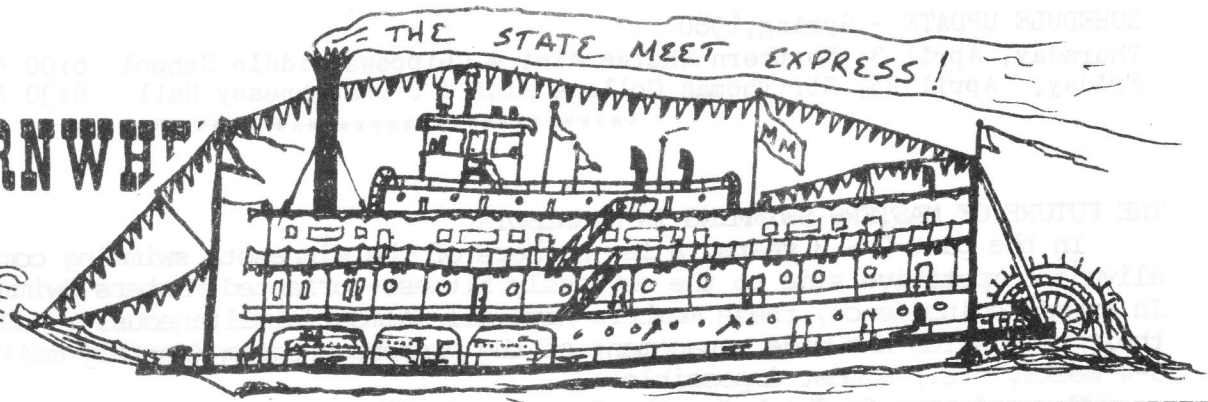


OLD STERNWHEEL Masters



Volume: V, Number 3

UNMATCHED PROPAGANDA

March 10, 1980

SPECIAL STATE MEET EXTRAVAGANZA !!!

Well, here we go again, sea nymphs, into another State Meet, with all its special moments and events. Big plans have been made this year, thanks to Sue Sherin and Marsha Soucheray, who are making their exit with style. More on that later.

SUPER MINNESOTA MASTERS SWIMMING T-SHIRTS!! Free with your entry fee, along with handsome certificates (suitable for framing) for your times, one full year on the mailing list, State Records, and as many events as you care to swim in the State Meet, ALL FOR ONLY \$12.00!!! All of these components alone would total over twice that much, and I suspect that you could not find a better lifetime fitness deal for that money anywhere.

So let's fire up the old relay and get down to Cooke Hall on Saturday the 22nd!

It's not just a great deal. It's not just great physical fitness. It's not just meeting super people. It could be an investment in your future. There is no substitute for good health!

STATE MEET SIDELIGHTS:

You all know that the State Meet is a huge undertaking. Pam Ramadei is the Meet Director, and is charging forth with unbounded enthusiasm. But the job is too big for any handful of people, and we are going to need lots of help if the meet is going to be a success. We are going to need people to work at the registration table, help with awards, and especially, timing. Any trained ape can time, and with a little help from the Head Timer, read the watches.

We would like to have two timers in each lane, and not have to draft swimmers to help, if at all possible. I guess the bottom line is: if you want a classy Masters Program, you are going to have to pitch in a little. So let's support the program with your entry fees, and a little time.

Marianne Schulze will be calling each club, asking for volunteers to help, and if you have a spouse, significant other, sibling or offspring that could fill out award certificates, or run a stopwatch, or take registrations, give us a call, so we can count on you. Marianne's number is 484-0146, and Pam's home phone is 633-9234. Pitch in! The program is yours!

SAMPLE WORKOUTS -- The upcoming State Meet leads us into some speed-oriented taper type workouts.

1000 Warm - up, swim, Kick, & Pull, all easy	400 Swim	600 EXTRA EZ	
4 x 50 on 2:00 Fst	300 Pull	6 x 25 Sprint Kick	
200 EZ Kick & Pull	200 Kick	200 EZ	
3 x 50 on 1:30	100 Swim	1 x 100 Time Trial	
300 Very EZ	2 x Broken 200 --	1 x 75 Time Trial	Go
	10 (:30) 100 -- rest lots	1 x 50 Time Trial	When
	5 x Dive Start 25's	3 x 25 Sprint	Ready
	200 EX Choice	300 EZ Cool Down	

COMING AT THE STATE MEET: Current and updated State Records. Several copies will be posted, and then will be published soon after the meet and mailed with one of the next mailings.

SCHEDULE UPDATE - Spring, 1980

Thursday, April 3 Northern Shores Mini @ Chippewa Middle School 6:00 PM Warm-up, 7:00 Start
Friday, April 25, St. Thomas College Mini @ O'Shaughnessy Hall 6:30 PM Warm-up, 7:00 Start

THE FUTURE OF MASTERS SWIMMING IN MINNESOTA

In the past 2 - 3 years, a few members of the Minnesota swimming community have kept alive a competitive side to the obviously fitness-oriented Masters Swimming program. In an odd coincidence, these members have all (almost simultaneously) had increased demands on their time which has made management of the present program (monthly mailings, meets every 3-4 weeks, etc.) almost impossible.

We need some feedback for the future: do we want the semi-elaborate meets once each month? Do we need awards at meets other than the State Meet? Do we need the Old Sternwheeler? These are some of the questions that need answering. Continuation of any of these (much less all of them) will take a considerable amount of somebody's time.

What would you think of 2 Big Meets each year: Like the State Meet in March, and the St. Paul Classic in July. Then I know that Northern Shores would be willing to host up to 4 Mini Meets during the year. How about some of the other organized teams. Would you be willing to do the writing of the meet notices, printing and mailing of the newsletters, etc? If so, that could take a lot of the strain off of the present hard-core of volunteers.

I think "volunteers" is the key word here. A handful of volunteers, including Sue Sherin, Marsha Soucheray, Bob Harr, Mike Mostrom, George Hill, Bob Baker, Bob and Jamie Davidson, have been responsible for EVERYTHING that has happened in Minnesota Masters for the past couple of years. It's time that these people were allowed to go to a meet and just swim, not set up the registration table, take in all the money, check the A.A.U. forms, seed all the events, line up timers, pass out awards, take mailing list subscriptions, gather the time cards, then sort everything out for the A.A.U. office, the computer, the bank, and the mailing file. Then just about the time that the results are cut & pasted up from the computer print-out, it's time to start on preparations for the next mailing. I think it's time we gave these people a break. either by scaling the program down and pumping up the volunteer help, or by seeing some new faces come forward to help with all this administration.

Minnesota Masters is recognized around the country for its organization and all that it has offered for very little cost. But this all times some money (support at the State Meets has been a big factor) and lots and lots of volunteer time. How about it, Minnesota, its your program?

Talk to Marsha or Sue at the State Meet. If you don't know who they are, ask anyone in the Menopause Blue warm-up suits.

SUE SHERIN

2299 Lilac Lane

White Bear Lake, MN 55110