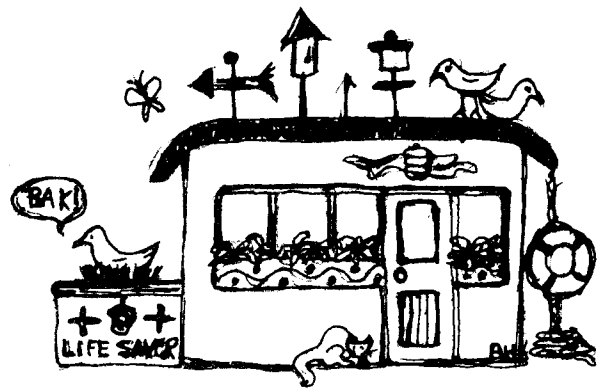


# Old Sternwheeler's Masters Monthly



Volume IV, Number 7

KEEP YOUR FINGERS CROSSED

July ?, 1979

Dear Sea Nymphs:

The Old What's-His-Name is still missing. We have had reports of several sightings, principally an unconfirmed one to S'ish 'n S'ox from Barb Dufrene, but the prospects for his return look brighter. Once he has a look at this latest issue of his beloved Masters Monthly surely he will be back to rescue it from alien hands. Which brings us to this month's editorial board, Lane 5's tenured trio, Muffin, Thunder Thighs and Captain America.

We would like to thank all those who have given unstintingly of their time and talent to this issue and also those from whom we have begged, borrowed and stolen. Also, please forgive all typing errors and any evidence of sloppy cutting and pasting.

One last word about the Old Sternwheeler, and that is, we have always been impressed with the uniqueness and spontaneity of this newsletter, but now we begin to understand the talent and skills that go into its preparation and we are REALLY impressed. Getting this bit of stuff and nonsense into your eager little hands is a lot of work!...fun...but...nonetheless...work...

Won't you come home Sternwheeler?

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## LOGO COMMITTEE REPORT



Try us next month.

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And...now hear this

This is positively the last announcement as to the whereabouts of ☺. He will next be seen at the George Hill-Zonker Sherin "Mmm, What a Tan!" White Bear Classic.

## DO IT YOURSELF STROKE HINTS

This month: The Backstroke Start

Swimmers with the fastest, most efficient starts have a significant advantage over those who are slow in leaving the blocks. Likewise, a fast swimmer may see his or her efforts wasted if for some reason he or she fails to leave the blocks with precise, forceful, and will-timed movements. For these reasons many coaches agree that the start is perhaps the most important aspect of any swimming race shorter than 200 yards. Yet in spite of this, the start is the one aspect of competitive swimming which almost universally receives the least amount of attention both from coaches and swimmers alike. With current training regimens calling for high-yardage workouts with only minor emphasis on stroke technique, start practice is generally reserved for only the last portion of the taper phase of training--just prior to the culmination of the season. In addition, lets face it: climbing in and out of a cold pool to practice starting leaves a lot to be desired anyway. Thus most of us avoid starts and simply hope technique will sink in by osmosis.



### The Starting Position

1. As the starter checks to see if judges and timers are ready, place your hands about shoulder width apart on the hand rail of the starting block and grasp it with the first two joints of the fingers.
2. At the starter's command "place your feet," and not before, the feet are placed firmly against the wall about hip width apart or closer. They may be positioned either parallel to each other or in a walking stance, with the toe of one foot at about the level of the heel of the other foot. The toes should be as close to the water surface as possible because this will maximize propulsion from the legs. If a pool gutter exists below the water line, wrapping the toes over the gutter lip generally results in greater height and, consequently, greater distance in the plunge of the start.
3. At the command "take your mark," pull on your finger tips and bend your elbows to draw your chest in close to the starting block. Simultaneously, most of the body should be lifted out of the water in a closely bunched tuck.

### The Release

1. At the sound of the gun, the arms are driven backward in a flat, horizontal path to a full extension above the head and in line with the spine. The head is driven upward and backward simultaneously with the arms.
2. As the arms swing forward past the shoulders, the legs begin extending at the knees and hips with explosive speed.
3. When these joints are fully extended, the ankles are then extended. The final snap of the ankles gives added speed to the body.
4. If executed properly, these actions should throw the body into a stretched position with the back slightly arched. (Note: the hips must be lifted out of the water; otherwise they will drag through the water, causing resistance.)

### The Entry and Glide

1. The swimmer strikes the water in a slightly arched position to gain a clean entry at the proper angle, with hands touching and the head well back between the extended arms. The arms are stretched beyond the head, in line with the spine. The wrists should be held straight in line with the forearm; hyperextension of the wrists causes the body to submerge too deeply.
2. The moment the head and shoulders have entered the water, the head should be raised in order to prevent the body from going too deep.
3. The glide under water should be continued until the speed derived from momentum slows to the swimming speed.
4. At this point the flutter kick and arm stroke are begun simultaneously. If you have gone too deep, it will be necessary to kick several times prior to beginning the arm stroke in order to raise your body closer to the surface.

### Additional Hints

1. Do not pull yourself into the starting tuck until given the command to do so by the starter. There is no point in tiring your arms prior to the start of the race.
2. During the start, keep your head and eyes straight ahead toward the starting block and not turned toward the starter.
3. Do not forget to explode off the wall at the gun.
4. Inhale during release portion of the start. During the entry and glide portion, either exhale gently or curl your upper lip and press it against the external-nasal openings. This prevents the discomfort of having water enter the outer nasal and sinus regions.
5. Do not begin the arm stroke before speed has been reduced to swimming speed. Overanxious sprinters who have a tendency to start stroke action prematurely are not taking full advantage of the momentum gained from the start.

Given Unstintingly by Bob Baker

\*\*\*\*\*



- Roger Bosveld thinks about pushing through to the finish of his crawl stroke - making sure that each thumb touches the thigh at the end of the stroke.
  - Jerry Bushong finds that alternate breathing is helpful so he can watch his crawl stroke (and Lane Five).
  - Muffin is back to counting strokes. We haven't done that in a long time. It helps her to concentrate on the stroke - - - the fewer strokes the better.
  - Ha! Guess who we heard from. I think he has returned to our midsts. ☺ says don't surrender to pure turnover. Hold the water and stay smooth. Long stroke, patient finishing push, rhythm must be constant.
  - Barb Groff is trying to learn to do a flip turn. She hasn't the foggiest!
  - Pamela Ramadei is working on having her arms at her side before going into a flip.
  - Barb Groff again: She is working on her breast stroke. She is concerned about elbows up, not pulling behind her shoulders and lifting her face out of the water so that she doesn't get water up her nose. This girl has alot on her mind!
- \*\*\*\* The early morning Jeune Filles are wildly concerned about Roger Bosveld and Son's inertial guidance systems -- they are as if adhered to the black stripe!

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BACK TO BASICS

This will help you to understand all those funny symbols in Old Sternwheeler's workouts.

Glossary

S	Swim any stroke
K	Kick, legs only (with or without kickboard)
P	Arms only - pull with pull-buoy
EZ	Easy - easily as you wish
Mod	Moderate
Fast - H	Hard - as fast as your bod can go
(:30)	Rest interval - Example: 8 x 50 (:30) means swim 8 fifties, rest 30 sec between each.
IM	Individual Medley - equal fourths of fly, back, breast and free.
IM Order	As in 8 x 25 kick IM order - Kick fly, back, breast and free and repeat.
"on the 1:00"	On the minute - leave on a repeat once each minute, or whatever the interval is.
Acc.	Accelerate speed over the distance
Dec.- D	Descend each repeat. Ex: 4 x 50 Dec. or D. Each 50 should be faster than the last.
Fartlek	Speedplay - change speeds in the middle of a swim. Ex.: H-EZ means one length hard, then one easy, etc.
Loco to --	Locomotive to whatever is written. Ex.: Loco to 3 means 1 length H, 1 length EZ 2 lengths H, 2 lengths EZ 3 lengths H, 3 lengths EZ and return
RB	Restricted Breathing. If an interval is specified, as in RB3, breathe only on every third stroke.
DOB	Double overarm backstroke
BPFK	Breaststroke pull, flutter kick
Paddles	Use hand paddles
Broken 200	Swim 100 (or whatever is written), do the rests, and finish the swim.
Puls <sub>g</sub> to 120*	Let your pulse drop to 120 before starting out again.
CD P <sup>2</sup>	Cool down, pull the plug.

\*Note: EZ way to take your pulse; find pulse in neck (or wherever you can find it), count for six seconds and add a zero.

When in doubt, don't hesitate to ask the coach or your teammates for explanations. These abbreviations are for economy of blackboard space, not to confuse the swimmers.

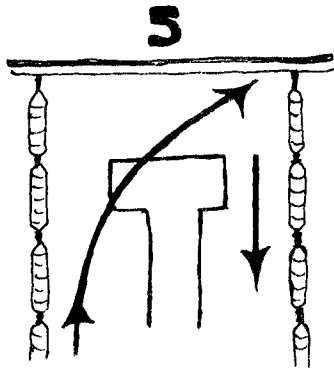


Circle Swimming As our numbers are increasing it is more essential than ever to follow the rules of circle swimming. Courtesy, consideration and common sense make circle swimming work.

1. Traffic Control - Each lane circles around the black line in its center. Keep your eyes open and stay to the proper side of the line. This is easy when swimming on the front, but when on our back, keep your eyes looking down the lane from whence you have come, and keep your shoulder near the lane line (those red and white floats strung down the pool).

Odd numbered lanes swim clockwise and even numbered lanes swim counter clockwise. Flags are five yards from the end of the pool, so be sure you stop in time - saves wear and tear on the skull when swimming backstroke.

2. Turning - when approaching the end of the lane go to the opposite corner, turn, and head straight out. Do not go straight in, turn and come out at an angle or you will run smack! Dab! into the person behind you. OOOoh, that smarts! If you are confused, this drawing should make it clear???



or vice-versa if you are in an even numbered lane.

(If you are still confused you'll have to wait for Old Sternwheeler's explanation, if we can find him)



Rules of the road - These are the rules of circle swimming.

1. Always stay on the proper side of the circle. Keep your eyes open and your head up.  
2. When joining a circle which is already going, begin your workout wherever they are in

1. Always stay on the proper side of the circle. Keep your eyes open and your head up.  
2. When joining a circle which is already going, begin your workout wherever they are in theirs.

3. To pass a slower swimmer, tap his feet, and he will stop on the next wall to let you pass on the turn. The only time it is permissible to pass in the mid-lane is when everyone is kicking and you can see.

4. If you feel someone hitting your feet, stop at the next wall to let them by.

5. In case of collision at sea, both parties are required to apologize regardless of fault.

6. Be aware of what your lane is doing- do not start out right in front of someone who is faster than you.

7. And again, the 3 C's of Swimming - Courtesy, Consideration and Common Sense.

If all else fails, you can try... Lane 5's Prayer

Almighty God, as we swim with pure aerobic grace, elbows up, toes relaxed (No! That's ankles relaxed!), goggles cloudy and fleshy noseclips in place, we reflect upon our fellow citizens and their necrotic cardiovascular systems and rusting hips and slipped disks and desiccated lungs, their inertia and inability to arise above the world they live in and push themselves to the limits of their capacity and achieve, achieve the PR's, the RB 5's, the 100's on the 1:30 (We do that in Lane 5? Shhhh!), desponding sets, the White Moment of being borne aloft to that transcendental peak of beatification, help us, dear Lord, we beseech thee as we cruise in our lane, pondering the cold-lard desolation of the non-swimmer, to be big about it.

Borrowed from Tom Wolfe



REMINISCING ROCHESTER ...and a fine ending for a furious day... It didn't begin as a fine day; it definitely was not the kind of day for a drive through the countryside. Nevertheless, a few intrepid (i.e., insane) souls ventured toward Rochester where the Masters' meet was set to happen between the prelims and finals of the Senior meet. At times we were either hydroplaning or seemingly below sea level and anxiously considered returning home. But realizing the radio would play nothing but Twin City tornado touch-downs, we decided that continuing to Rochester would be the lesser of both evils.

Upon finally arriving, we discovered we were early, not late--the Senior prelims would run an hour longer than expected, and Bill and Pat Johnson, who arrived early for the Masters' meet would have to wait (ah so patiently they did) another hour before the pool would be turned over to our age group.

We were five: Pam Ramadei, Bill Johnson, Sue Sherin, Nancy Olson and Mamie Brown. Registration was a breeze! Rearranging events to allow a few to swim while a few would time, with plenty of rest between events to enjoy the beautiful pool and, after all, make our wild-weather trip worthwhile... this involved some problem solving!

The transition from 25 yards to 50 meter swimming produced the usual shock as we found ourselves reaching for the wall at the 3/4 mark. Yet our 50 M season was off to a great start, complete with electronic timing and back-up timing by Jim Olson and Pat Johnson and Dave Beardsley, who always and willingly gives us a good start! Thanks to all who helped!

We even had some friendly visitors: Dr. and Mrs. Hodgson (Ruth is our state record-holder in the 50 backstroke). They, like others, were out looking for the Old Stern-wheeler who so suddenly and mysteriously has disappeared.

It surely was a mini in terms of swimmers and events, yet these few shared lots of spirit which is the trademark of Minnesota Masters Swimming. Sue Sherin

## Letters



Letters, boy! do we get letters now that the Old Sternwheeler is lost. First, to Paul Windrath, sitting high in the Omaha Hilton, you may have his old room when you invade Minnesota Territory this summer. I betcha that'll bring the old boy back-just to clean it up! Barb DuFrene insists that He has just disappeared into "Thin" air! Scott, the subscription is on the way to Mary. Sorry, can't take care of that \$3 phone bill.

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### SAMPLE LONG COURSE WORKOUTS ----- for 2000m.

400 S  
200 K  
200 S  
4 sets of  
50 K and 100 S  
10 x 50 (:40)  
100 ez

200 S  
300 K  
400 P  
100 ez  
8 x 100 (:60)  
200 ez

400 ez S  
8 x accel. 50 (:30)  
200 K  
200 ez  
8 x fast 50 (:60)  
400 → 100 K, 100 S, 100 K  
100 S (ez)

800 warm-up  
6 x 150 (:60)  
100 K  
50 ez  
50 K  
100 ez

150 S  
150 K  
150 P  
150 S  
4 x 200 IM  
with one arm fly  
200 S  
8 x 50 (:30-:60)

600 ez S  
50 K, 50 S  
6 x 150 (:60) Kick middle 50  
100 ez  
6 x 50 fast (:45)

1978 WORLD Top Five List




Marsha Soucheray	2nd 50 M Free	Ray Hakamaki	1st 50 M Free
	3rd 50 M Fly		3rd 100 M Free
	3rd 100 M Fly		1st 200 M Breast
	5th 400 M IM		2nd 50 M Fly
			2nd 200 M IM
Robin Kleffman	5th 100 M Breast		3rd 400 M IM

Mamie Brown - 2 National Records @ St. Louis Park - 500 Free and 200 Back. Not bad for a youngster.

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1650 Time Trials - May 23, 1979

Tom Hodgson	20:39.26		
Roger Bosveld	21:35.9	PR	
Jim Pelissier	22:27.5	PR	
Bob Baker	22:39.1	PR	
Warren Kaye	23:52.2	PR	SR
Marsha Soucheray	24:06.5		
Deanna Dotie	24:34.49	PR	SR
Chuck Cohen	24:47.5	PR	
Ray Hakomaki	25:58.0		
Marianne Schulz	26:37.4		
Ed Kanak	26:05.1		
Lynn Doyle	27:46.04	PR	SR
Peg Tousignant	27:57.7	PR	
JoAnne Urbach	28:07.7		
Keith Doty	28:43.7	PR	
Sue Samuelson	28:15.9	PR	
Ruth Baker	28:59.9		
Pam Ramadei	29:04.72	PR	
Carol Harria	31:30.43	PR	
Marilyn Lentz	31:47.84		
Betty Jo Dale	32:58.5		
Steve Hoff	35:01.83	PR	
Barb Groff	35:15.0	PR	
Judy Colton	36:05.14	PR	
Vion Kaye	36:11.8	PR	
Mamie Brown	57:47.09	PR	SR

THIS IS ONE OF THE MOST AWESOME EXHIBITIONS OF SWIMMING I HAVE EVER SEEN.  YOU ACORNS ARE ABSOLUTELY UNBELIEVABLE!

TR= Team Record, SR= State R c rd, PR= Personal Record  
 \* 17 PR's in 24 swims!! \* 10 people swimming their first 1650 ever!! including recent  
 Bomber Grads: Steve and Barb  
 \*\* And Mamie Brown! Did she swim in Lane 1 or Cloud 9? FANTASTIC!!!!

\*\*\*\*\*

This wraps it up Sea Nymphs. Captain America's eyes have stopped focusing, Muffin is leaving us for a nostalgic trip to Sugar Creek Sports Club in St. Louis (with a side trip to Anheuser-Busch), and Thunder Thighs is just plain pooped! Anyway, we have just run out of Liquid White Correction Fluid. Bye.





MINNESOTA ASSOCIATION OPEN AAU MASTERS SWIM MEET  
(Short Course)

June 2, 1979  
Hosted by St Louis Park  
Sanctioned by the MAAU

MEN-S UNDER 25  
500 FREE  
ANDERSON, PAUL L 24 5.57.10  
100 IM  
ANDERSON, PAUL L 24 1.02.80

MEN-S 25 TO 29  
50 FREE  
JOHNSON, WILLIAM 29 27.10  
ZEUG, LEON 26 29.50  
OLMSTED, RICHARD 28 30.00  
KVITRUD, JIM 26 31.00

100 FREE  
NELSON, STEVE 26 55.50  
ZEUG, LEON 26 1.09.30

1650 FREE  
NELSON, STEVE 26 23.50.00

50 BACK  
JOHNSON, WILLIAM 29 35.30  
KVITRUD, JIM 26 39.70

50 BREAST  
OLMSTED, RICHARD 28 37.90

100 BREAST  
NELSON, STEVE 26 1.20.10  
OLMSTED, RICHARD 28 1.24.00

50 FLY  
DELANEY, TOM 29 26.80  
ZEUG, LEON 26 34.50

100 FLY  
DELANEY, TOM 29 59.60  
NELSON, STEVE 26 1.13.00

100 IM  
JOHNSON, WILLIAM 29 1.09.50

200 IM  
NELSON, STEVE 26 2.34.90

MEN-S 30 TO 34  
500 FREE  
KLEFFMAN, ROBIN 31 6.29.40

1650 FREE  
LITMAN, MARK 34 21.51.00  
KLEFFMAN, ROBIN 31 23.57.40

200 BACK  
KLEFFMAN, ROBIN 31 2.35.90

50 FLY  
EARLEY, BILL 31 27.20

MEN-S 35 TO 39  
100 FREE  
PAULSON, WAYNE 36 1.17.60

500 FREE  
BOSVELD, ROGER L 39 6.09.40  
HEINRICH, ROY P 39 7.49.90

1650 FREE  
BOSVELD, ROGER L 39 21.57.40

100 BACK  
HEINRICH, ROY P 39 1.31.30

200 BACK  
BOSVELD, ROGER L 39 2.39.50

100 BREAST  
PAULSON, WAYNE 36 1.40.00

100 IM  
HEINRICH, ROY P 39 1.26.40

MEN-S 40 TO 44  
50 BACK  
KANAK, ED 41 33.50  
100 BACK  
KANAK, ED 41 1.17.40

MEN-S 45 TO 49  
500 FREE  
DONNELLY, DICK 48 7.11.50  
1650 FREE  
MEDELMAN, JOHN 45 23.39.20

MEN-S 50 TO 54  
100 FREE  
MOLNAU, PAUL 51 1.27.80

50 BACK  
MOLNAU, PAUL 51 54.40

100 BREAST  
MOLNAU, PAUL 51 1.37.50

MEN-S 55 TO 59  
200 BACK  
HAKOMAKI, RAY 58 3.10.60

200 IM  
HAKOMAKI, RAY 58 2.50.30

400 IM  
HAKOMAKI, RAY 58 6.16.10

MEN-S 65 TO 69  
50 FREE  
QUACKENBUSH, ALBER67 40.80

100 FREE  
QUACKENBUSH, ALBER67 1.37.80

MEN-S 70 TO 74  
50 FREE  
FECHTER, JOSEPH E 70 43.50

100 FREE  
FECHTER, JOSEPH E 70 1.41.80

100 BACK  
FECHTER, JOSEPH E 70 3.23.60

200 BACK  
FECHTER, JOSEPH E 70 6.10.20

WOMEN-S UNDER 25  
50 FLY  
WALLACE, JANET 23 33.30

WOMEN-S 25 TO 29  
50 FREE  
MCKAY, BECKI 25 30.40

RAMADEI, PAMELA 26 33.20  
URBACH, JOANNE 26 33.60

100 FREE  
MCKAY, BECKI 25 1.09.60  
URBACH, JOANNE 26 1.19.10  
SYLVESTER, JAMIE 29 1.24.50

500 FREE  
RAMADEI, PAMELA 26 7.49.30

50 BACK  
RAMADEI, PAMELA 26 40.30  
URBACH, JOANNE 26 41.00

100 BACK  
SYLVESTER, JAMIE 29 1.41.30

50 FLY  
URBACH, JOANNE 26 40.40  
SYLVESTER, JAMIE 29 43.20

100 IM  
URBACH, JOANNE 26 1.26.80

WOMEN-S 35 TO 39  
50 FREE  
SHERIN, SUE 39 30.00  
HEDBERG, JUDY 38 38.90

200 FREE  
SHERIN, SUE 39 2.31.60

50 BREAST  
HEDBERG, JUDY 38 49.40

50 FLY  
SOUCHERAY, MARSHA 38 32.00  
SHERIN, SUE 39 38.40

100 FLY  
SOUCHERAY, MARSHA 38 1.16.00

100 IM  
HEDBERG, JUDY 38 1.44.90

200 IM  
SOUCHERAY, MARSHA 38 2.49.80

WOMEN-S 45 TO 49  
50 BACK  
WAARA, RUTH E 46 46.10

WOMEN-S 50 TO 54  
50 FREE  
SYLVESTER, EILEEN 54 50.00

50 BACK  
SYLVESTER, EILEEN 54 1.13.00

WOMEN-S 55 TO 59  
50 FREE  
SPRANGER, NIQUIE 56 42.40

50 BACK  
SPRANGER, NIQUIE 56 51.40

WOMEN-S 75 TO 79  
50 FREE  
BROWN, MAMIE 75 1.06.50

500 FREE  
BROWN, MAMIE 75 15.28.30

200 BACK  
BROWN, MAMIE 75 6.12.70



SCHEDULE UPDATE

July 7 BLOOMINGTON - Masters Meet Cancelled! (Too many kids signed up.)

July 21 AQUATENTIAL Run/Swim - 1¼ Mile Run and 300 Yard Swim  
Cedar Lake - First heat around 10:00 AM  
Entry Fee \$2.50 prior to July 18th, \$3.00 after.  
Information and Entry blanks contact Sharla Jarden 377-5511

July 28 St. Paul Classic (Long Course)  
Highland Pool, Montreal and Edgcumbe Aves., St. Paul, MN.

Time: Masters registration will probably start around noon. (Feel free to come early and see some super swims by the Seniors.)

Information: Call Marilyn Lentz 484-7976 or Carol Harris 484-5925.

Order of Events:

- |              |                  |                    |
|--------------|------------------|--------------------|
| 1. 100 Fly   | 5. 100 Free      | 9. 100 Back        |
| 2. 50 Breast | 6. 200 Med.Relay | 10. 50 Fly         |
| 3. 200 IM    | 7. 100 Breast    | 11. 500 Free       |
| 4. 50 Back   | 8. 50 Free       | 12. 200 Free Relay |

NATIONALS - Please note - Dates have been changed. It is now Thursday through Sunday, with 1500's on Sunday.

Sue Sherin  
3735 Highland Avenue  
White Bear Lake, MN 55110

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