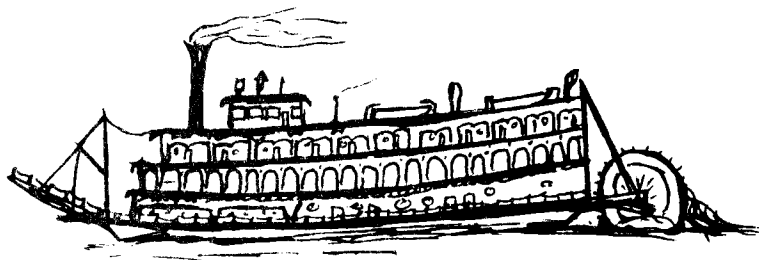


OLD STERNWHEELER'S

MASTER'S MONTHLY



February 10, 1977

Hello again, aquatic rascals. It's Saturday Night Live at the St. Paul Athletic Club, starring Dave Beardsley and a cast of thousands. I don't want to hear any complaints about having a meet on Saturday evening. Honestly now, how many of you ever have anything to do on Saturday night anyway? I never do. See you at the Club!

February's "Project of the Month" is titled "Bring a new friend swimming with you." Grab some poor unsuspecting friend of yours and drag him/her to the pool. They will probably never forget you for that. But at least you'll have someone to swim with and teach and share the joy and heartburn of Masters Swimming (or masters swimming... depending upon how you feel about it).

The Feb-March issue of SWIM-MASTER magazine carried a front page report on the Hutinger Master Swim Clinic, three full months after the feature on the same clinic in the "Old Sternwheeler". Remember, Sea nymphs, you heard it first in the "Sternwheeler."

NATIONAL NOTES: 1. Plans to charter a dog sled to Florida for the Nationals is progressing about as enthusiastically as the airplane charter plans. So we've decided to scrap the dog sled idea and try to fill a plane instead. The "ball park" dollar figure is: Commercial coach flight- \$275.00 round trip, Affinity fare (we all must be swimmers or family) - \$176.00. To get the affinity fare, we need 40 people on the plane. If you would like to go to the Nationals, see me at the St. Paul meet, or write me at 5 Oriole La. St. Paul, 55110, or call at (612) 484-0210.

2. To get entry information and forms for the Nationals, write to June Krauser, 2308 NE 19th Ave., Ft. Lauderdale, FL 33305.

SAMPLE WORKOUTS: As we enter the second month of our season's plan, we keep the distance up, working more into the sets, short intervals, and the beginnings of quality work in the longer sets. Workouts are written for 2500-2800 yards.

800 S	300 S	400 all strokes	500 warm-up	1000 steady swim
5 x 50 K (:10)	300 K	2 x 350	10 x 50 on 1:00	5 x broken 200's →
5 x 50 P (:10)	300 P	3 x 250	100 EZ	-100(:20) 100-
8 x 50 on :50	300 IM	5 x 150	10 x 50 on :55	12 x 25 (rest :05)
4 x 200 (rest :30)	300 choice	8 x 25 (rest :05)	100 EZ	
300 EZ choide	12 x 100 on		10 x 50 on :50	
	1:30-1:45		100 EZ	
	100 EZ		10 x 50 on 1:10	

THOUGHT FOR THE DAY: A descending set does not mean that you sink lower and lower on each repeat.

DO IT YOURSELF STROKE HINTS: "Getting pool time and affiliation"

This month's D*I*Y*S*H will deal with the problem of having no place to swim as a team. At Northern Shores, we have found that the team concept has been our biggest asset. When we formed the Northern Shores Aquatic Club, Masters was included as a part of the program as naturally as the program for little kids and High School swimmers. Actually, the Masters team is bigger than the kids team.

To help you in your quest for organization, I've written for you a letter which you can send to the president of the swim club in your area. There are AAU swim clubs in almost every community in the metropolitan area, certainly there will be one near you. To make this letter more personal and meaningful, fill in the blanks, circle the appropriate nouns and chew along the dotted lines:

Dear _____ (name of club president)

How's your old [wazoo/wife] (pick one)? I was overjoyed to hear that your [son/daughter/snowmobile] (pick one) finally made a class "B" time. This improvement must be due to the child's fine genetic background.

As you know, Masters Swimming in Minnesota is growing by leaps and bounds, thanks to the inspirational leadership of AAU biggie [King Kong/Dave Beardsley] (pick one). We here in the _____ (name of club) Swim Club neighborhood would like to join with the age group teams to complete the "total swim club." Not only are the Masters an inspiration to the younger swimmers, they can also be brought into helping with functions of the club. They can be taught to sit up, roll over, and swim circles. Just last month, a Master swimmer was discovered swimming a descending set of 50's on the minute--proving beyond a doubt their native intelligence and spunk.

So _____ (name of prez), let's get together with our [longhaired/overweight] (pick both) coach and find a lane or two, two or three hours each week when we can hold an [organized/disorganized] practice with a little help from the [coach/trained ape] (pick one). With a little publicity and some recruiting, we could develop enough support to pay the coach. We may need some \$-type help from the club until we get under way, but as I said before, we could help with the affairs of the club--bake cookies, help at meets, rob banks etc. Consider it an investment in one solid program (masters) to help our own solid program.

Please call me at _____ - _____ (your phone number) any night except _____ (day) which is when I go down to the river to wash clothes. Lets set up a meeting with _____ (name of long-haired coach) to see if we can make Masters Swimming in this club a reality.

Yours Swimmily,

(scrawl your name here)

I defy you to send this letter to your club president. What better way to break the ice, get acquainted, and convince your parents group that Masters swimmers are both sincere and insane.

Three Things to do while waiting for the snow to melt:

1. Go to a High School meet. Call the school, the athletic director can give you the schedule of home meets. These kids really go to it, and watching can be both educational and inspirational.
2. Bring your movie camera to the pool, load it with high speed-high contrast black & white film and ask the lifeguard to film all your strokes and turns. Caution your cameraman not to waste film on your push-offs and finishes, just get the important strokework. Shoot from the side, the front, and the back. Then invite your friends over for an evening of fascinating viewing.
3. Write to the Old Sternwheeler and tell him what you would like to see in next month's Do It yourself Stroke Hints.