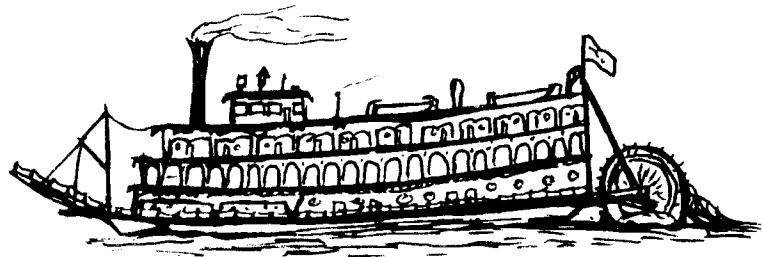


OLD STERNWHEELER'S

MASTER'S MONTHLY



Volume 3, Number 4

UNMATCHED PROPAGANDA

April 10, 1978

Hello again, sea nymphs. Whew!! What a State Meet!! Our biggest ever, with swimmers from all over Minnesota and Wisconsin. 102 swimmers! That is 30 more than our biggest Masters meet to date. I would like to personally thank all swimmers for their participation, making this meet not only our biggest, but best ever. When you look through the result summary in this mailing, notice some fantastic times in the Women's 35-39, 45-49, and 80 & over age groups, plus the Men's under 25, 35-39, 40-44 and 55-59 age groups. There were many super relays, especially the Southdale Y Men under 25, and the Northern Shores Men and Women 35 and over and 45 and over.

We have hired a staff of 46 typists to handle the updating of the records, which will be mailed to everyone on the mailing list as soon as they are done. At this time, I don't know if they will be ready for this mailing or not. It's a lot of work. If any of you out there is an out-of-work typist, how about volunteering for these sorts of typing jobs. We have a million of them.

Most all of you who received this mailing are on a mailing list which is about to expire. Participation at the State Meet renewed your subscription for another year, and those of you who have sent back your notices of renewal plus \$3.00 can also look forward to 12 more months of this foolishness. If you would like to remain on the mailing list, send your NAME, ADDRESS, PHONE, AND \$3.00 (Checks payable to Masters Swim Committee) to THE OLD STERNWHEELER, 5 ORIOLE LANE, ST. PAUL, MN, 55110. Please do this as soon as possible, because George, our computer man, will go stark raving bananas if he has to troop to the computer once a week for the next 8 months to type in one name. Thanx a bunch.

While I'm on my soap box, let me tell you about the Masters Swim Committee's LOGO CONTEST! Draw up a Logo for Masters Swimming in Minnesota, and submit it to me (address above). First prize for single women is a weekend with the Old Sternwheeler; for men and married women, win yourself a pair of goggles and a FREE Masters Meet. ENTER NOW!

DO IT YOURSELF STROKE HINTS: This month: Bad Habits.

Every so often, we need to be reminded about the little things which can become bad habits if we ignore the proper technique long enough. Make a few notes to yourself at the top of the next workout, and list those reminders which will help you.

1. Flip your turns. If you don't normally flip your turns in practice, make sure that it is a turn that you would do in a meet. Don't drift into the wall and casually roll over and push off. Accelerate into the wall and snap off a good, speedy, racing turn. If you constantly practice a lazy turn, you will automatically do the lazy turn in your races, too.
2. If you don't do flip turns in practice, but try them in meets, now is the time to start flipping in practice. You may be out of breath for a week, but you will quickly adapt and your flip turn will improve by leaps and bounds.
3. Make sure that all your push-offs are strong, and stretched for maximum distance. Try to take at least one arm stroke before coming up to breathe, as this will preserve your body position during the transition from glide to stroke. Make a habit of pulling your non-breathing arm first out of every turn. See "out of breath" in hint #2.
4. Try to work all strokes into your workouts, unless you specifically want to work on one. It is too easy to swim only the strokes that feel good, or don't hurt. Make a habit of mixing them all into each workout.
5. When you get tired in a workout, the stroke begins to deteriorate, and some bad stroke habits set in. Be sure that you are concentrating on holding your stroke together especially when you become tired. Even if it means slowing down slightly, hold onto that stroke!



Those among you who follow the rantings of the Old Sternwheeler, are familiar with our motto of "Women and Children First." Well, on April 15, I want all of you to face the Atlantic and remember in your own way an event very dear to the hearts of all Masters swimmers, the sinking of the "Titanic". No doubt all of us have shared the feeling of going down in mid-ocean. In memorium, I am personally going to strike an iceberg half-way through a set of 50's and settle slowly to the bottom of the pool.

SAMPLE WORKOUTS: Written for about 2000 yards, designed to be a little boring.

400 Swim	1000 on the House	200 Choice	600 Swim
8 x 25 RB on :45	4 x 100 (rest :60)	400 Back & Breast	600 R.B. 3-4-5
250 Kick	4 x 75 (rest :60)	400 Free & Kick	8 x 75(:10)25→
250 Pull breast	4 x 50 (rest :60)	100 EZ	on 3:00
8 x 125 on 2:30	4 x 25 (rest :60)	8 x 100 D-Set	100 EZ Choice, cool
100 EZ Cool down	100 EZ Choice	100 EZ	down & loosen up.
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250 Swim	300 EZ	1000 Meet Warm-up	800 Swim, warm-up
250 Kick	100 Kick	Rest 10:00	8 x 25 (rest :30) Fast
250 Pull	5 x Broken 200 →	500 Free Time	100 EZ Kick
250 Swim	100(:30)50(:20)50	Trial	8 x 25 (rest :40) <u>Fast!</u>
8 x 50 RB on 1:15	100 EZ	200 EZ Choice	100 EZ Kick
500 Think Stroke	8 x 25 Dive Start	10 x 25 Non-crawl	8 x 25 (rest :60) <u>FAST!!</u>
200 EZ Choice	100 EZ	250 EZ Choice	200 EZ Cool Down

LITTLE VICTORIES

■ At the State Meet, a couple of former High school and A.A.U. swimmers set lifetime best times, going faster than in days of their youth. Two that were brought to my attention were Chuck Cohen (59.5 100 Free at age 40) and Jean Freeman (35.3 50 Back at age 28).

■ Showing superior courage or inferior judgement, Paul Lukens drove from Duluth through the ice storm, won the 500 and 1650 Free, and drove back. That kind of dedication is just unbelievable. I suspect that more than a few people looked at the weather and rolled over in bed and went back to sleep.

■ There was a relay in the 35 & over Women's age group from Northern Shores whose total swimming experience was less than 5 months! This "Bombers" relay of Judy Bailey, Nancy Olson, Betty Carland, and Louise Ostergren went a very respectable 3:25.3! Let's hear it for the rookies!!

■ In that same vein, Little Victories would like to congratulate and welcome the 20 people swimming in their first Masters Meet ever!

■ But the most notorious Little Victory of all goes to Chuck Heuser, of the Lake Swim Club. Swimming in his first meet, chuck set a personal record, but the swim was not without a special charm. On the first try in the 50 Fly, Chuck false starts. The second start is legal, but while diving in, he breaks his toe. Between the walls, he is great, setting a personal record by TEN SECONDS, but on the finish, he lacerates his hand on the wall. After the meet, his car wouldn't start. Yes, sea nymphs, this is the stuff from which legends are made.

WATER POLO: In the first-ever recorded Masters water polo game to be held in Minnesota, Jody Buckley led the Acorns of Northern Shores to victory over the Lake Swim Club Masters.

FINAL SCORE:
Northern Shores 8
Lake Swim Club 3

SCHEDULE UPDATE:

FRI. April 21	6:30 PM	Northern Shores Mini	(Sched. C)	Chippewa Jr. High, Shoreview
SAT. May 6	9:00 AM	Southdale Y Open	(Sched. D)	St. Louis Pk. H.S., St. Louis Pk.
FRI. May 26		1650 Mini	(Sched. D)	To be announced

SUPER-EXTRA-SPECIAL THANK YOU

The Executive Committee has asked me to express bountiful gratitude to the following people who did so much to make the State Meet a success. John Soucheray, who worked at the table and helped start the meet. Lynda Kansas, who manned the registrations throughout the meet. Kerry Sherin, registrar par excellence. Becky Flyckt, the indefatigable timer, and Bill Kansas, who with Lynda, put on a great party in their home after the meet. THANK!!!!