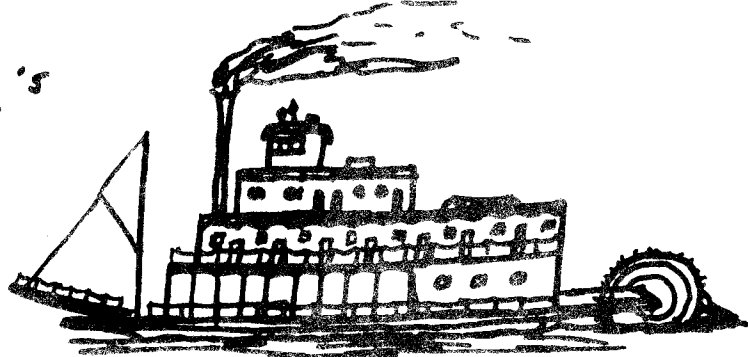


OLD STERNWHEELER'S

MASTER'S MONTHLY

OCTOBER 1976



Hi, gang, Here we are with yet another Old Sternwheeler. At this very moment, the ribbons from the last State Meet are being sorted, and will be available at the Watertown meet. What better reason to come to a meet?

In response to the question in the last Sternwheeler, Julie VanAman from the Southdale Y is willing to host a Masters Swim Clinic sometime around Thanksgiving. The date is not yet finalized, but more info will be forthcoming.

Masters Swimming is great fun, fitness, and fellowship, and one of the best ways to capitalize on this opportunity is to start a team. This is not as awesome an endeavor as it may sound at first, especially if you start "low-key". Step #1. Get one lane in a pool at a regular time, if possible, 3 one hour sessions per week. For swimmers circling together, one lane can accommodate 6-7 people. As you add more swimmers, you may need to expand to more lanes, and might even have a "foot in the door" enough to get your own pool time. YMCA's and Rec Departments, even AAU Swim Clubs all have access to pool time, so these are the people to contact. It seems a crime for a fully organized AAU Club to ignore the great potential of Masters Swimming. Bug your club for 3 hours a week. Step #2. Buy a shirt, a warm-up jacket, or something to create that team feeling and identify your group. Step #3. Do something social. Have a soda together after practice. Go out to breakfast. And so on. Step #4. Get to those meets. That's where the fun is, and it's a great feeling getting to know all the turkeys that show up.

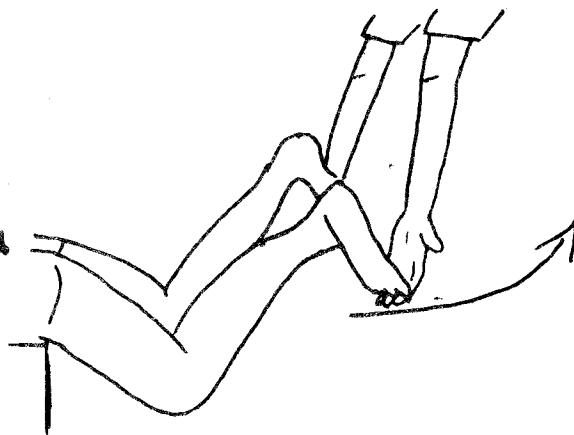
DO IT YOURSELF STROKE HINTS: Breast Stroke Whip Kick.

Actually, this is a "do it with a friend" stroke hint. Find someone who can trust with your feet, and lie on the edge of a chair or bench and do this. The "foot holder" should offer minimum resistance, making sure that the knees stay inside the feet, and the inside of the foot does the pushing.



Start here, and gently push feet back and around in a semi-circular motion.

This shows kick about $\frac{1}{2}$ completed. From here, the feet extend and come together in one motion.

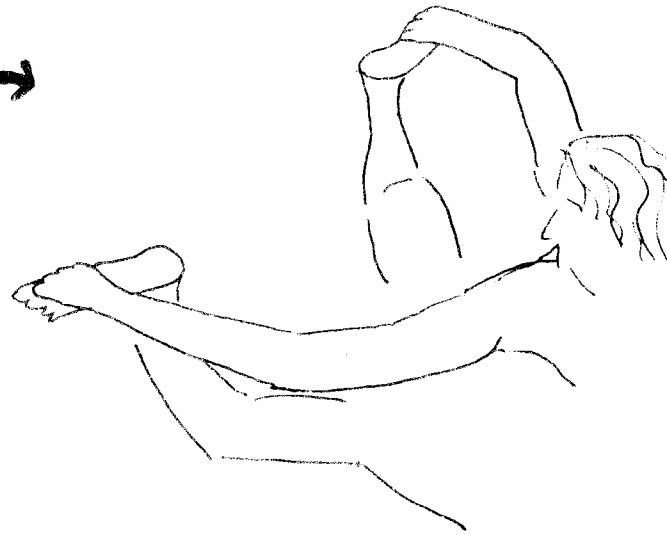


BREAST STROKE Cont'd

After the land version of the whip kick feels symmetrical and smooth, drop into the water and repeat the exercise. Then have your foot holder stand at your side, reaching across your back to catch your feet from above. Here the holder simply checks to make sure that the knees are narrower than the ankles, and the feet are both turned out. When all is set, the holder releases the feet, and lets the kicker smoothly finish the kick.

When this feels comfortable and seems powerful, then turn over and drape your arms in the gutter. Kick on your back, and watch the movement of your legs and feet. Keep your legs at the surface, but don't lift your knees out of the water. This will make you bring your heels up toward your fanny, rather than tucking your knees under your chin. After this feels good, then kick across the pool on your back, and keep watching your feet and knees. Then over onto your tum-tum, and with your hands at your sides, kick across again. The reason for keeping your hands at your sides is to touch your heels before unloading each kick.

When this gets everything set, heels close to the buttocks (or, "the Old Wazoo") before the kick begins. When all this feels smooth and easy, you're ready to grab a kickboard and wreck your knees. Along with "tennis elbow", "sailor's back," and other such maladies, there is also "breastroker's knee". So be slightly wary of too much too soon with the whip kick. Do a little each day until your knee loosens and strengthens. Have fun learning this!!!



Address Correction Please

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