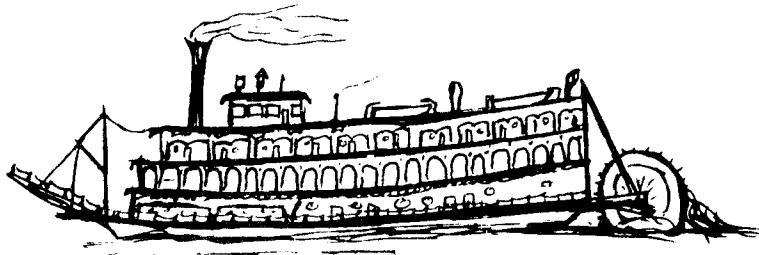


# OLD STERNWHEELER'S

## MASTER'S MONTHLY



March 16, 1977

Hello again, pool rats! The big news this month is the announcement of a spring meet schedule. Although still tentative, the Spring Season looks like this: March 28, at Golden Valley with Bill Miller; April 9, up at Princeton courtesy of Stan Chase, April 23 in Duluth with Ghengis Bastie (although he doesn't know it yet); and then the Mother's Day Classic (masquerading as the State Meet) to be sponsored jointly by the Roseville and Northern Shores clubs, and held either at Parkview Jr. High, or Chippewa Jr. High. Mark these dates down in pencil on your calendar.

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That address again for Short Course Nationals information (Ft. Lauderdale, May 13-15) is: June Krauser, 2308 NE 19th Ave., Ft. Lauderdale, FL 33305.

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It is the duty and privilege of the Old Sternwheeler to report aquatic feats of monumental scope and importance. It is in this spirit that we are proud to report a new Personal Record. (PR) As you know, it is every swimmers goal to set a PR, for they represent the ultimate in achievement: going faster than you have ever gone. And this PR was set only two months after gall bladder surgery! The Old Sternwheeler is proud to announce that Mrs. Mamie Brown dropped her 50 free time from 1:20.9 to 1:15.2. Mamie's time is a new State Record for women 70-74, and won herself a soda from the Old Sternwheeler.

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Northern Shores Aquatic Club is offering a 6 week stroke clinic for competitive swimmers beginning April 4. The group, which includes Masters, will meet from 6:00-7:00 Mon, Wed, and Fri. Emphasis will be on learning the "feel" of strokes, efficient stroke mechanics, starts, turns, and race plans. The fee for the 18 hours of instruction is \$12.00. Anyone interested my register on the first class session at Chippewa Jr. High, 5000 Hodgson Rd, (Hwy 49) in Shoreview.

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Sample Workouts: We are getting into the part of the season where the heavy repeat training must take place. Refer back to the "January 1977" Sternwheeler and re-read the articles on race plans, and using race splits to help you swim workouts. This will make those never-ending sets of 100's and 50's more meaningful. The workouts are written for 2000-2500 yds.

400 EZ	500 S	400 S	400 S	300 EZ
6 x 50 K on 1:40	500 P	1 x 1650, broken	2 x 200 (:30)	10 x 200,
6 x 50 P on 1:20	300 K	at the 100's,	4 x 100 (:45)	all must
8 x 50 s on 1:10	4 x Broken 200→	rest :15.	8 x 50 on 1:00	be different
200 EZ	100(rest :30) 100	300 EZ	200 EZ	100 EZ
8 x 100 descending on 2:00-2:30	12 x 25 (rest :10)		10 x 50 on 1:10	

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Thought for the Day: "Nothing great was ever acheived without enthusiasm."- Emerson

# **MASTERS SWIMMING COMMITTEE OF THE MINNESOTA A.A.U.**

MINNESOTA ASSOCIATION OPEN AAU "MASTERS" SWIM MEET

(Short Course)

MONDAY, March 28, 1977. 8:00 to 10:00 PM.

HOSTED BY: Golden Valley Swim Club  
SPONSORED BY: Masters Swimming Committee  
SANCTIONED BY: Minnesota Association of the AAU

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Location: Golden Valley Middle School From Minn 100 exit on Glen-  
4800 Glenwood Av & Ottawa wood PKWY. E on Glenwood  
Golden Valley MN 55422 aprox 1-1/2 blocks to Ottawa.  
N on Ottawa to school. Pool  
entrance is toward the W end  
of parking lot.

Meet Directors: Bill Miller & Dave Beardsley (612) 636-6387

ENTRIES & INQUIRIES: David J. Beardsley, 1380 Terrace Dr # 102, Roseville, 55113

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PURPOSE: For swimmer 25 years old and over. For those swimmers  
under 25 who are ineligible to swim in the Senior program  
because they are paid as coaches.  
To provide competition for Masters swimmers and to  
encourage physical fitness through swimming for everyone...

HOSPITALITY: We will do all we can do to make your visit and swim  
enjoyable. Hope to see you on the 28th.

TIME: Registration, entries and warm-ups will begin at 7:30PM.  
The meet will begin at 7:45 or as soon as the entries  
are completed and the first event is seeded. Please  
complete your entries before warming up.

MAIL ENTRIES: Event "A" (1650 Free) will not be swum because of time.  
Event cards will be completed fro those that mail in  
their entries. Do not put relay events on individual  
entry forms.

REGISTRATION: Masters competition is open to all registered athletes  
possessing a regular AAU or Masters AAU membership card.  
Registration blanks will be available at the entry table  
for this meet. AAU registration is \$ 3.50. Insurance  
is extra. Good until December 31, 1977.

FACILITY: Parking lot is on the south side of the school.

COURSE: Indoors, 25 yards, five lanes, starting blocks, lane  
guides, backstroke pennants with timing by watches.

AWARDS: Individaul events will be awarded ribbons in each age  
group, first through third places. (If they arrive!)