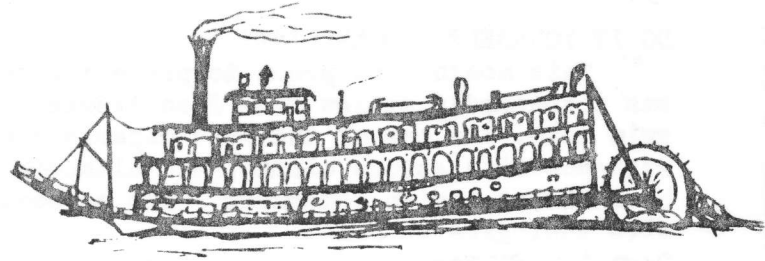


OLD STERNWHEELER'S

MASTER'S MONTHLY



June 1, 1977

Hello again, sea nymphs! I just got off the phone with Dave "Nothing to do, nowhere to go" Beardsley, who with Harry Brown and Sue Sherin have finalized a great summer meet schedule for us. This is the docket for the Summer of '77:

- June 18 & 19 Rochester (meet information sheet enclosed)
- June 25 & 26 Alexandria Lake Swim (see ad on backside of Rochester meet sheet.)
- July 1 Novice Masters Clinic and Time Trials (see ad - Roch meet sheet)
- July 17 St. Louis Park (50m pool, meet sheet to be mailed in June)
- Aug. 25-28 National Long Course Championships, Spokane Washington

We are also planning a meet in September, date and location to be announced, and a State Championships (hopefully at Hamline U.) in October. Keep this schedule taped to your refrigerator door, over your bed, or next to the sink in the bathroom to remind you to make the scene at all these meets this summer.

The Northern Shores Aquatic Club is planning a trip to the National Masters Long Course Championships, to be held August 25, 26, 27, 28, in Spokane WA. At the last count, 27 swimmers had signed up to go, some driving, some flying (...and boy, are my arms tired) and about 10 taking the train. If you would be interested in taking the train to Spokane, contact me immediately (484-0210 after 9:30 pm) because after 15 persons book passage, the fare is reduced to \$128.00 round trip. Air fare is \$226.00 round trip. By June 15, we also hope to finalize our lodging, and our plan is to stay at the Sheraton-Hilton, which is the meet headquarters, site of the banquet, served by shuttle bus to the pool, has a buffet breakfast for swimmers each day of the meet.

For Meet Information, write to Jack Zappone, N. 1311 Superior, Spokane WA 99202.

For Trip Information, write to Old Sternwheeler, 5 Oriole Lane, St. Paul MN 55110.

You will notice that somewhere in this mass of printed nonsense that there is an invoice for registration, to put your name on the mailing list. I would strongly urge you to sign up. Not only do you receive the Old Sternwheeler's Masters Monthly, which may some day be a priceless collector's item, but also State Records (updated at last), meet notices, a personal message from Dave "I never have enough to do" Beardsley, a computer printed label with your own name and address on it! and much, much more.

SAMPLE WORKOUTS: "Variety is the spice of Life" (2000 yds)

200 Choice	400 S, change strokes	300 S	500 yds "on the house"
200 IM kick	every 50 yds.	200 K	500 yd time trial
200 EZ pull	300 P breathing every	800 Fartlek --	200 EZ
200 P restrict breathing	4th or 5th stroke	50 yds fast, 50 slow	200 worst stroke
4 x 50 on 1:15	5 x 150 on 3:00 -	8 x accel. 50 (rest :45)	200 specialty
4 x 50 on 1:10	middle 50 is non-crawl	200 EZ	4 x broken 100 --
4 x 50 on 1:05	200 EZ Choice	100 think stroke	50 (rest :20) 25,
4 x 50 on 1:00	10 x 25 on :45		(rest :10), 25. rest
200 IM for time	100 EZ Choice		:60 between 100's
200 EZ Choice			

DO IT YOURSELF STROKE HINTS

This month I am proud to present a sequence to learning the freestyle. This sequence was unabashedly stolen from Jean Freeman, the coach of the University of Minnesota Women's swim team, and one of the most capable coaches in Minnesota today. She presented this sequence at a stroke clinic, and although I was listening with all three ears, I may have missed a step somewhere. But as completely as I remember, here is the freestyle, with apologies to Jean.

- Step 1. Flutter kick on your left side, using a steady, regular beat. Place your left arm directly in front of your body, and hold your right arm at your side. Be sure that your kick is sideways, and your body is straight.
- Step 2. Flutter on your right side exactly as you did in Step 1.
- Step 3. Flutter on your front, head up and arms at your side. This takes a powerful kick to keep the head up, so kick with a firm steady beat.
- Step 4. Begin a length of kicking on the left side, and without changing the style or rhythm of the kick, roll onto your front about half-way down the pool.
- Step 5. Beginning on the right side, repeat step 4.
- Step 6. After you feel comfortable kicking on your sides and front, try switching sides every 4-5 kicks or so. Use an over water recovery and a freestyle pull underwater pull to make the change. Roll completely onto your side without any hesitation in the kick.
- Step 7. When making the recovery, be sure to lift the elbow from the water first, letting the hand stay completely relaxed hanging below the elbow. When placing the hand in the water, reach the hand down into the water, slicing into the water at about a 30° angle.
- Step 7a. If you are having trouble getting the elbows out of the water first, or if the hands are leading the arm around during the recovery, kick on your side (left side, in this example) and simply lift your right elbow out of the water as you draw your right hand along your hip (think of drawing a gun out of a holster). Don't recover completely, just lift the elbow, then drop it back into place. Get the "feel" of lifting the elbows to start the recovery.
- Step 8. Back to switching from side gradually eliminating the hesitations between reaches until your freestyle is a long, smooth, flowing stroke.

It is always a good idea to review occasionally all the steps in the sequence. Take some time at the end of a practice, and run through the list, concentrating on technique and relaxation.

Anywhere you look nowadays, someone is writing about the "Fitness Boom". National magazines, talk shows, the newspapers, everyone is concerned about fitness. This is nothing new to Masters Swimming, of course. We have been leading the pack for years. One of the most interesting facts that keeps reappearing in every article about fitness shows that swimming is one of the best exercises for the body. Again, this is nothing new, and every time I hear of a runner's stress fracture or shin splints, I feel again that swimming is #1!

THOUGHT FOR THE MONTH: The best advertisement for Masters Swimming is word of mouth. If we really want our little program to grow, we must sell it to our friends at the pool, who will sell it to their friends, etc. etc. Talk it up!

There are still many ribbons left over from past State Meets. If you have ribbons coming from past stellar performances, do claim them by calling Dave Beardsley some time BEFORE one of our summer meets. Then he can bring them along for you. Please help us out on this ribbon thing, you can imagine what a headache they are for Dave "I really need another project" Beardsley.

A very special Happy Birthday to Mrs. Mamie J. Brown, who turned 73 last May 21 amidst a gala celebration at the Snail Lake Club. Guests of Honor at the party were Jean Freeman, Mickey Strom, Dianne Minneck, Sue Sherin, Harry Brown, Ray Hakomaki, and some obnoxious old rascal who, after 3 Seven-ups, became loud and rowdy, calling himself "Old Sternwheeler". Mamie herself cut the cake, promising to break a minute for the 100 fly in the next meet.