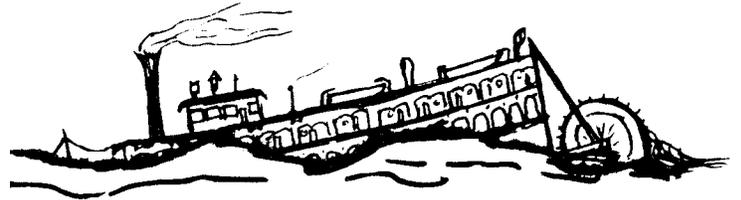


# OLD STERNWHEELER'S MASTER'S MONTHLY



April 1, 1977  
Special April Fools Issue

Hello again, mud puppies! Yes, the Old Sternwheeler is drunk again, but I'll still belch forth the proper platitudes and enough of that bogus Stroke Hints stuff to keep my competitors confused for years. \*\*\*\*\*

The next meet is scheduled for May, sometime, and frankly, I don't care if anybody shows up. The last meet we had was such a drag, I'm amazed we even bother any more. I may or may not show up, it depends upon if there's a good movie on the boob tube. Besides; the whole concept of Masters Swimming is ludicrous: you pay them a small fortune and all you get is a "bang", a gut-ache, and a slow time from some trained ape they dragged in to time. Wise up, America! \*\*\*\*\*

The Old Sternwheeler is pleased as punch to report that Dave Beardsløy is engaged to be married to an IBM Series 2500 computer. There is no truth to rumors that the two must wed because Dave was caught messing around in her memory banks. Good Luck Dave! \*\*\*\*\*

SAMPLE WORKOUTS: This month we discover the joys of Transcendental Kicking. All workouts are written for between 100 and 100,000 yds.

"Chip Fechter Special"	800 S	1650 time trial	"Northern Shores Favorite"
50 EZ warm-up	4 x 200 fly	48 hr. rest	1000 Warm-up
2 x 25 cruise	10 x 100 on 1:00	1650 time trial	8 x 200 (rest :10)
4 x interval	1000 H-C	48 hr. rest	50 x 50 on :50
showers	400 IM underwater	1650 time trial	800 breathe once/25
1 x sauna, EZ	1 x ambulance ride	Leave for Funny Farm	500 K for time
			500 P for time
			1200 EZ cool down

\*\*\*\*\*

DO IT YOURSELF 'CAUSE I DON'T WANNA HELP YOU STROKE HINTS: this month: relaxation.

Relaxation in the water is generally recognized as one of the most important of the swimming skills. To learn relaxation, you must create a relaxed situation in the pool. First, add some soft lights and stained glass, a beer tap, and a coach that looks like a tavern keeper. Then settle back with a brew in hand (fig. #1) and relax. After a few beers, you'll be completely relaxed, and think you're swimming very well.



FIG. 1

The second technique for relaxation is to be sound asleep when swimming. This blots out all the effluvia from the coach's big mouth. It also saves you from becoming distracted when some member of the opposite gender, built like a bridge abutment, paddles by in the next circle. The only equipment needed for circle sleeping is, of course, the pillow, and if the water is cold, a blanket (fig. #2)



FIG. 2

Next month in Do-it-yourself Stroke Hints: "May".

\*\*\*\*\*

Well, sea nymphs, it's time to move along, before the Martians can triangulate on me again, so I'll slink off into the mist with this parting reminder: "Those new skin suits don't cover anything, they just change the color."

See you next time, pool rats!