	Southdale Y Open,		St. Louis Park High School	
May 19-22	National Short Course Championships		Dallas, Texas	
Early June	Mini			

DO IT YOURSELF STROKE HINTS This month: Warming up.

Most people warm up before swimming fast (in a meet or practice) just out of custom. Perhaps because someone told them to, or because everyone else does. But warm-up does have a sound physiological base, and is of great psycho-motor value, especially to beginners. Let us swim through a warm-up together, and talk about what we're doing along the way. First, let's do some easy swimming. 400 to 800 yards should do, but be sure to start very easy, so we don't tighten up. If we do begin to tighten up or get arm-weary, let's grab a kickboard and loosen up our legs while our arms return from their vacation. If we're going to swim any breast stroke events, we will carefully loosen up our knees. Whip kick can be murder on tight, cold knees.

After the basic heating-up process, we can set about the business of setting our strokes. This is the psycho-motor function I mentioned before. It is infinitely reassuring to run through the stroke, starting slowly, mentally reviewing our technique. If we go just a length or two at a time, we can work the stroke up to race speed and "feel it" without getting worn out.

At the end of the "psycho-motor preparation" phase, let's try a few 1/2 length sprints at full speed just to get the system cranked up. Then, a few more lengths, just to relax each muscle and put the final touches on our confidence.

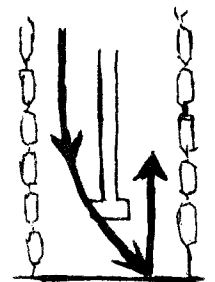
By this time, the body should begin to remotely resemble something capable of forward movement through the water. To preserve the benefits of your warm-up, clothe your body to stay warm, and don't remain sedentary for extended periods. Oh, yes. warn your competition to hold on to their shorts.

You can lead a horse to water, but you can't make him descend short interval 100's...

Here's a quick list of active or semi-active masters teams in the state. If you are swimming on your own, why not call the clubs in your area and see about team participation.

- Roseville Masters Dick Carroll 771-9066
 - Lake Swim Club (Wayzata) Janet Wallace 789-6479
 - Minnesota Swim Club (U of M) Jean Freeman 373-5145 (W) 379-2984 (H) or Judy Myers 379-2482
 - Northern Shores Aquatic Club Masters (Shoreview, North Oaks) Tom Hodgson 484-0210, Marilyn Lentz, 484-7976, Carol Harris 484-5925.
 - St. Paul Downtown YMCA Kathy Wheeler 222-0771
 - Burnsville Masters Bill Arland 890-0737
 - New Hope-Crystal Masters Wild Bill Earley 535-3588
 - East Side YMCA-St. Paul Swim Club Jim Andersen 776-0131 Ed O'Mara 777-6030
 - Southdale Y Dick Donnelly 929-1957
 - Northwest Mpls YMCA (New Hope) Julie VanAman 536-5700
 - Urban-West Central YMCA (Minneapolis) Jan Hillman 827-5401
 - Princeton MN Masters Stan Chase 389-4847
 - Twin Ports Masters (Duluth-Superior) Wes Bastie 1-218-525-6969
- For a personal massage, call Renee LaMammary 333-7626

RULES OF THE ROAD for CIRCLE SWIMMING. Everyone knows the frustration of trying to swim laps without circles. Well, here's the formula: Odd numbered lanes 1, 3, 5 should circle clockwise. Even numbered lanes should circle counter-clockwise. Use the black line on the pool bottom like the center line in a highway. Pass only at the walls, and let faster swimmers go ahead whenever possible. At the walls, curve to the other side before the turn so you can push straight off. If you want to pass, tap the feet of the person ahead of you, so they will know you wish to pass and can stop at the next turn to let you by. And above all, be courteous!



4
How to turn

HOW TO ENTER A MEET

1. You must be registered with the A.A.U. Fill out completely the application form, being sure to check the *Master Athlete box, and sign your form. Turn it in with your entries & \$3.50.
2. Fill out one entry card for each event you wish to swim. Most important here are the event number, your age, and a seed time. If you don't know your times, ask your coach.
3. Sign the "Meet Report Form", circling the event numbers of those which you wish to swim, and fill in the fee blank (\$ _____) with your total entry fee (Do NOT circle 'Pd').
4. Turn in all your forms and money, registrar will circle 'Pd' and check your cards quickly.
5. Go warm up and prepare for FUN, FITNESS, FELLOWSHIP, AND FOOD!: (not always in that order)