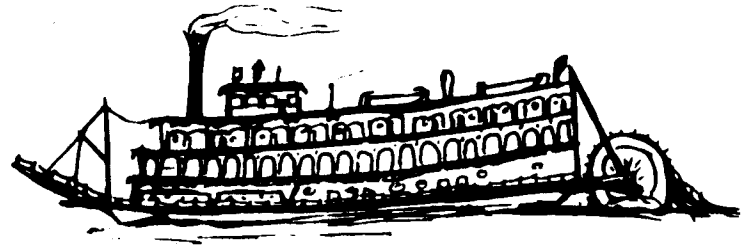


OLD STERNWHEELER'S Masters Monthly



Volume IV, Number 2

UNMATCHED PROPAGANDA

February 4, 1979

Hello again, sea nymphs! From the great turn-out at the New Hope-Crystal Masters meet, you would never know we were deep in the clutches of a record breaking snow-season. Our Masters are in the middle of a record breaking swim season. Just look at those results!

Swimming in their first masters meet ever were Teke Kilmer, Joanne Urbach, Paul Sicard, Tom Delaney, Paul Molnau, and William Salinger. We also welcome back 70 year-old Joe Fechter, swimming in his first meet in a long time, but looking as good as ever.

Highlight of the meet was a State Record (by 23 seconds) in the 45 & over 200 Medley Relay by Marilyn Lentz (back- 45.8), Nancy Olson (breast- 49.9), Barb Nelson (fly- 48.0), and Carol Harris, (free- 35.9) with a time of 2:59.8.

Schedule Update

		Location	Schedule	Warm-up	Start Time
Sat. Feb 17	Urban-West Central YMCA	34th & Blaisdell	Open D	Noon	1:00 PM
Sun. Mar 18	Minnesota /State Meet	Cooke Hall U of M	Open B	9:00 AM	11:00 AM
Fri. Apr. 6	Burnsville Mini (tentative)	Burnsville H.S.	Mini	8:00 PM	7:30 PM
Sat. Apr 7	Wisconsin State Meet--For More Information, waite John Bauman, 9717				
Sun. Apr 8	Saratoga Dr. Caledonia WI	52108.			
Sat. Apr 21	Hastings Open	Hastings Jr. High	Open C	12 Noon	1:00 PM

Also in the works for the Spring are meets in Duluth, Hastings, and at St. Catherine's College in the Twin Cities. If you have any ideas on Long Course meets (50 m pools) for the summer months, give Marsha Soucheray (484-6059) a call. We plan again on joining the St. Paul Classic again, but would like some other Long Course meets.

SAMPLE WORKOUTS Here are some workouts written for swimmers able to go about 1000 yards.

200 EZ Swim	300 Swim, push every 4th length.	200 Swim	250 Warm-up
6 x 25 Kick		4 sets of:	3 sets of:
100 EZ Swim	100 Kick	25 kick	75 Swim (rest :40)
6 x 25 Pull	100 Scooters (hold the board with one arm, pull with the other)	25 swim	50 Swim (rest :30)
2 x 50 Choice		25 pull	25 Swim (rest :20)
2 sets of 6 x 25 (rest :30)	8 x 50 on the 2:00	150 non-stop	50 EZEZEZ
100 EZ	100 EZ Cool down	2 x 100 EZ-Mod	8 x 25 on 1:00
		150 on the house	50 Cool down

SAMPLE WORKOUTS CHAPTER II These workouts are about 1500 yards long....

200 EZ Swim	500 Long & EZ	400 Ez Warm-up	300 EZ Swim
100 Kick	300 Kick & pull as the spirit moves you	3 x 300, make each one slightly faster.	200 Pull
4 x 25 Kick		100 EZ	100 IM Kick
100 Pull	12 x 25 IM order on :50	4 x dive start 25 sprint	5 x 100 fast (:60)
4 x 25 Pull		100 EZ	5 x 50 for stroke (:45)
12 x 50 —			5 x 25 fast (:45)
1-4 mod	12 x 25 fast on :40		100 EZ Cool Down
5-8 fast	100 EZ Cool Down		
9-12, really fast			
200 EZ Cool Down			

Part of the "Lifetime Program" is knowing the balance between working hard enough to maintain fitness, and yet not going so often "to the well" that you exhaust your motivation after 24 months of swimming. Don't be afraid to swim an easy workout now and then to preserve your high state of excitement and dedication.

- | | | | |
|------------------------|-----------------------|-----------------------------|--|
| 600 Steady swim | 300 Swim | 300 EZ Swim | 6 x 50 on 1:00 warm-up |
| 200 IM Kick | 300 Kick | 16 x 100 (rest :10) | 4 x 50 Kick on 2:00 |
| 200 IM Pull, 1-arm fly | 300 Pull | -pace carefully | 300 Restricted breathing |
| 8 x 75 on 2:00 | 300 IM (Fly optional) | -should feel like a 1650. | 8 x 25 IM order (:20) |
| 200 EZ | Alternate: | 100 EZ Cool down, non crawl | 500 swim, sprint every 5th length, loaf every 6th. |
| | 50 Kick(:30) | | 16 x 25, fast, go when ready |
| | 100 Swim(:60) | | 100 EZ Swim, cool down. |
| | 4 times | | |
| | 200 Swim | | |



Dear Old Sternwheeler,

Thanks a lot! Today in the mail I received a copy of your monthly newsletter. I don't know where you got my name...but I'm glad you did.

I would be interested in further information about the Masters Program. I did belong to a similar group in Kansas while stationed there with the Air Force, but that was run in conjunction with the regular summer AAU meet schedule. If you could send a schedule and any other explanatory material (fees, records, etc.) I would appreciate it.

Le Sueur has a summer time swimming program, but nothing in the winter, as there is no local indoor pool. Our two year-old community center is complete except for one facility. You guessed. They got as far as actually digging the hole, but that's it (we have the nicest indoor hole in the area). As a result, I'm most interested in events during the warmer months.

Thanks again for the newsletter. Please keep me on the mailing list.

Sincerely,

Jeff Erdmann

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Dear Mr. Gause, (these letters were sent to Jack Gause, the name on the mailing permit.)

Each month when I receive your interesting and of course, your amusing newsletter, my intentions are to immediately sit down and send a note to you expressing my delight in this great journalistic endeavor. So, when the mail arrived this morning, and your newsletter was read, I decided to heck with scrubbing the bathroom, I'll write instead!

Our Masters Club has about 30 active members and we swim right along with the age group swimmers--called the Woodland Swim Team. We are part of the City's Park and Rec department, but are self supporting now, thanks to Prop 13 (which, by the way, has forced the closing of our pool for 2 months this year.) We swim for an hour and 45 minutes, or an hour, depending upon which workout we attend.

We are mainly a physical fitness group (Masters) but some do compete and do very well. I enjoy the fitness program. In an hour workout we usually do about 2500 yards (when you swim in an outdoor pool in December, you have to keep moving.) Our workouts vary, but almost always end up with 10 25 yard sprints and then cover the pool! After that experience we all need a hot shower quick.

Your newsletter is usually passed from hand to hand and as far as I can tell, enjoyed by all. We do most certainly admire your organization.

During January and February we have a program of dry land exercises planned. I'm a little apprehensive as the last I heard we would be playing soccer with the 9-10 Boys. Now I ask you, how will that improve my stroke?

By the way, we do a lot of kicks using flippers. For someone like me who has a lousy kick, those things make me feel all powerful, and as soon as the blisters heal on my toes I'll try it again.

We have several time trials with the Sacramento YMCA and Davis Masters.

Let me apologize for not writing sooner to show my appreciation.

P.S. In case you're interested, I have a daughter swimming for the U. of Minnesota, and 2 daughters in age group.

Sincerely,
Bea Blosky

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What a neat letter! Bea Blosky should be President. I had the pleasure of working out in the same lane as Bea's daughter Sue at the U of M practices one whole spring. What a swimmer! Obviously the product of superior genetic background.
