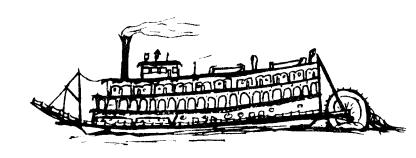
OLD STERNWHEELER'S MASTER'S MONTHLY



January 20, 1977

Hello again, water wonders. Well, the holidays are over, and it's time to start living up to those New Year's Resolutions and get in the swim. After this meet in Beautiful Downtown Burnsville, we hope to go to the St. Paul Athletic Club, Princeton, And maybe a Swim-Ski weekend in Duluth in March, and then Bill Miller has offered to host a meet in Golden Valley if we can fit it in between the boys High School season and the opening of the golf course.

Those of you who missed the State Meet, missed a good one. There was much good swimming, and a lot of fun. Note the last line on the back of this page: Awards! We are going to try giving awards at this local meet, so come join the fun.

Our plans to charter a flight to Ft. Lauderdale for the Nationals is moving ahead steadily, but deadlines are drawing near. If you would like to fly to the Nationals with us for the May 13-15 meet, drop me a line at 5 Oriole Lane, St. Paul, MN 55110, or call: 484 - 0210.

ATTENTION: The ribbons for the last two State Meets will be at Burnsville for the meet. Would the team from the Southdale Y please come pick up your awards.

Sample Workouts: Since all of you will be swimming in either the Nationals or the State Meet in May, this is the ideal time to start a training season. So in each successive issue of the "Old Sternwheeler" we will try to construct workouts that match the time of the season and your training needs. For example, early in the season we swim overdistance workouts and short intervals These workouts are written for about 3000 yds, which is slightly more than our average 2500 yd workout.

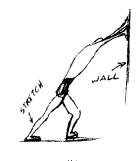
400 S	800 S	500 S	400 EZ	300 EZ	400 EZ
200 K	2 sets of	500 K	1650 time	4 x 250	2 x 300 (:30)
400 P	20 x 50 on	500 P	trial	4 x 200	10 x 100 on 1:30
6 x 200 on 3:00	:50 or :60	5 x 100 (rest :10)	400 ez	4 x 150	200 EZ
400 Restr. Br.	200 EZ	2 x 300 (rest :20)		-rest :30	400 Fartlek
400 IM (no fly)		200 cool down		be twee n	(1 hard, 1 EZ)
•	u.		6.34.34.	200 EZ	200 EZ

DO IT YOURSELF STROKE HINTS: Ankle Flexibility.

Can't Kick? Is your technique good and you still go backwards? Perhaps your ankles

are too stiff. There are two exercises to loosen up ankles. For the flutter & dolphin kicks, kneel down on your ankles and rock backwards until it begins to hurt. (#1) For breastroke, place the foot flat on the floor and lean forward on a wall, stretching the tendons and (#2) muscles along the calf. Again, limit the perstant the ankle, but don't hatch anything.





#2

MASTERS SWIMMING COMMITTEE OF THE MINNESOTA A.A.U.

MINNESOTA ASSOCIATION OPEN AAU "MASTERS" SWIM MEET

(Short Course)

MONDAY,	January	31,	1977.	7:45	PM	to	9:45	PM.
				the same of the sa				THE PERSON NAMED IN COLUMN

HOSTED BY: Masters Swimming Committee

SPONSORED BY Masters Swimming Committee

SANCTIONED BY: Minnesota Association of the AAU

Location:

Burnsville Sr. High

600 E Hwy 13

Burnsville MN

Burnsville MN

Go East (North) on MN HWY 13

I35. School is .8 mile east of

Burnsville MN

I35 on the north side of the

road. Use main entrance. Pool

is in NE corner of building.

MEET DIRECTORS: Bill Arland & Dave Beardsley

PURPOSE: For swimmers 25 years old and over. For those swimmers under 25 who are ineligible to swim in the Senior program

because they are paid as coaches.

To Provide competition for Masters swimmers and to encourage physical fitness through swimming for everyone.

HOSPITALITY: We will do all we can to make your visit and swim

enjoyable. Hope to see you on the 31st.

TIME: Registration, entries and warm-ups will begin at 7:15 PM.

The meet will begin at 7:45 PM or as soon as the entries

are completed and the first event is seeded. Please

complete your entries before warming up.

MAIL ENTRIES: Event "A" (1650 Free) will not be swum because of time. Event cards will be completed for those that mail in

their entries. Do not put relay events on individual

entry forms.

REGISTRATION: Masters competition is open to all registered athletes possessing a regular AAU or Masters AAU membership card. Registration blanks will be available at the entry table

for this meet. AAU registration is \$ 3.50. Insurance

is extra. Good until December 31, 1977.

FACILITY: Use school parking lot and do not park in the fire lanes.

Locker rooms are on the south end of the pool.

COURSE: Indoors, six lanes, 25 yards, starting blocks, backstroke

pennants, lane guides and timming by watches. Flush Deck.

AWARDS: Individual and relay events will be awarded ribbons

in each age group, first through third places.