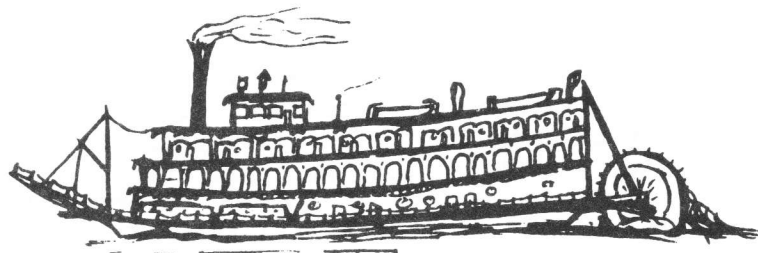


OLD STERNWHEELER'S

MASTER'S MONTHLY



Volume 3, Number 3

UNMATCHED PROPAGANDA

March 15, 1978

Hello again, sea nymphs! Happy Ides of March and welcome to the month that goes 'in like a lion and out like a pair of orange plaid pants on a fat man.' Leading this mailing is the Meet Notice for the 1978 Minnesota A.A.U. Masters Short Course Swimming Championships— also known as The State Meet. (or the state meet, depending upon how you feel about it.) We hope you will be able to join us for what could be the biggest, best Masters meet in the Goofer State. We've had requests for entry information from as far away as Wisconsin, Iowa, and Illinois, and yet at the same time, Lane One Bombers from all over Minnesota are practicing flat wall turns for the big event.

Our goal is 100 swimmers! We have gone out on a limb and ordered special medals for that many swimmers, so be a part of the program that makes fitness fun! Masters Swimming!

As always, disregard the return address for Jack Gause, and address all return correspondence to George Hill, 241 Dawn Ave, St. Paul, MN 55112.

STATE MEET BACKGROUND

If you are shocked by the \$5.00 meet entry fee for the State Meet, we have some facts for you to consider. If you swim all the events you're allowed to swim (and we hope you'll take advantage of the opportunity) you may be surprised to compare our last State Meet of May 1, 1977 and the meet we have planned.

	<u>Last Year</u>	<u>This Year</u>
1. Meet Entry Fee (one time charge to enter the meet).....	\$1.00	\$5.00
2. Event Entry Fees (1977 was \$1.00 per event, 1978 is 50¢ per event, six events maximum)	\$6.00	\$3.00
3. Charge for one year's mailing list subscription. (this year, it's included in the Meet Fee)	\$2.50	0.00
Total Cost	\$9.50	\$8.00

If you need to join the A.A.U., add \$3.50, but even at that total, you can't go to dinner and a show for that price, much less make an investment in your personal health and fitness. Your \$5.00 fee brings you a lot: a mailing list subscription which brings you (1) Meet information notices for all Mas^t meets in the Minnesota association, (2) Official results of all those meets, mailed promptly with the next meet notice, (3) the hilarious and brilliant issues of the Old Sternwheeler's Masters Monthly, which some day may be a priceless collector's item, and (4) State Records, which are updated periodically and sent out with the mailings.

Your meet fee also enables the Masters Swim Committee to buy distinctive swimmer pins in gold for 1st, silver for 2nd, and bronze for 3rd (just like the Olympics) for awards at the State Meet. These pins may be worn on your warm-up suit, or the lapel of your blazer--a proud symbol of your involvement in Masters Swimming.

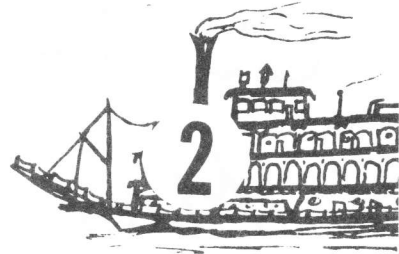
Your A.A.U. membership brings you the monthly "Minnesota Swim News" which covers all swimming in Minnesota, including Masters. Published quarterly by the State A.A.U. is the "Amateur Athlete" which also covers the Masters program.

But most important, your \$5.00 is a small, but potentsymbolic investment in your personal fitness and health. By involving yourself, you take a big step toward a healthier, fuller life--and you can't put a dollar value on that.

My spies in Illinois tell me that the Short Course National picture is unsettled, and June Krauser— the Wonder Woman of Masters Swimming, has reserved the Hall of Fame Pool in Fort Lauderdale, "just in case". Stay tuned for further developments.

A.A.U. CARDS

Your 1978 A.A.U. Registration cards will be mailed out to you after one meet has passed since we get the cards back from the AAU office. This means you should check first at the meets to see if your card has been processed. So don't get your undies in a bundle if your card isn't sitting on your breakfast table the morning after you filled out the application.



NEXT MONTH: The 2nd Annual April Fool's Issue of the Old Sternwhaler!!! (Hold onto your shorts)

THIS MONTH: The Old Sterngeezer expands to 4 pages! (We've had many requests, but we went to four pages anyway....)

LITTLE VICTORIES

This is the first of a regular feature dedicated to the "little victories" that occur every day in Masters Swimming. Lots of print, time, and talk centers around the National Top Tonnagers, State Champions and record holders. So this monthly article will be devoted exclusively to those achievements which don't usually get the recognition, but are no less significant to the achiever.

- ** Mamie Brown did her 'first ever' dive off the edge of the pool last week! Now she has to learn how to dive with the goggles on or swim with the goggles off.
- ** Ed O'Mara of the St. Paul Swim Club underwent minor surgery last month and was back in the water swimming after 1 1/2 weeks! Another phenomenal recovery by a Master's Swimmer.
- ** In Duluth, Wes Bastie's brand new wife Debbie, is a brand new Masters Swimmer. Her first-ever event was a 50 Fly in 39.9!
- ** Lake Swim Club Masters practice at 5:30 in the morning!

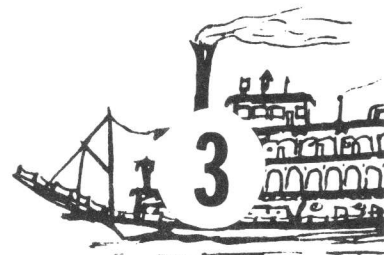
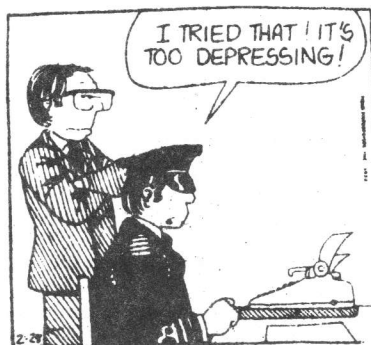
All of the Little Victories are submitted by readers. Don't hesitate to call in your own little victories: your example may be an inspiration to someone else. You're not bragging, you're sharing. Our address appears later in the 'Wheeler.

SAMPLE WORKOUTS All workouts written for about 2000 yards, in one hour's time.

500 S	400 EZ	10 x 50 EZ Warm-up	500 S
4 x 50 K (:20)	400 Moderate	10 x 50 Alt K & P	400 IM K
200 P	400 Past	10 x 50 Non-Specialty	600 S - Even # 100's EZ
200 R.B.-- breathe every 3rd pull	200 K	10 x 50 Descending set	Odd # 100's R.B.
5 x 200 -- 4th & 8th lengths change stroke	100 K		5 x 50 on 2:00
	20 x 25 (:15)		6 x 25 on :45
600 EZ K,P,& S	500 EZ S	300 S	1200 yds "On the House"
4 x 125 (:30)	200 K	20 x 25 on :40	Warm-up
4 x 75 on 2:00	1650 S Non-stop, for time if you want.	200 EZ K	Broken 500 Swim, for time, with (:10) rest at the 100's.
5 x negative split 100 (2nd 1/2 faster than 1st 1/2)		20 x 25 on :30	Get your time and subtract (:40)
6 x 50 on 1:10		200 EZ P	
200 EZ Cool down		20 x 25 on : 25	300 Cool Down

LOGO CONTEST Yes, folks, the Masters Swim Committee is sponsoring a Logo Contest-- you know, those cute and clever symbols that represent your disorganization. All you closet artist types get out your felt-tip pens, and get creative! Grand (and only) prize is One Free Masters Meet and One Pair of Swimming Goggles! So get your entries in, the Contest will close in a couple of months. Anyone is eligible to enter. (So fire up that daughter--the one with \$4,000 worth of art lessons forgotten in the closet). Send all entries to The Old Sternwheeler, and we will forward them to the Committee.

We are in the process of putting together our summer meet schedule. If you have an "in" at a 50 meter pool, we would like to hear from you. We are also exploring the possibility of swimming on Friday nights after The "Set up" for the weekend kid's meet. We would appreciate any help you can give us on building a top-notch summer schedule. Please call our Schedule Chairman, Harry Brown at 636-3785 and say, "Have I got a pool for you!"



DO IT ALL BY YOURSELF STROKE HINTS: This Month: How to deal with "The Bear" or "How I learned to live with the 'Grand Piano Smash'".

Every swimmer has experienced fatigue in a race. And most of us have swum events where near the end of the race we have experienced such a total collapse that it seems impossible to finish, much less go fast. That point--when you feel like you'd have to rally just to die, is know as "The Grand Piano Smash" or getting "The Bear", because it feels like those figures have just landed upon your back.

I won't go into the physiology of this malady, except to say that the efforts of the muscles have far outstripped the ability of the cardio-respiratory-vascular system to supply them.

In combating the Bear, an ounce of prevention is worth tons of cure. Roaring off at the beginning of a race can plummet the body into Oxygen Debt, and force the muscles to work in an anaerobic state-- at about 1/20th the efficiency of aerobic work. The best prevention is to stay aerobic for the entire first half of your race, provided that the event takes over 1:30 to swim. For more help on pace, see the Stroke Hints in the January 1977 and September 18, '77 issues of the Sternbleeper.

So much for blind idealism-- what do you do if the Bear gets you? Well, the single most important thing is to hold on to your stroke. The stroke seems to be the first thing to fall apart, unfortunately, because a correct stroke is critical to maintenance of forward motion through the water. Even though you will be pulling less powerfully because of fatigue, you can keep the damage to a minimum by keeping your elbows up, maintain continuous motion, and refrain from panic.

As you feel your body getting tired, go into a smooth, controlled acceleration. Don't frantically try to sprint, because this could very likely cause your stroke to disintegrate. A controlled acceleration of your pace will keep your turnover up and help considerably to keep your stroke together.

The final round of the "Battle of the Bear" is fought in your head. Like the "Mind Over Matter" philosophy of Karate or sex, you must think through the fatigue to your stroke or pace. Just like a karate expert breaking bricks: he thinks right through the bricks with his mind and then drives through the bricks with his bare hands. (me, I use a sledgehammer on the bricks, and use my mind to think about women I've known and loved)

So use your mind over the pain. Think about your mother. Sing, weep, just don't admit that you are going to die. And remember that old cliché: The stopwatch which you are racing is just as tired as you are.

MASTERS SWIMMING INFORMATION CLEARINGHOUSE

If you need information, any additional meet notices, or have any questions at all about Masters Swimming in Minnesota, send me a self-addressed, stamped envelope, and I will try to help you in any way I can.

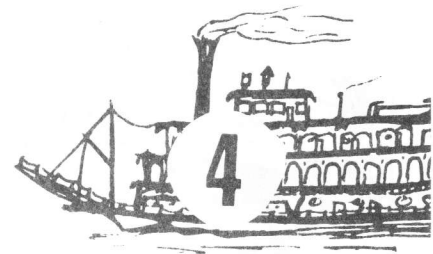
Most back issues of the Old Sternwheeler's Master's Monthly are also available in limited supply. Dates still in stock are 2/15/78, 1/19/78, 12/19/77, 11/27/77, 10/24/77, 9/18/77, 4/20/77 (with the 1st April Foo's issue), 3/16/77, 2/10/77, 1/20/77, 1/77, 12/76, 11/76, & 10/76.

If you would like any of these issues, send a medium sized (7 x 8½) manila envelope, self-addressed with sufficient postage for the number of issues you want, to me, the Old Sternwheeler 5 Oriole Lane, St. Paul, MN 55110. Please enclose \$ 1.00 to cover costs of printing & handling.

COMMENTS PLEASE: We are very interested in your thoughts and feelings about the new Masters program in Minnesota. Many changes have been made recently, and we want to be sure that they are in the best interest of every Master swimmer. Would each of you take just a few minutes and drop us a note? Tell us what you like about it. Make a suggestion! Air a gripe! And while you're at it, draw up a design for the logo contest. We would like to hear from you.

SPRING SCHEDULE UPDATE

Thurs.	Mar. 23	7:00	Masters Water Polo	Chippewa Jr. High
Sun.	Apr. 2	9:00 AM	State Meet	Cooke Hall, U of M
Fri.	Apr. 21	7:00 PM	Northern Shores Mini	Chippewa Jr. High
Sat.	May 6	9:00 AM	Southdale Y Open	St. Louis Pk. H. S.
Fri.	May 26		1650 Mini	To be announced



Our Motto: "To the lifeboats!
Women and Children first!"

SPECIAL NOTE: If by some calamity you are unable to attend the State Meet, you can still be on the new mailing list. The old list will expire after the April mailing. To re-subscribe, fill out and mail in the application on the cover sheet along with \$ 3.00 (American) to my 5 Oriole Lane, St. Paul, 55110 address. After April 30, we will revise the mailing list with the names of those attending the State Meet and all new applications. Although you can get on the mailing list anytime, it will be a big help to the girls in the back room if you can sign up by the end of April.

The Old Sternwheeler gives a super "WELCOME HOME" to our very own polar explorer and special friend BRUCE KOCI. Bruce spends his summers in the Arctic, on the glaciers, and spent this last winter on the Ross Ice Shelf in Antarctica. It's good to have the Old Powersaw back home.

FROM THE TOP! The following is a letter from my boss, Sue Sherin. Sue is the chairperson of the new Masters Swim Committee, and she has some thoughts about classical music, iceberg lettuce, and the balance of trade in Peru.

"Though we Minnesotans need to be a bit more patient as we anxiously await its signs, springtime brings thoughts of good things full of newness and life. This year it seems especially fitting for our State Meet to be in spring. While it represents the culmination of our swimming efforts, let's also consider it a time to celebrate the refreshing beginning which has been reflected in Masters' enthusiastic participation at the Lake, ABC, and Duluth meets, and the successful mini's at Cooke Hall and Burnsville.

"Old Sternwheeler's 'perpetual propaganda' continues to bring suggestions concerning the Hows and Whys of forming Masters' swim teams. Since I've been honored with some space in this month's news, I'd like to further emphasize the values of swimming as a group.

"Most of us are unable to sustain the needed self-discipline to continue working out on our own over an extended period, thus our individual potentials are somewhat limited. A team offers the incentive to overcome that initial 'hump'--the point when a lot of people give up for one reason or another, usually boredom. The kind of motivation is provided that will most likely expand one's swimming efforts, making it easier to work longer and harder. Such things as circle swimming and shared workouts contribute to an ideal swimming atmosphere.

"Swimming with a team helps develop a healthy attitude toward competition which too often seems to have been lost in youth sports programs. It becomes evident that Masters swimming allows a place for various levels of competition as each swimmer is able to fit into and grow with the program according to his or her ability.

"Something that I'm becoming increasingly aware of is the expressed enjoyment of swimming relays at meets. Relays truly represent a team effort, promoting and reflecting a great amount of team feeling and enthusiasm. They also provide a needed break from the anxiety and stress of individual events, which helps to maintain perspective throughout the meet.

"A team enhances these important aspects of fellowship, fitness and fun which are inter-related and seem to pervade Masters' swim programs. Hopefully, with the guidance and advice of the Old Sternwheeler, more of you will be encouraged to join or form a swimming team whenever and wherever possible.

"Ordinarily I hesitate to accept organizational responsibilities, but I consider being on the Masters Swim Committee a challenging opportunity to promote a program which is life-long and offers the breadth that not many sports can boast. It appears that Minnesota holds the potential for being among the most active states for Masters swimming. If these past few months are any indication, the April 2nd State Meet will be our biggest ever. Remember to invite your friends and family to participate in the meet either through swimming or helping with deck activities such as awards, timing, and cheering. Let's keep the momentum going!"

THE OLD 'WHEELER SEZ: "If you think Masters meets are just for competition, you've missed the best part of Masters Swimming: Fun, fitness, and friendship, and an official time, with an encouraging pat on the back. Swim for fitness; follow your progress."

