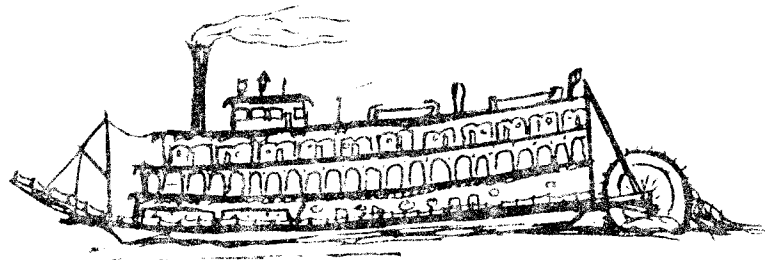


# OLD STERNWHEELER'S

## MASTER'S MONTHLY



March 30, 1977

Hello again, sea nymphs! Last weekend was a busy one for the Old Sternwheeler. Monday night we were treated to a casual, fun meet at Bill Miller's Golden Valley pool. The weather must have kept some people home, so we know you'll all be chomping at the bit to get up to Princeton. Unfortunately, we ran out of weekends and have to hold off on Gary Bastie's generous invitation to go to Duluth. But perhaps this summer, Gary.

So remember the Spring Schedule: April 9, Princeton (Stan Chase)  
State Championships  
May 13-15 National Short Course Championships,  
Ft. Lauderdale FL (June Krauser)

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The other part of our busy weekend was a trip to Kenosha, Wisconsin, for the Wisconsin Masters State Championships. Sue Sherin, Larry Boise, Harry Brown, and the Old Sternwheeler drove down for the two day meet. The heat sheets read like the Nationals' program. There were many names familiar from the Top Ten List. Meeting us at the meet were Robin and Elaine Kleffman. Among the stellar performances that the fine competition squeezed from us were Robin's 59.55 100 fly, 1:09.13 100 breast (where he was 2nd to the National Record holder); Sue's 1:04.36 100 free (a first and Minn. and Wisc. state record) 25:50.94 in the 1650 free. Harry Brown won all five of his events and bettered the Minnesota record each time he got wet. Larry and Elaine each had lifetime personal records: Elaine in the 50 free, and Larry in the 50 breast and 50 free (relay split). My highlight of the meet was at the Blue Canary Smorgasboard where I ate myself into oblivion.

The Wisconsin and Illinois swimmers are as friendly as they are fast. The hospitality and wholesome competition will bring us back to Wisconsin to swim again very soon.

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We are compiling a list of schedules for Masters Swimming at pools around the state, and would very much like to publicize any pool that has time for lap swimming, or any groups that have coaching. Would each of you jot down the hours and days of such pool time and send it to me? We hope to list this not only in the 'Old Sternwheeler', but also in the Honeywell house organ, and make the list available to any other concerned groups. Please drop me a line at: Old Sternwheeler or call at 484-0210 (before 10:00a.m.)  
5 Oriole Lane  
St. Paul, MN 55110

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Thought for the Month: Anyone who swims the 1650, deserves it.

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We are both pleased to announce that May 7th  
Kim Cronje who will be getting married.

Sample Workouts: With only six weeks remaining before the big meet (five weeks before our State Meet) we will be working into shorter, harder sprints, and preparing for the taper, which I will cover the pre-State Meet issue. These workouts are slightly shorter, due to the increased rest, designed for 1600-1800 yds, to last about 1 hr.

400 S	500 EZ warm-up	300 S	400 S
200 P	200 K	8 x 25 K	400 IM K
4 x 100 on 3:00	200 P	8 x 25 P	5 x 50 on 1:30
100 EZ	200 yd time trial	3 sets of	100 choice
4 x 25 sprint	200 EZ	3 x 50 on 1:00	5 x 50 on 1:20
kick	8 x 25 go when	200 EZ	100 choice
5 x 50 on 1:10	rested	200 think stroke	5 x 50 on 1:10
4 x 25 dive start		4 x 25 sprint	
		100 EZ	

500 S	250 S	400 warm-up
200 P	250 K	400 slow- think stroke
4 x 25 fly	250 P	4 x accelerator 25's: start smooth &
4 x 50 K on 1:30	5 x 50 on 1:30	moderate speed, build to sprint.
200 EZ	200 worst stroke	200 cruise, think stroke
5 x broken 100:	8 x 25 go when rested	4 x accel. 25's
50(:20)25(:10)25	200 EZ cool down	100 EZ
rest 1:30 between		4 x 25 fast
100's		200 EZ cool down

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DO IT YOURSELF STROKE HINTS -- This Month: Feel for the water. (first installment)

The "feel" of the water that we talk about is a combination of many factors. it cannot be taught directly, like an arm recovery in the backstroke, but you can think about the factors and components and this will help you to get that "feel" in your own hands. It is generally felt that it takes a new swimmer (adult) about 2-300,000 yds. Through concentrated effort, this figure can be cut in half.

The screw propeller replaced the paddlewheel because it was more efficient. The paddlewheel grabbed a hunk of water and moved it backward, causing the boat to drive forward. The inefficient part of that action was that once the water was set in motion, it would be moving at the same speed as the paddle, and any purchase on the water was lost. The screw, however, always sliced into new, calm, or undisturbed water, which it moved backward for just a moment. But a moment is all that is needed, because once moving, the water loses its reactive power on the propeller blade.

It is on this calm water principle that you should try to carve your hand into new water as you pull it down your body. Old swimming texts are fond of showing the hand enter the water in front of the nose and pull directly back along the centerline. That sort of thinking belongs back with paddlewheels. Your purpose is to set a great deal of water moving a very short distance backward. This requires a pull something like figure #2, which is simply a smoothed out version of figure #1. Fig. #1 shows the actual lines of moving water backward for a short distance. The drawings show the hand in relation to the body as it carves through the water, and in the next issue we will discuss some of the other components of a good "feel for the water", such as conservation of momentum, Bernoulli's principle, the "Wedge Factor", action-reaction, and several other mysterious happenings. Stay tuned!



#1



#2