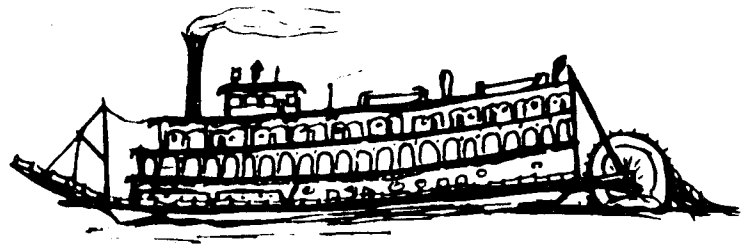


OLD STERNWHEELER'S Masters Monthly



Volume IV, Number 1

UNMATCHED PROPAGANDA

January 14, 1979

Hello again, Sea Nymphs! Welcome to 1979, and as the New Year enters, kicking and screaming, we embark on yet another voyage into the "Lifetime Program" of Masters Swimming. This year, we begin with a schedule, a State Meet, and all kinds of other useless mirth and verbiage. So pay up your giggle insurance, the Commodore has signaled for "All Astern, Full" and we're off!

BRAND-NEW EXECUTIVE COMMITTEE for 1979

A five member Executive Committee has been installed to lead the Minnesota Masters program for the coming year. The new secretary is Bob Harr, from the Lake Swim Club. Bob can be reached at 17510 26th Ave. North in Wayzata, MN 55391. 473-6185 on the Phone. The treasurer is yet another Lake early riser, Mike Mostrom, 473-0473. The Meet scheduler is Marsha Soucheray, who has already scheduled through April, and before long will have meets set on into the summer. If you have any thoughts about meets, call Marsha at 484-6059. Bob Davidson, like Marsha, swims for Northern Shores, and will be in charge of the equipment: guns, watches, etc. Bob can be reached at 545-3478. The remaining member of the E.C. is Judy Myers, of the Minnesota Swim Club. Judy is in charge of all awards, and would be a good person to call if you have any suggestions about awards or related things. Judy's home phone is 379-2482.

The mailing list is still being kept by Sue Sherin, 3735 Highland Ave. White Bear Lake, MN 55110. Please address any mailing list correspondence to her. You can imagine the confusion if we were to change the mailing list address every 12 months.

So please feel free to contact any of these people with any comments or suggestions. They are your representatives, and will attempt to make Masters Swimming in Minnesota the very best ever for all Minnesota Swimmers.

SAMPLE WORKOUTS

Each month, we write workouts for Masters swimmers able to go 2000 yards, and swim all the different strokes. This month, we are going to write an 8 workout sequence for the beginner swimmer. The guy or gal who just came from his/her doctor's office, stress test, and clean bill of cardio-vascular health.

<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>	<u>Day 4</u>
12 x 1 length swims, rest completely between swims, use any stroke.	4 x 25 EZ Swim 2 x 25 EZ Kick, with kickboard 4 x 25 EZ Swim 2 x 25 EZ Kick 4 x 25 EZ Swim Total: 400	4 x EZ Swim 2 x 25 EZ Kick 50 Swim, non-stop 2 x 25 Pull 6 x 25, rest as needed Total: 400	8 lengths, on the house 75 Swim 50 Kick 25 Choice 6 x 25 leave when pulse reaches 110. Total: 500
Total Yds. 300			
<u>Day 5</u>	<u>Day 6</u>	<u>Day 7</u>	<u>Day 8</u>
6 x 25 EZ Swim 100 Kick, rest as needed. 14 x 25, alternate Kick, swim, & pull.	6 lengths, EZ 4 x 25 Kick, short rest 3 x 50, go when pulse is 100. 2 sets of 4 x 25, with a short rest. 50 EZ Choice Total: 650 Yds.	4 x 25 Swim 4 x 25 Kick 4 x 25 Pull 4 x 25 Swim Short rest 100 Non-stop 6 x 25, short rest. 50 Cool down Total: 700 yds.	100 EZ Swim 2 x 50 Swim 4 x 25 Swim 100 EZ Kick 2 x 50 Kick 4 x 25 Kick 100 EZ Swim 50 Swim Strong 50 EZ Cool Down Total: 800 yds.
Total: 600 yds.			

State Records have been completed for Long Course, and are ready for the computer. These will be published (hopefully) along with an updated set of short course records in time for the 1979 State Meet.



Due to the pathetic number of letters received by the Old Stern-wheeler this month (0), we are forced to print this here-to-fore unpublished bit of correspondence from the swimmer-coach of the Twin City Stokers, who work out at the Metro Lounge and Bowl. The letter is printed exactly as received. And we're sorry.

Dear Ler Stodwheener, (think I'm getting closer)

Seems like the only occasions for responding to your call for words of wisdom occur when I return (to the) home. Heaven only knows why I'm back this time; must be too many workouts at Metro B & L, with not 'nuff rest in-between, or too much "goin' on the bottom."

Oh, I do hope you're just as good as ever-understand you're completing a manuescript. The girls here at (the) home (including E.Q.T.) assume we'll be the first on your list for signed-sealed-delivered S.W.A.K.^{xx} editions-can ~~HARDLY~~ wait. Of Coarse, I anticipait you'll be wanting another interview and a little output as can only originate from E.Q. turn her (poor) self.

Moreover, the purpose of this newsybrief is to announce that in our determination to deny the problem of too much time with our hands, the girls condoned this marvelous non-destructive/productive activity which has been voraciously repected by each and every one of us (including Erm Q. Trn). Finally--its a hell of a lot better than hallucinating all afternoon.

And in conclusion (you'll be rid of me yet!) our game is self-explanative-all we've needed is your mane, paper + #2 pencil. Oh, I almost forgot- This is the compulsion of all our efforts. We tried singing it to several tunes but find "Mares Eat Oats" to be the best complement.

- LER STODWHEELER -

OH... Old Stern wheel & low rot steel
hostel rod & ethos
onset new sent store, desert hot

Ewe deer owl & doe & horse,
Worse & worst & worser.
Old lost welder steed, hose & stew

Dot or dots or shot or snot,
Hold onto her red nose,
sorrel & lots & led, row & stod (past

Do see do & heel & toe
Reel & Whee! & Erma
Slowest slow slower- Oh! She does owe rent.

(Verse 2 is X Rated, and therefore
has been deleted. O.S.)

pluperfect)..and a few srevotfel:

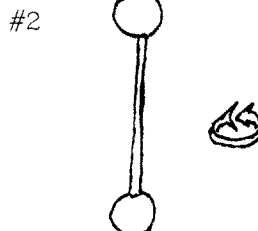
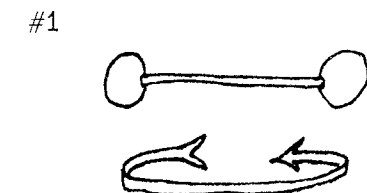
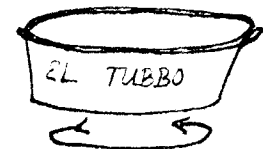
deter
when Fond regards - always
one (caught between the dog & tree)

ERMA QUICKTURN

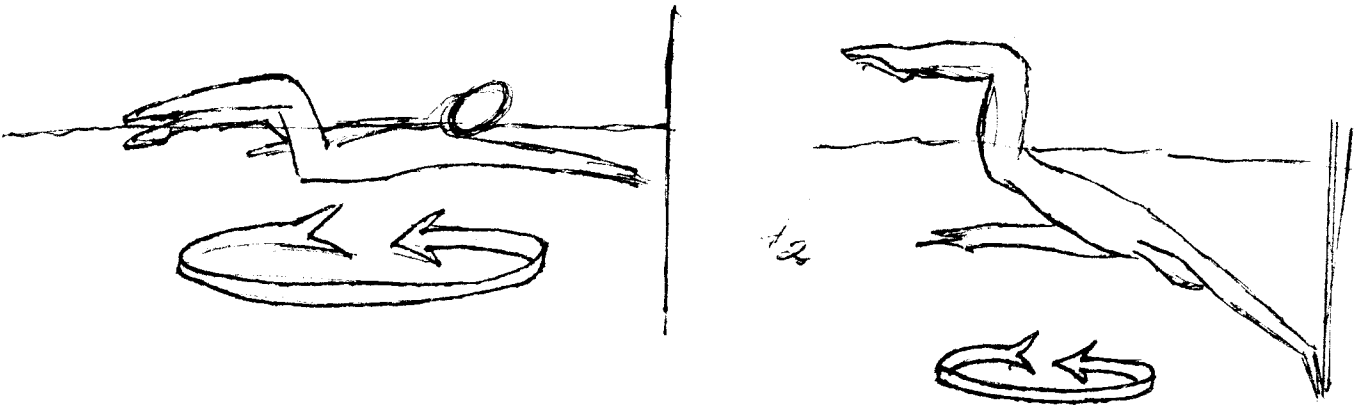
DO IT YOURSELF STROKE HINTS-- Backstroke Flip turn

The Back Flip turn is almost a do it yourself turn. If you start it right, it really does itself. But first, forget the part about the flip. It is more like a pivot, think of your body as a washtub--mine even looks like one--which rotates. See the professional drawing at the right, showing a rotating washtub.

Move then to the next series of professional drawings which show one of my now-famous analogies. Grab the dumbbell on the left, and give it a quick spin, with the arrow. Not as easy as you thought! Now give the right one a whirl. Amazing how the same dumbbell turns so easily in one alignment, and so hard in another. Well, the same principle applies to your



little body when you reach for the wall to start a backstroke turn. You can lie flat in the water like dumbbell #1, or you can reach down low on the wall, trying to align yourself more like the easy spinning dumbbell.



You can see by these professional drawings how reaching low on the wall for your touch can shorten your radius of rotation, making it easier for you to pivot on the wall.

In all these drawings, you will see the touch being made with the left hand. If you touch with your right hand, just reverse all the directions.

So, you tip up the bod by touching low on the wall (2 ft. below the surface) and putting your head back, looking at the wall. You want your momentum to carry you down and around on this turn, so be careful not to hit the wall and stop. This makes it almost impossible to get around. To insure against stopping, try to lift your knees just before the touch, so you are actually into the turn before you touch.

You are now in the position #2 shown in the professional drawings above. Now you can pivot easily by pushing on the wall gently to move your head to the right. If you keep your head moving backward, you will flip over, end up on your front, and push your nose into the bottom of the pool, causing you and your family great embarrassment.

To help you visualize the pivot, think about pushing your head to the right, and bring your knees over your left shoulder to the wall.

Don't leave your left hand on the wall for long, it only has to start your head moving off to the right. Remember, you are using your momentum to get around. As soon as your push is completed, slice the hand by the side of your head to an overhead position ready for push-off. I know that sounds sketchy, but after you've tried a few pivots, with your left hand ending up at your side, you will see how it should pop off the wall and reach overhead.

You may ask... What's happening to the right arm while all this pushing, pivoting, and general confusion is going on. Well, the right arm has a very simple but important function. It simply reaches down the pool toward the opposite wall. It acts as a stabilizer, and also is there, ready for push-off, waiting for the other arm to join up. If you reach hard with the right arm, it will help to lead the head around after the touch-push motion, and keep the head and body from going bananas in the wrong directions.

Remember- If you touch low on the wall with a head of steam, and almost instantly reach back hard with the right arm, the turn will be complete before you can say "Ler Stodwheener".

Practice this turn by jumping to the wall almost sideways. Diving backwards to the wall at a sharp angle will start your pivot, and send you to the low touch with ample momentum to ge around.



SCHEDULE UPDATE	Meet	Location	Schedule	Warm-up	Start Times
Sat. Jan 27	New Hope- Crystal	Plymouth Jr. High	Open-A	10:00 AM	11:00 AM
Sat. Feb 17	Urban-West Central Y	34th & Nicollet	Open-D	12 Noon	1:00 PM
Sun. Mar 18	Minnesota State Meet	Cooke Hall, U of M	Open-B	9:00 AM	10:00 AM
Sat. & Sun, April 7 & 8, Wisconsin State Meet, Kenosha, WI. (people are planning on driving down for this meet. For more information, write John Bauman, 9717 Saratoga Dr. Caledonia, Wisconsin, 53108.)					

We also have plans to swim at St. Catherine's (Dave Luetdkdtke) and in Hastings before summer arrives. Thank you, Marsha.

If you have a pool, and would like to host a Masters meet, give Marsha Soucheray a call. Her phone number appears earlier in the newsletter.

Here's something for all you A.A.U. clubs in a rut and looking for something to jazz up your program. Last December 30, The Northern Shores Masters challenged the Northern Shores A.A.U. Age Group team to a dual meet. Unlimited entries, etc. and had it not been for some slightly illegal maneuvers by the kids, the Masters would have whopped 'em.

As it was, the kids, led by State Meet finalist Brian Hayes and the Brothers Pietrofesa, narrowly beat the Masters by a score of 362 to 341.

For those of you who missed the HORSE RIBBON REVIVAL MINI Meet at Chippewa, you missed a dandy. In addition to the door prizes (clock radios, TV's, typewriters, plane tickets, etc.) There were some fine swims. Most notable was a race in the 500 free between two men in the 50 - 54 age group, each swimming in his first meet ever. Cliff Green edged Fritz Schulze by 9:46.20 to 9:52.60, after swimming shoulder to shoulder for 450 yards. Sue Sherin set 2 State Records, Marianne Schulze (Fritz's "Better Half") set one in the 50 Butterstyle, and Mamie Brown beat her old record in the 200 Back. Also making it a "Family Affair" was Harry Brown, with State Records in the 200 Back and 200 Breast. Notorious were Harry's swims because his Breast time is 30 seconds FASTER than his Backstroke. Not hard to imagine for those of you who have seen Harry's backstroke, it looks like World War I.

In addition to Fritz and Cliff, Lowell Dufrene, Dave Schmidtke, and Jim Shinnners swam in their first Minnesota Masters Meet.

Just this very minute got a call from Fred Wenger in Batavia IL, asking about our schedule, and that newsletter, the "Lonewheeler, or something" What we lack in letters to the Editor, we make up for in day brightening phone calls. Like the call yesterday from Kathy Erickson at the Downtown St. Paul YMCA, who is, unfortunately, married. The Downtown Y is starting a Masters program, with an organizational meeting scheduled for Monday, January 22, 5:30 PM, at the Y. If you live or work in the area, give it a listen!

Remember our Motto: "Women and Children First!"

Jack Gause
840 C Vicksburg Lane
Wayzata, MN 55391

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MINNESOTA ASSOCIATION AAU MINI SWIM MEET

(Shorts Course)

January 2, 1979

Hosted by the NORTHERN SHORTS AQUATIC CLUB

SANCTIONED by MINNESOTA ASSN of the A.A.U.

MEN-S 25 TO 29	
50 FREE	
DOTY, KEITH	26.80
JIM SHINNERS	28.40
SCHMIDTKE, DAVID	35.10
500 FREE	
HODGSON, TOM	6.10.90
JIM SHINNERS	6.58.80
DOTY, KEITH	7.35.40
200 BACK	
HODGSON, TOM	2.39.40
SCHMIDTKE, DAVID	4.03.10
200 BREAST	
HODGSON, TOM	2.49.90
SCHMIDTKE, DAVID	3.18.80
50 FLY	
HODGSON, TOM	28.00
MEN-S 30 TO 34	
500 FREE J. PELISSIER	7.03.10
DAVIDSON, BOB	5.56.80
200 BACK	
PELISSIER, JAMES L	2.57.90
200 BREAST	
PELISSIER, JAMES L	2.59.30
50 FLY	
DAVIDSON, BOB	30.90
MEN-S 35 TO 39	
50 FREE	
BEARDSLEY, DAVID J	27.80
MEN-S 40 TO 44	
50 FREE	
KANSAS, BILL	33.60
CARROLL, RICHARD E	44.90
200 BACK	
KANSAS, BILL	3.11.50
200 BREAST	
KANSAS, BILL	2.53.60
50 FLY	
KANSAS, BILL	34.20
400 IM	
KANSAS, BILL	6.20.20
MEN-S 45 TO 49	
500 FREE	
BROWN, HARRY	6.53.90
200 BACK	
BROWN, HARRY	3.30.50 ■
200 BREAST	
BROWN, HARRY	3.00.00 ■

MEN-S 50 TO 54	
50 FREE	
CLIFF GREEN	37.90
500 FREE	
CLIFF GREEN	9.46.20
SCHULZE, FRITZ	9.52.60
MEN-S 55 TO 59	
50 FREE	
LOWELL DUFRENE	35.80
ERREDE, LOU	41.40
200 BREAST	
ERREDE, LOU	3.52.40
WOMEN-S 25 TO 29	
500 FREE	
SYLVESTER, JAMIE	8.01.40
50 FLY	
SYLVESTER, JAMIE	41.90
WOMEN-S 35 TO 39	
500 FREE	
SHERIN, SUE	6.44.10 ■
SOUCHERAY, MARSHA	6.45.50
200 BACK	
SHERIN, SUE	3.05.10 ■
50 FLY	
SOUCHERAY, MARSHA	31.90
WOMEN-S 40 TO 44	
200 BACK	
SCHULZE, MARIANNE	3.16.90
50 FLY	
SCHULZE, MARIANNE	41.50 ■
WOMEN-S 50 TO 54	
50 FREE	
ERREDE, MARION	50.50
200 BREAST	
ERREDE, MARION	4.25.60
WOMEN-S 70 TO 74	
500 FREE	
BROWN, MAMIE	14.28.20
200 BACK	
BROWN, MAMIE	5.59.90 ■

