



THE OLD STERNWHEELER

Minnesota Masters Swimming News • Volume 30, Number Four, Winter 2004



The Fitness Factor! *by Trip Hedrick*

Compelled to do whatever it takes in an attempt to reverse my coronary heart disease, which I learned I had following a 2000 heart attack, I discovered a fitness factor (outside of swimming and weight training) that I had never before experienced in nearly 30 years of competitive swimming.

Through my cardiac rehab, I faced a standard protocol of aerobic re-conditioning through very moderate treadmill training. Once I returned to the water, a couple of weeks following the heart attack, I continued treadmill activities five days a week and became accustomed to what I would consider the very basics of crossover training. After nearly a year of combining the treadmill with swimming (1500-2,000 yds. daily), my cardiologist suggested I add weight training back into my workout regime by substituting a couple of aerobic (treadmill) days.

After six months of the aerobic training + weights + swimming, I swam a meet and was astounded as to how race fit I felt as well as being pleased with the times I was achieving. Before I knew it, the six months had turned into four years. Looking back at the past four years, I am convinced that the key for me has been that of achieving the highest level of fitness I have ever enjoyed.

Fitness component considerations:

There are many streets, avenues and alleys one can take to reach a desired destination. I believe it is important to try different routes, evaluating each one until you find the route that best fits your given situation, and most important, things you can enjoy! I believe that the more fitness component areas you can train in the better. I have found a good balance from each of the following fitness component areas.

SWIMMING FITNESS

1. *Balanced training of the different energy systems.*

2. *Technique instruction*

To stay on top of the ever-changing nuances of stroke mechanics and technique, it is important to find a good stroke consultant so that your technique allows maximum stroke efficiency for your work efforts.

I am fortunate to have access to Duane Sorenson, Iowa State's Head Women's Swimming Coach and one of THE best stroke technicians in the business!



Trip and wife L'Louise Hedrick in Savannah, GA.



The Fitness Factor (continued)

PHYSICAL FITNESS-I.E. CROSS-TRAINING OUTSIDE OF THE POOL

1. Aerobic/cardio fitness

Balance of aerobic work and aerobic power work that is challenging and enjoyable enough for you to want to repeat/continue

I enjoy treadmill interval workouts, spinning and stadium stair running workouts

2. Core fitness/strength

Pilates! The parallels of core strength for swimming and pilates matwork are amazing. I added Pilates to my program a year and a half ago and use it in nearly every swimming skill I perform, as well as in every lesson that I teach.

3. Muscular fitness/strength

Weight training for aerobic/cardio and strength training

Circuit training is a perfect way to combine aerobic conditioning with strength training

Weight training for strength development — Find a program that builds strength and power-i.e. heavier weights

MENTAL FITNESS

- 1. Goal setting, stress reduction, imagery training; learning all you can about the power of mental training and implementing it can greatly enhance your experience/success.*

NUTRITIONAL FITNESS

- 1. Balanced diet, including a nutritional analysis*

It is well worth consulting with a nutritional expert to evaluate/find what is best for you.

FAMILY FITNESS

- 1. Balancing necessary job commitments to provide for your family*

Do all you can do and still stay out of the dog-house!

As a masters swimmer, you are already making significant time commitments that most likely take you away from your family. Maintaining the highest level of fitness is a great way to “be there” for your family for hopefully many more years than as an inactive individual. Never forget that bad things can happen to healthy people. Not a swim meet goes by that I don’t think about Larry Nyman and Wayne Mulhern. I feel so fortunate having survived a health crisis. I appreciated Ralph Bovard’s article on being proactive with blood workups and cancer screening etc., and strongly encourage all to heed that valuable advice.

PUTTING IT ALL TOGETHER

Everybody has his or her own unique situation when it comes to training. We all have different personal, family, job situations and other personal preferences that factor into what we are willing and capable of doing when it comes to training. I look at my personal and professional situation as being ideal for me to put the time into training that I desire. I have a wife that supports my training schedule and in Ames/ISU I can easily access many professionals and performance enhancement experts. In my training, I prefer doing 2X 30-40 minute workouts most days, rather than one longer single activity workout. My training week breakdown is as follows:

Swimming workouts

M-F 1,500-2,000 yards per workout

Monday: aerobic

Tuesday: aerobic power

Wednesday: sprint

Thursday: aerobic/aerobic power combination

Friday: aerobic with some sprint training

and by-design pain tolerance training

Cardio – 3x week
mix of treadmill spinning, stadium stair workout

Weight training – 2 x week
1x circuit
1x heavier weight workout

Core strength training
1-2 Pilates matwork workouts per week

Shoulder prehab/rehab training – 1X per week

I normally range between 8-12 training sessions per week and must admit that my “happy household” limit is 10 with 12 presenting a high degree of “doghouse” potential!

I am often asked about achieving a higher level of fitness and staying motivated. First and foremost, I am blessed that L’Louise, my wife, is extremely supportive in all phases of my life; but is especially supportive of my swimming/fitness endeavors. Next, my approach is to look at the fitness factor as a matter of circumstance, opportunity, choices, rewards and ongoing learning as follows:

1) Consider your motivation.

Isn’t it amazing what one can do given the right stimulus? For me, hearing a doctor telling me I had had a heart attack and that I have heart disease has offered up motivation for the rest of my life!

2) Consider your goal with the end in mind.

Steven Covey has this dead on! It is difficult to know where you are going without a dream or a plan. Take the time to annually write down your goals!

3) Keep yourself honest.

I recommend building a “constant” into your training regimen that forces ongoing accountability in such a way that makes difficult to slip back or slack off in terms of training and conditioning. This is something that I have done for years; I refer to them as my “keeping me honest” sets/ workouts. I do two such sets per week. #1 is a swimming set as follows: 100 kick @1:30, 100 tube and buoy @ 1:20 and 100 swim @ 1:10. I do 2 rounds normally (6X 100 total) but in my heavy training cycle I do 6X 100 total 1 week and add 1 more each week up to 9X 100, then drop it back to 6 and start over. It is a highly challenging/ painful set-especially mastering the kickboard/tube and buoy exchange in anywhere from 3-10 seconds! My second “keeping me honest” workout is in the weight room as I do three rounds of an 11-14-station circuit (exact # of stations depends upon which body part is in peril). I do 20 reps per station-only resting to walk/jog to the next station and I take about 1-2 minutes after each round. It is my favorite workout as it is a cardio blast with a couple of jolts of anaerobic pain and suffering included throughout the 35-40 minute duration.

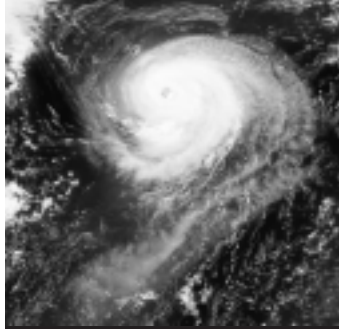
4) Build in rewards!

Don’t forget to treat yourself to a reward for working hard to reach your goals!

5) Listen to your body.

I am perhaps the worst in this regard but am slowly getting better. Build cycles of rest into any training program you do and learn when to back off if joint issues arise/persist.

Good luck! TH



Inclément weather couldn't stop Trip Hedricks, pictured below on his way to one of his three record swims in Savannah.



USMS Long Course Championships, Savannah, Georgia; August 12-15, 2004

One thousand and eight three swimmers braved Hurricanes Charley and some inclement weather to grace the bubble dome at the Chatham County Aquatic Center. Trip Hedrick (Ames, Iowa) swimming unattached, but a well-known regular at our Minnesota meets, was a one-man cyclone and continued his assault on the record books in the 50-55 age group and shattered three sprint records. Trip won the 50 & 100 meter distances in both the fly and free. He uncorked a :26.25 in the 50 fly breaking the old national/world record of :27.13. He swam a :25.09. in the 50 free just off Rich Abrahams existing record of :24.60. Trip blazed the 100 free in :55.41 almost a second below the old national/world record of 56.44. Then he swam an amazing :59.49 in the 100 fly, bettering his national/world record of 1:00.96 set at the U of M Aquatic Center in June, and over 2 seconds below the previous mark listed in the program of 1:01.79. The second place finisher in the 100 m. fly was almost 4 seconds behind Trip! He also place 3rd in the 50 back; who knew he could swim on his back?

Chris Weissman, a former MN masters swimmer now living in Atlanta, also had a superb meet in the 40-45 age group 50. Chris was 2nd in the 50 and 100 breast, and 3rd in the 200 IM. He sends his greetings to all his old MN chums. R. Bovard squeaked out 9th & 10th place finishes in the 50 & 100 breast in the 50-55 age group.

Over 300 swimmers/spouses enjoyed a meet sponsored riverboat dinner cruise on the Savannah River on Saturday night. Savannah is a lovely Southern coastal town rich in the history of the revolutionary and civil wars. Spanish moss draped trees adorn the quiet brownstone lined streets. The city has enjoyed recent notoriety as the setting for the book/film "Midnight in the Garden of Evil". I enjoyed a mint julep (classic southern drink) at a riverside café at the end of the meet to celebrate the US basketball team's trouncing at the hands of humble Puerto Rico! These are fun meets. I echo Tom Emison's sentiment in the last issue of the Sternwheeler and hope we can encourage more Minnesota Masters swimmers to attend these national events. The socials alone are worth the trip.

FROM THE WATER'S EDGE

Swimming the Black Line

The black line at the bottom of the pool is similar to the lines on the roads we drive – they do mean something.

First of all, the lines are there to show us which side of the lane to swim on. When driving down the highway we stay to the right of the center divider- in swimming we stay to the right of the black line. In theory this should be simple, we have no cell phones to distract us while we are swimming and in three of the four strokes we should be looking down with our head in line with our spine and relaxed.

We all see (or ignore) the posted speed limits. Lanes do have speed limits-they are called intervals. To make a practice flow better for everyone, try to get in a lane that is your speed. If you are feeling tired or just can't make the intervals, try a different lane. You don't want to be driving 40 mph in the fast lane.

And then there is passing. A solid line on the roads means no passing/changing lanes. In the pool it means do so at your own risk. Passing should take place to the left- the passing lane on the roads is the left lane. Take caution in moving out into the center of the lane to pass and make sure to accelerate. In standard lanes there should be plenty of space to pass down the middle while the other swimmers in the lane continue to circle swim.

You want your automobile to be as efficient as possible. Regular tune ups and proper care will lead to the most efficient gas mileage. Regular checks of our stroke technique will lead us to our most efficient swimming. Think about streamlining off the wall and swim all strokes efficiently. An efficient swimmer leaves the wall in a balanced position with a smooth transition through the breakout and makes rhythmic waves while swimming. When you

get behind someone who plows along the surface on push offs and wiggles back and forth while swimming, it's like swimming through a tidal surge or driving behind a truck carrying a "Wide load". This not only leaves you more prone to injury, but makes it difficult on those swimming in the same lane.

Backstroke flags are placed either 5 yards or 5 meters from the wall depending on the course. They are placed there to warn you of the wall, just like exit signs are placed above the highway to warn you of an upcoming exit. If you ignore the flags you may end up with quite a headache. If you ignore the exit signs, you may end up in a serious accident. If you pay attention to them you can execute the perfect backstroke turn or take the correct exit to your destination.

When merging onto the freeway, we try to match the speed of the traffic so we can merge smoothly onto the freeway. When we miss an interval or get out to use the bathroom during a set, try to merge back into your lane. Instead of jumping back in just anywhere, wait for your place in the lane to come around and continue from there.

Now, open water is a different story – it's like off road driving. It's just you and the elements out there. Always swim with a buddy, take note of the weather and water conditions, know where you are and the surrounding area. Make sure someone besides your buddy knows where you are and be safe. The challenges of open water swimming can be very exciting, but also hazardous.

Swim on my friends!

Tina Neill



TINA NEILL
Minnesota LMSC Chair



HEALTH NEWS

Applications of “Kinetic Chain” Theory to Swimming *by R.S. Bovard MD*

Most of us are familiar with the notion that a great pitcher or tennis player (any throwing athlete) derives his or her force of propulsion not simply from having a strong arm, but essentially from the power and speed of core body strength. We see this also in golf, javelin, shot put, discus, etc. This concept of the force (F) of the extremity deriving not from the extremity itself, but from linkage to the truncal musculature is the basis of “kinetic chain” biomechanical theory. These principles hold true for swimming, where recent stroke analysis & theory has shown that trunk/body rotation can impart greater power to the swimmer’s stroke. Swim camps like Terry Laughlin’s “Total Immersion” program focus on the concepts of a long stroke with trunk and hip rotation, as opposed to the torso flat in the water techniques. Alexandar Popov was one of the early exemplars of these principles.

Dick Quick, the renowned Stanford & Olympic swim coach, commented [at one of our US swimming medical society meetings] that he felt that Misty Hyman and Jenny Thompson were stronger & better swimmers in part because they had developed excellent core body strength participating in gymnastics in early life. This core strength gave them an advantage in terms of power transfer that many other athletes lacked. Riding a bicycle is another activity that utilizes the major large muscle groups, yet in our modern society [for reasons of time, safety, distance] few kids live on bikes as we did for transportation to and from school on a daily basis.

What is core stability? I would define the “core musculature” as the abdominals, the chest, and back musculature. Perhaps foremost among these, and most neglected, is the composite structure called the “thoraco-lumbar fascia”. This complex fibrous structure offers a broad attachment for the trapezius, rhomboids,

latissimus, erector spinae (and numerous smaller bridging spinal muscles), transverse and oblique abdominal groups that provide the major posterior support for the spinal column. This coalition structure is, I believe, the keystone of spinal stability. If any of the muscle groups that support the spinal column are weak then the whole is less stable.

Carrying this concept a bit further, I generally recommend that individuals who are unable to do 5-10 pull-ups not lift hand weights. I think that lacking adequate core strength, one can apply excessive lever forces to the extremities and possibly suffer injury. By analogy, one may successfully hang a #25 weight from the limb of a sturdy oak tree (strength not diameter that matters), yet if one tries to hang that same weight from the branch of a sapling, it will break. I am convinced that many of the elbow, forearm, and wrist problems we see in our clinics stem not so much from overuse or strain on the extremity per se, as poor shoulder girdle, back, and trunk strength.

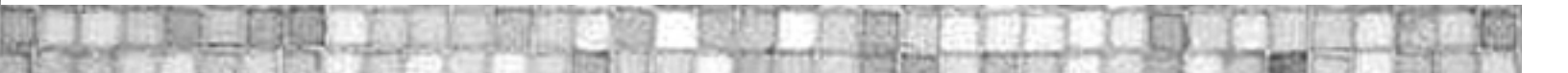
This leads as well to the concept of “overload” vs “insufficiency” injuries. The former occurs when an abnormal force is applied to a normal system. An example would be a car crash in which one’s tibia (leg) is broken by the force of the crash. An “insufficiency” injury occurs when normal forces are applied to an abnormal or insufficient system. This may occur when an individual has osteoporosis (weak bones) or a metastatic lesion (from a cancer) in a bone that causes a “pathologic” fracture. It can also occur when an individual has poor muscle strength/endurance, fatigues easily, and is generally de-conditioned so that they do not tolerate normal stresses. We are seeing this problem more frequently in our medical clinics (perhaps over half of our musculoskeletal complaints) as fewer than 20% of Americans exercise regularly and ~60% are overweight.

RALPH BOVARD’S credentials:
MD at University of Minnesota,
MPH and Preventive Medicine
Residency (with sports medicine
core) at University of Arizona;

President of regional (5 state)
chapter of American College
of Sports Medicine (ACSM), and
fellow of ACSM. I am a member
of USA Swimming Medical Society
physician’s pool.

Current practice: Non-operative
orthopedics & sports medicine
(3 days/wk) and Occupational &
Environmental Medicine (1 day/wk)
at Regions Hospital in St. Paul.

If questions please feel free to
contact me at 651-488-1315.



One of the concepts we use in clinics is that of the bicycle wheel. If and when all the spokes are functioning in proper tension then all is in balance, and the wheel spins “true”. If however, any of the spokes is too loose (or too tight) it warps the wheel and it wobbles, it will not spin “true”. Similarly, when any component of our back and truncal musculature is weak or poorly developed (or overdeveloped relative to the other groups—we see this in some body builders or athletes, including swimmers, who do nothing but swim) the whole is unbalanced and abnormal forces and torque are applied to the spinal column. This may result in pain, weakness, or biomechanical postural problems.

There are many activities which develop the major core muscle groups, and may be useful as cross-training modalities for swimming. Cross-country skiing (when we get snow!) is a superb sport well suited for swimmers that utilizes the shoulders, back, and legs, with an unsurpassed cardiovascular workout; both skate-skiing and classic/track-skiing are excellent. Spin-cycling, road biking, rowing, speed skating, roller-blading, triathlons, running, are all excellent training activities that work the large muscle groups. When cycling you should always use toe clips and preferable clip-ins so that you are using the lifting muscles, primarily the iliopsoas hip flexors, hamstrings, and anterior tibialis. Otherwise you tend to only push down on the pedal primarily using the gluts, quads, and calf muscles. Ideally, you will achieve what cyclists call “rounding out” the pedal stroke.

Specific progressive resistance (weight) training exercises might include: latissimus dorsi (lat) pull-downs, seated rows, sit-ups, Roman chair or back extension exercises, lunges, bench press/push-ups, and perhaps some single bar curls. Your routine will change as you become more experienced and seek variety. Most people tend to do too many exercises that isolate muscle groups excessively (because most gyms have too many machines). Instead do exercises that use as many muscles as possible through as wide a range of motion as possible, and which preferably provide flexibility work as well. Cable system lat-pulls are an excellent example of this. Try to lift ~8-10 times per month; you can do anywhere from 10-20 repetitions of each weight and 2-3 sets (often increasing weight and decreasing reps with subsequent sets). You shouldn’t need to spend much more than 30 minutes for any workout (5 hours/month). Meanwhile, the average American watches →20 hours of TV per week!

Most fitness clubs have trainers who (often for free or at least for a reasonable cost) can help you with an assessment and set up a program to address any weaknesses or imbalances. Know that if you have not lifted weights for quite a while that you may experience delayed onset muscle soreness (DOMS) for a few days (sometimes weeks) as your muscle fibers are asked to do things they haven’t done in a while. Atrophied muscles may take 12-24 weeks to rebuild. Gals, having the T-hormone (testosterone) at God (in Her wisdom) given levels, will get lean but not bulky with strength training. See Linda Hamilton doing her pull-ups at the start of Terminator 2 for inspiration. A most excellent back! Have fun.



ABOVE: Ray in 2004.

BELOW: Ray's high school team. He is standing back row on the left with his brother, back right.



Haymond Hakomaki—Captain and second place winner in the state meet.



SPOTLIGHT

Ray Hakomaki

Ray is widely admired by many of us in Minnesota Masters Swimming as the age group swimmer par excellence. He trains regularly at the University of Minnesota Natatorium and rarely misses a local meet. Few of us, however, realize that we are in the presence of one of the University of Minnesota's greatest swimmers. I recently gathered some information from the plaque on the south wall of the U of M Natatorium and from Ray's daughter, Sue and from the master himself. In his collegiate days, Ray was known as "the Flying Fin" from Gilbert, Minnesota. The legendary coach Neils Thorpe called him the "greatest sprinter" he'd ever coached.

- In 1941 Ray swam on the Gopher's 300 yd Medley Relay and 400 Free Relay, both of which were 4th at the NCAA Championships; Minnesota finished 5th overall in the meet.
- In 1942 he was 3rd in the 50 yd free in the Big Ten conference.
- In 1943 Ray swam on the 400 FR that placed 3rd at NCAA Championships, was 2nd in the 50 free in the Big Ten, and 3rd in the 50 yd. Free at the NCAA Championships when Duke Kuhanamoko's 25 year old record was broken. That year the Gophers finished 3rd in the Big Ten and 3rd at NCAA Championships behind Ohio State and Michigan. Ray was an All-American that year in the 50, 100, and 220 freestyles; other All-Americans that year included Sammy Lee, Adolf Kiefer, and Doc Counsilman.
- Ray then spent 26 months in the Army and competed in the Pacific Olympics. He finished his masters at the U of M and joined GM in the Aeronautical Division.
- At age 50 he played on the U. of M. water polo team, despite never having played in college, that finished sixth at US Indoor Water Polo Championships.

- In 1978 he was ranked first in the world for the 50 meter free and the 200 meter breaststroke.
- In 1986 at USMS nationals he won every event he entered: 50 & 100 freestyle, 200 breast, and 100, 200, and 400 IM events. He set a national record for the 50 yd free in 26.49. He has competed in over 25 national USMS meets and held US national records in the 50 & 100 free in every age group in which he has swum.
- He was inducted into the University of Minnesota Swimming Hall of Fame in 1987.

Ray and his wife Mildred (South Dakota gal whom he met at the U of M) have 4 children, Sue, Jim, Nancy, & Mark, and 2 grandchildren. He retired in 1989 from General Mills where he was involved in aeronautical engineering for over 40 years. While at GM he worked with Jean Piccard (no relation to Captain Picard of Star Ship Enterprise) of early developmental balloon fame. Ray was an integral part of the research in developing balloon technology for manned flight, for cosmic ray studies, and in designing machines to make balloons to carry payloads in Eastern Europe during the Radio Free Europe days. He worked in Hungary and Germany in the early 1950s and in Washington, DC for one year. He also helped develop and sell the Alvin [underwater submarine that dived to 6,000 feet] to the Office of Naval Research and Woods Hole. His advice to young swimmers and athletes is to "keep at it" for long-term health reasons. Ray had his gall bladder out in January, 2004 and because of his excellent health was back in shape in no time. He is a great role model for all of us.

A tip of the hat to Ray Hakomaki!

SWIMMING NEWS

New Sponsor Opportunity?

The Minnetonka 5 mile Swim Challenge is looking for a new race organizer. The race is an annual event starting in Excelsior and finishing in Wayzata. This is a sanctioned event sponsored by the Minnesota LMSC. If you are interested, please contact our webmaster Scott at scottennis@tcinternet.net.

2005 is an election year for the Minnesota LMSC

Elections will be held via email or in person at the short course state meet April 9/10. Positions include: **General Chair, Secretary, Treasurer, Registrar** and **Top Times/Records**. Each term is for two years.

If you are interested in running for an elected position or would like to nominate someone, please come forward. All nominations must be accepted by the person being nominated and all officers must be current members of USMS. You may nominate yourself for any of these positions.

If you are interested in running, would like a job description or would like to nominate someone, please contact Tina Neill at polarswim@aol.com.

The deadline to be on the ballot is **March 30, 2005**. Write in candidates will be counted.

Deadline for Spring Sternwheeler

Please submit materials for the Spring 2005 Issue of the Sternwheeler to Ralph S. Bovard no later than **February 1, 2005** at: rsbovard@mac.com. Thanks.

Attention all Polar Bears!

January 1st is not so far away. Join the annual **On It, In It in Excelsior**. This event is sponsored by the American Lung Association. For a small fee you will do a short run and then take your turn with a plunge into the lake. It is quite invigorating and great way to start out 2005.

Cinema On/In the Water

Tarzan (various and sundry episodes)

Two famous swimmers of yore, loin-cloth garbed Johnny Weismuller & Buster Crabbe (pre Lycra or Fast-skin) swing through the trees, impress a leopard-skin festooned Jane, and wrastle crocs in the dark, murky waters of the Leppo-leppo

Twenty-Thousand Leagues Under the Sea

Captain Nemo (James Mason) and Ned (Kirk Douglas) battle giant octopi & other denizens of the deep from the original and coolest submarine of all time.

The Adventures of Tom Sawyer

Tom Sawyer, Huck Finn, and Jim float the Mighty Mississippi in this archetypal tale of adventure and rites-of-passage to adulthood. Continues theme of "road trip" established by Ulysses and culminating in Jack Keroac and later Star Wars.

Pirates of the Caribbean

Johnny Depp as Jack Straw, nefarious brigand, in one of the great swashbucklers. But gets to utter the classic line: "They're not rules really, more like guidelines."

Islands in the Stream

George C. Scott as Hemingway's pensive artiste living on Caribbean island of Bimini. Lovely film about regrets and doing it right the first time.



CORRECTIONS FROM FALL ISSUE

WOMEN 40 TO 44

50 M BACKSTROKE

Sarah Hromada :42.81

Jenna L Klein-Brown :56.48

Anita M Gonzalez 1:08.19

WOMEN 60 TO 64

1500 M FREESTYLE

Carol S Smollen 29:31.36 SR

50 M BACKSTROKE

Grace A Madsen 1:34.88

100 M BACKSTROKE

Carol S Smollen 1:56.26

Grace A Madsen 3:28.21

200 M BACKSTROKE

Carol S Smollen 4:06.28

MEN 45 TO 49

400 M FREESTYLE

Jim Hafdahl 6:50.52

SWIMMING TIPS

Preparing for State, National, and World Championships *by Tom Emison*

A big hello to all Minnesota USMS swimmers and their families as we begin a new year!

2004 was incredible for Minnesota USMS swimmers. I want to offer an opportunity to keep building the momentum and give those who are interested a more programmatic approach to preparing for our state Short Course Championships in April, the USMS Short Course National Championships in Fort Lauderdale, Florida, in May, and the World Masters Games in Edmonton, Alberta, Canada, July 22-28. Viewed as a three-part series, this presents a really neat opportunity for those committed fish who really want to test their limits next year.

This is precisely what I am proposing in this Sternwheeler article: that we put together a “team” of Minnesota USMS swimmers who together prepare for and compete in all three of these events. The team does not have to train together daily, which would be impractical, obviously. However, the team could do the following:

- Develop a common training calendar for January-July.
- Develop a training regimen regardless of ability level, age, and gender.
- Identify a coach and others (e.g., nutritionist, strength trainers, massage therapist, etc.) who might help us do this right.
- Build relay teams for competition.
- Discuss travel arrangements, logistics, etc.
- Build a strategy for open water competition during this process (World Masters Games have both pool competitions and open-water competitions [1km, 2km, and 3km])

- Encourage Minnesota disabled swimmers to compete at the World Masters Games Championships (International Paralympic Committee swimming classifications apply).
- Prepare for each meet with planned micro-tapers, culminating in a full-taper for the World Games.

For those who may be interested, I will host a brainstorming and planning meeting at the Ridgedale YMCA Saturday, December 4, Ridgedale YMCA 10:00 am. The purpose of this meeting will be explore interest levels, gain commitments, and get fired up!

It would be really helpful if anyone who has been to Short Course Nationals or Worlds could be there at this planning meeting to help us think things through – even if you do not plan to compete next year in these events.

Please contact me directly at **612.376.9522** to let me know of your interest!

Thanks!

Tom

Thomas.Emison@RSMI.com

“Those who try are always winners; the only losers are those who are afraid to try.”

Traits of a happy swimmer

Love of learning A love of acquiring new skills and building on knowledge. Join a local masters swim group and enjoy the benefits of having a coach and other swimmers of similar ability to swim with. As long as you make the effort to be at practice, give it your best. Concentrate on those skills you have ignored in the past because you felt they were a weakness. Have the coach help you.

Creativity Try something new. Experiment with an individual medley base. Step down an interval and do other strokes besides freestyle. Swim an event in a meet that you usually do not swim. Be creative with sets – rather than swimming 10 x 100 Free try 4 x 100 Free, 3 x 100 IM, 2 x 100 Free :05 faster than the first set and finish with 1 x 100 Stroke all out.

Humility Recognize the abilities and achievements of others. Wish a teammate a Happy Birthday, or tell everyone in the group how well a teammate did at a recent race.

Persistence The ability to work toward goals in the face of obstacles and discouragement. Learn to take responsibility for successes and failures, whether it is sticking to a New Year's Resolution or swimming a best time. When you take the time to figure out what didn't work, you'll set yourself up for a better chance of success next time.

Appreciation Recognize and take pleasure in the good things in life. Cut out of practice 5 minutes early and grab a cup of coffee, go out to breakfast after practice.

Vitality Get out of bed and go to practice and feel that energy carry you through the rest of the day. You may have lost out on an hour of sleep, but the energy surge you get from a tough practice will help you be more productive throughout the day.

Tina

Swim Like a Seal

One of the things Wade Mulhern always tried to teach, and which I have still yet to consistently practice, is to consistently finish my breaststroke kick instead of leaving the feet & ankles dangling apart. There are different schools of thought on the need to actually try to invert the feet so that the soles come together versus just heel-to-heel.

Chris Weissman emphasizes the extra water that you are pulling if you don't "finish" the kick with feet tight. If you have the flexibility and ability to invert the feet, it seems to make sense to try to bring them soles together. Seals do it that way with their flippers for extra thrust and streamlining. And many of the top breaststrokers do so, like Brendan Hansen and Kosuke Katajima.

Just don't dolphin kick!



MEET RESULTS

2004 National Short Course Yard (Top Ten)

WOMEN 25-29

1000 Free **Rebecca M Martin** 11:52.37 **9th**
1650 Free **Rebecca M Martin** 19:43.64 **7th**

WOMEN 35-39

1000 Free **Karen K Zemlin** 11:24.75 **9th**
1650 Free **Karen K Zemlin** 18:49.71 **7th**

WOMEN 40-44

50 Free **Barbara A Scouler** 25.29 **10th**
100 Free **Barbara A Scouler** 55.02 **7th**
500 Free **Barbara A Scouler** 5:30.06 **8th**
100 Back **Tenley F Burns** 1:06.71 **10th**
50 Fly **Barbara A Scouler** 26.79 **2nd**
100 Fly **Barbara A Scouler** 1:01.05 **6th**
100 IM **Barbara A Scouler** 1:02.93 **3rd**
200 IM **Barbara A Scouler** 2:17.27 **3rd**

WOMEN 50-54

200 Breast **Elizabeth Cutter** 3:00.11 **7th**

WOMEN 60-64

1650 Free **Carol S Smollen** 28:06.52 **10th**

MEN 19-24

50 Breast **Mike Christianson** 26.73 **2nd**
100 Breast **Mike Christianson** 57.78 **1st**

MEN 25-29

500 Free **Curt G Wood** 5:02.05 **7th**

MEN 30-34

50 Free **Brian L Jacobson** 20.93 **1st**
50 Breast **Brian L Jacobson** 27.49 **3rd**
50 Fly **Brian L Jacobson** 24.00 **9th**
100 IM **Brian L Jacobson** 55.06 **6th**

MEN 35-39

500 Free **Christopher Black** 4:59.15 **10th**
1000 Free **Christopher Black** 10:25.41 **5th**
50 Back **Thomas Senn** 25.27 **3rd**
200 Back **Thomas Senn** 2:03.21 **5th**

MEN 45-49

200 Free **Thomas W Emison** 1:53.12 **8th**
500 Free **Thomas W Emison** 5:10.75 **4th**
50 Fly **Trip Hedrick** 24.50 **2nd**
100 Fly **Trip Hedrick** 53.97 **3rd**

MEN 50-59

50 Free **Trip Hedrick** 21.90 **1st**
100 Free **Trip Hedrick** 48.16 **1st** (Nat'l Rec)
200 Free **Trip Hedrick** 1:48.45 **1st**
50 Fly **Trip Hedrick** 23.19 **1st** (Nat'l Rec)
100 Fly **Trip Hedrick** 52.05 **1st** (Nat'l Rec)
100 IM **Trip Hedrick** 56.53 **2nd**

MEN 60-64

50 Breast **Jim Pelissier** 32.21 **4th**
100 Breast **Jim Pelissier** 1:10.29 **3rd**
200 Breast **Jim Pelissier** 2:34.89 **2nd**
100 IM **Jim Pelissier** 1:06.79 **7th**
200 IM **Jim Pelissier** 2:31.84 **6th**

MEN 70-74

100 Free **Dave Anderson** 1:05.10 **8th**
500 Free **Dave Anderson** 6:41.22 **4th**

MEN 80-84

50 Back **Raymond Hakomaki** 46.65 **9th**
100 Back **Raymond Hakomaki** 1:43.09 **6th**
200 Back **Raymond Hakomaki** 3:45.11 **4th**
50 Breast **Raymond Hakomaki** 47.57 **3rd**
100 Breast **Raymond Hakomaki** 1:45.53 **1st**

MEN 85-89

50 Free **C Edward Johnson** 46.07 **6th**
50 Back **C Edward Johnson** 46.20 **3rd**

MEN 90-94

50 Free **Ruben Berg** 4:29.02 **9th**
100 Back **Ruben Berg** 4:54.49 **6th**
200 Back **Ruben Berg** 10:43.03 **5th**
50 Breast **Ruben Berg** 4:30.36 **6th**

WOMEN 25+

800 Free Relay SEMS 10:06.81 **4th**
Michelle Frink, Tina M Hacker,
Tina W Valek, Jill Whitney

MEN 19+

400 Free Relay NSC 3:44.44 **10th**
Ryan K McKibbon, Tony Shoberg,
Ryan D Erickson, Jonathan J Braski
400 Medley Relay NSC 4:27.02 **9th**
Tony Shoberg, Ryan D Erickson,
Jonathan J Braski, Ryan K McKibbon
800 Free Relay NSC 9:03.49 **4th**
Ryan K McKibbon, Ryan D Erickson,
Jonathan J Braski, Tony Shoberg

MEN 35+

400 Medley Relay NSC 4:50.66 **10th**
Jon C Nelson, Steven D Erickson,
Don Brown, Perry Brown

MEN 45+

800 Free Relay NSC 10:03.89 **9th**
Perry Brown, Jim Hafdahl,
Tom G Pogue, Steven D Erickson

MIXED 19+

800 Free Relay SEMS 10:15.19 **7th**
Jerry Simpson, Katie J Peterson,
Karen S Haerle, James M Heilman

Minnetonka Challenge Results

WOMEN 16-18	PLACE	MEN 45-49	PLACE
Diane Galatowitsch 2:00:13	3	Tom Emison 2:01:11	4
Katelyn Hunt 2:12:17	19	Peter Rocca 2:02:44	7
Katy Donndelinger 2:20:48	28	David Cook 2:25:52	37
		Bob Schroeder 2:30:31	45
WOMEN 19-24		Charlie Sawyer 2:38:27	49
Kristin Rigg 1:53:32	1	George Fraser 2:50:00	53
Barbara Scouler 2:01:26	5	Tom Pritzker 2:53:33	57
Thea Fleming 2:01:52	6	Steve McLaughlin 3:01:09	62
Kim Parkinson 2:05:09	11	Tom Dickenson 3:55:17	72
Kari Kolba 2:25:43	36		
Megan Dykoski 3:06:39	66	MEN 50-54	
Jenny Alfonso	DNF	Paul Windrath 2:10:16	16
		Tim Oolman 2:41:20	50
WOMEN 25-29		Christopher Wilson 2:59:47	60
Michelle Fanmeier 2:07:13	13	Dan Novak 3:17:01	67
Melissa Froehle 2:17:29	23	John Wagner 3:43:14	71
Tina Hacker 2:22:07	30		
Linsey Hillesheim 2:27:27	38	MEN 55-59	
Dawn Hoelzel 2:31:44	46	Peter Johnson 2:28:20	41
Martina Cameron 2:50:25	54		
Andrea Hilal 2:56:16	58	MEN 60-64	
		Rob Bond 3:37:23	69
WOMEN 35-39		Bob Dykowski 3:39:09	70
Jane Hudacek 2:20:18	26	Ernie Kertscher	DNF
Katie Melmer 2:24:24	34		
		MEN 65-69	
WOMEN 40-44		Robert McCollor 2:53:32	56
Peggy Kratz 2:11:54	18	Joel Peskay 3:03:14	65
Donna Anderson 2:20:31	27		
Lorraine Turner 2:27:32	39	WOMEN'S RELAY	
Mary Hauff 2:29:00	42	Schmidt, Heiberg, McMillen 1:57:55	2
Jane Hansen	DNF	Burns, Decknadel, Groebner 2:24:57	35
		Horn, Allen Erickson 2:31:52	47
WOMEN 45-49			
Jeanne Rocca 2:12:51	20	MEN'S RELAY	
		Larson, King, Reinartz 2:04:53	10
WOMEN 55-59		Anderson, Strauss, Wersinger 2:10:26	17
Kathy Smith 2:51:41	55	Lundberg, Anderson, Ross 2:22:52	31
Judy Boudreau 2:56:34	59	Waatajes, Waatajes, Waatajes 2:23:06	32
		Snyder, Davis, Gunther 2:27:48	40
MEN 30-34			
Cary Robinson 2:04:48	9	MIXED RELAY	
Scott Tripps 2:08:27	14	Bosveld, Zemlin, Bosveld 2:15:40	22
Bryan Erdman 2:08:44	15	Lazarus, Lu, Kirkvold 2:18:03	24
Jason Rysavy 2:30:21	44	Griffin, Thiel, Cook 2:19:33	25
Brad Schroeder 3:22:02	68	Turner, Lien, Harrison 2:23:33	33
		Kersten, Stulken, Cleberg 2:29:44	43
MEN 35-39		Siefert, Siefert, Ross 2:37:04	48
Anthony Sarrack 2:07:04	12	Morrison, Cleveland, Swanson 2:48:09	51
Peter Hanson 2:14:20	21	Zachman, Zvosek, Chin 2:48:22	52
Craig Stimpert 3:00:20	61	Melchert, Erlandson, Kraft 3:01:58	63
		Farrar, Turner, Turner 3:02:03	64
MEN 40-44			
Mike Burns 2:03:11	8		
Ken Fischer 2:21:51	29		

The Minnetonka Challenge is in need of someone to run this event next year. If you would like to see this unique event continue and would be willing to take on the Challenge please call Rick Dunham 952.404.9710.

And don't worry, we won't toss you in to sink or swim. The people who have run this event in the past will help.

**MINNESOTA LMSC
ACTIVITIES SCHEDULE**

Now-December 15
Postal Pentathlon

November 1
2005 USMS Registration begins

December 5
University of Minnesota

December 15
Reindeer Relays

January
2005 One hour Postal Swim

January 23
University of Minnesota

February
2005 Postal Fitness Challenge

February 27
Midtown Y Meet

March 19
Southdale Y Meet

April 9/10
Short Course State Meet

July 31
Long Course State Meet

UPCOMING MEETS

Upcoming Local Events

ICEBREAKER MEET

Sunday, January, 23
University of Minnesota Aquatic Center

Meet Director: Anthony Sarrack
Anthony.sarrack@nmcco.com
763-274-1677

Warm up: 8:00 -8:45 am
Competition: 9:00am -1:00 pm
Entry Fee: \$7

Sanction # 305-001
Race day entries only

Order of Events:

1. 200 Breaststroke
2. 50 Freestyle
3. 400 IM
4. 200 Medley Relay
5. 200 Freestyle
6. 100 Backstroke
7. 50 Butterfly
8. 500 Freestyle
9. 100 Breaststroke
10. 200 Freestyle Relay
11. 200 IM
12. 50 Backstroke
13. 200 Butterfly
14. 100 Freestyle
15. 200 Backstroke
16. 100 IM
17. 50 Breaststroke
18. 100 Butterfly
19. 1000/1650 Freestyle (time permitting)

There will be a 5 minute break before
all relays

MIDTOWN MEET

Sunday, February 27, 2004
Midtown YWCA

2121 East Lake Street
Minneapolis, MN 55407

Meet Director: Jason Burmeister
jburmeister@ywcamppls.org
612-215-4344

Warm-ups: 9:00-10:00 am
Competition: 10:00 am -1:00 pm
Entry Fee: \$7

Sanction # 304- 002

Order of Events:

1. 50 Butterfly
2. 500 Freestyle
3. 100 Breaststroke
4. 50 Backstroke
5. 400 IM
6. 200 Breaststroke
7. 200 Medley Relay
8. 100 Freestyle
9. 200 Backstroke
10. 200 Butterfly
11. 100 IM
12. 200 Freestyle
13. 100 Butterfly
14. 200 Free Relay
15. 50 Breaststroke
16. 100 Backstroke
17. 50 Freestyle
18. 200 IM
19. 1000/1650 Freestyle (time permitting)

There will be a 5 minute break before
all relays

UNITED STATES MASTERS SWIMMING 2005 MEMBERSHIP APPLICATION

Register with same name you will use for competition. Print Clearly.

Last Name First Name M.I.

Street Apt.

City State Zip Code Phone

Please select one: Newsletter via E-mail _____ or US post _____

E-mail address

Birthdate (mm - dd - yyyy) Age Sex Today's Date (mm - dd - yyyy)

Must be at least 18 years old to register.

- Club: Barracuda Aquatic Club
 Med-City Masters
 Minnesota Masters
 Minnesota Tri Masters
 Mounds View Swim Club
 NHCP Swim Club
 Nort'landers Swim Club
 South East Metro Sharks
 STAR Masters
 Team TYR
 Unattached

Membership expires 12-31-05

LMSC Fee \$15.00

USMS Fee \$20.00

Total Fee \$35.00

Mail Form and \$35.00 Check to:

**Minnesota LMSC
c/o Sarah Hromada
P.O. Box 24602
Edina MN, 55424**

\$8.00 of the USMS fee is for USMS Magazine subscription

Checks Payable to: Minnesota LMSC

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise been informed by a physician. I acknowledge that I am aware of the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MATERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signature _____

USMS Registered swimmers are covered with secondary accident insurance.

- 1) in practices supervised by a USMS member or a USA Swimming certified coach where all swimmers are USMS registered.
- 2) in USMS sanctioned meet where all competitors are USMS registered.

E-mail me when the next issue of the "Old Sternwheeler" is available at the web site: Yes _____ No _____

An e-mail address is required for notification when each issue is ready.

I am connected to the Internet, my Internet e-mail address is: _____

___ I wish to contribute \$1.00 (or \$___) to the International Swimming Hall of Fame Foundation. I have added this amount to my 2005 registration fees.

___ I wish to contribute \$1.00 (or \$___) to the United States Masters Swimming Foundation. I have added this amount to my 2005 registration fees.

I am a Masters Swimming Coach: Yes _____ No _____

I am a certified Swimming official for: High School ___ NCAA ___ YMCA ___ or USA Swimming ___



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Editor's Corner

We are fortunate to have several interesting articles in this issue. Fresh from his amazing swims at long course nationals, veteran Trip Hedrick shares his training program and philosophy in *Fitness Factor*. Tina Neill provides swimming etiquette and technique reminders in *Swimming the Black Line* and *A Few Traits to Make You a Happier Swimmer*.

Note that nominations for 2005 Minnesota LMSC positions are due March 30, 2005 to Tina at polarswim@aol.com. [You can self-nominate!] The medical corner *Applications of Kinetic Chain Theory to Swimming* ties in with Trip's excellent article. Finally, our spotlight swimmer this quarter is Ray Hakomaki, the "Flying Finn"; we are blessed to have exemplars like Ray here in Minnesota.

Blue skies & black coffee, Bovard

Minnesota Masters Swimming

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