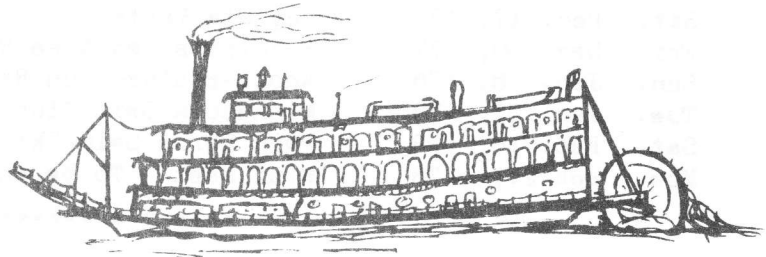


# OLD STERNWHEELER'S

## MASTER'S MONTHLY



November 27, 1977

Happy Thanksgiving, and Hello again, sea nymphs. BIG NEWS!!! Them changes! Please read this carefully, then run (don't walk) to tell your friends about the big and important changes in Minnesota Masters Swimming.

As you know, Dave Beardsley, who has been responsible for the Masters program in Minnesota for the past several years, is a major figure on the national A.A.U. scene, and a major figure on the Minnesota Age Group and Senior Swimming scene. Masters Swimming has been fortunate to have Dave's leadership. Ironically, it is that ability that other A.A.U. committees have sought to use, and now our favorite son is being courted by several mistresses.

A new committee was formed to take over Dave's responsibilities, and the torch was passed in a simple but touching ceremony at Memorial Stadium before 38,000 tearful friends of fitness. With heads bent reverently, the new executive committee stepped forward to assume the awesome responsibility. A break in his voice, Dave pledged his support to the new regime, and the crowd exploded in a standing ovation which was sustained for 48 hours.

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The new Masters Swim Committee is proposing some big changes in the meet format, most of which appear on the meet notice. Some other changes are listed here:

1. Meet results, long since missing, will make a magical reappearance following each meet in the next meet notice.
2. We are planning "Mini Meets" which will be held in the evenings when time is limited. Each mini meet will offer only five or six events, but the event schedule will change each month to offer everyone a chance to swim everything.
3. State records are now complete for both short course (25 yd pools) and long course (50m) and will be put into a computer as soon as the program is ready. These records will be printed and sent to you soon, and you can have some fun with them.
4. Three new "Order of Events" have been created and will be rotated to allow more versatility and experimentation.
5. Entry fees will be reduced to 50¢ for all events. Relays will cost 50¢ per person. The per event entry fee for the Mini Meets will be only 25¢. It is our hope to run the entire program from entry fee revenue. At 50¢ per event, we anticipate more splashes per meet, so with a little of your support, we can make it work.
6. Nothing is nicer than a little social get-togethераfter the meet, so the Committee will offer \$25.00 to the host club to defray some of the cost.
7. Ribbons will be awarded at all of the "big" monthly meets, medals will be awarded at the State Meet in May, and at the mini-meets, someone will be there to say, "Way to go!"
8. To simplify the entry procedure, we will dispense with the large white entry form, and use the event entry cards exclusively. It is important that these cards be filled out completely, for preparing the result sheets.
9. The new Committee wants to be accessible, open to suggestions and requests. Feel free to call: Sue Sherin, 426-2447; Harry Brown 636-3785; Bob Baker 777-6246, Tom Hodgson 484-0210

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Special Thanks. As you doubtless remember, our September 18 issue was a Special First Anniversary Issue. Well, the response was extraordinary. One letter poured in, but it forgot to mention the anniversary at all. June Krauser of "Swim-Master" and Paul Hutinger of "Lane Four" also forgot to write. I suspect that they are too busy, what with the holidays and all.

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Any interest out there for a Masters Swim clinic? Our last clinic, a year ago at Southdale YMCA was a huge success. Drop a line if interested. Address: 5 Oriole Lane, St. Paul 55110.

WINTER 1978 Masters Meet Schedule ( Cut out and paste to your forehead)

Sat. Dec. 17, '77	Wayzata Masters	9:00 am	Wayzata Jr. High
Fri. Dec. 30, '77	Rudolph's Red Nose Relays(Mini)	7:00 pm	Chippewa Jr. High
Sun. Jan. 8, '78	Anoka-Blaine-Coon Rapids Swim Club	Time & Location to be announced	
Tue. Jan. 31, '78	Minnesota Swim Club Mini	6:30 pm	Cooke Hall, U of M.
Sat. Feb. 18, '78	Twin Ports Swim/Ski	4:30 pm	UMD, Duluth
Mon. Feb 27, '78	Mini Meet	To be announced	

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SAMPLE WORKOUTS Workouts total between 2000 & 2500 yds.

400 Swim	500 warm - up	300 S	400 Swim
Kick 6 x 50 on 1:45	800 S- descending each	200 IM kick	200 EZ
Pull 300	200 yd segment	150 Pull	800 S even split
Pull 300-breathe	4 x 25 butterfly	150 Breathe	3 x 100 Kick neg. split
every 4th stroke	6 x 50 backstroke	every 5th stroke	100 EZ
6 x 50 descending	4 x 50 breastroke	150 Swim	4 x broken 200 --
on 1:10	4 x 100 freestyle	150 EZ Choice	100 (:30) 50 (:10) 50
6 x 50 descending	200 EZ	4 x 200 (rest :30)	
on 1:00		4 x 100 (rest :10)	
6 x 50 descending		hold even pace	
on :50			

....Or try 15 x 150 like this:

- |                         |                                |                               |
|-------------------------|--------------------------------|-------------------------------|
| 1. 150 EZ Choice        | 6. 150 IM                      | 11. 50 Ba P - 50 Ba K - 50 Ba |
| 2. 150 Kick             | 7. 50 P - 25 S - 50 K - 25 S   | 12. 50 Fl P - 50 Fl K - 50 Fl |
| 3. 150 Pull             | 8. 25's of P,K,S,P,K,S,        | 13. 50 Fr P - 50 Fr K - 50 Fr |
| 4. 150 Swim Moderate    | 9. 75 l arm fly-50 CH-25 K     | 14. 100 IM - 50 Choice        |
| 5. 50 R.B.-75 K - 25 RB | 10. 50 Br P - 50 Br. K - 50 Br | 15. 150 EZ Cool Down          |

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Although it won't make the evening news, I have a bit of information which may interest some of the Masters Swimming Community. The Northern Shores Aquatic Club Masters will be two years old by the time you read this. This may not seem like a great thing, and you are probably not surprised that Barbara Walters didn't tell you first. You've read here that Northern Shores Placed 10th in 1976 and 5th in the 1977 Long Course Masters Nationals. But you didn't read here about late 1975 when NSAC began growing with 4 or 5 swimmers. I think it is significant that 4 of the 5 are still swimming today, as regularly as ever.

Masters swimmers in Minnesota could learn from the growth of the Northern Shores team, because it has not been a mystical or magical development. It has simply been the result of dedicated people working together. Nobody likes to work out alone. Misery loves company, so why not pull together? At Northern Shores, we very strongly encourage all swimmers in the circle to swim the same workout, swimming their sets together, sharing their aches and gripes. We also encourage social events, rare is the night when someone isn't going for pizza or a beer. Then we share the excitement, anxiety, and satisfaction of the meets.

All this has contributed to the growth of the team, which numbered 96 the last time we typed up a team roster. Of the 96 members swimming with Northern Shores, only 19 had previous competitive swimming experience. Among the remaining 77, there are 30 who were non-swimmers when they joined the program.

Northern Shores is not a collection of Olympians, although their dedication and enthusiasm could rival an Olympian. Hopefully their example will inspire other small groups of Master swimmers to equal heights.

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★ ★ On the meet schedule, you will notice "Rudolph's Red Nose Relays. This will be our first Mini Meet, and will be a relay meet. We want to encourage team participation, so fire up your lane mates and put together some relays. If you must come alone, we will see that you swim on as many relays as you wish. We will swim the following relays in each age group: 200 Medley, 200 Mixed (men & women together), 200 Freestyle, 200 Backstroke Relay, and 200 Breastroke Relay. Bring your friends and come prepared for fun--its a great excuse to get out of the house and away from all those vacationing children!