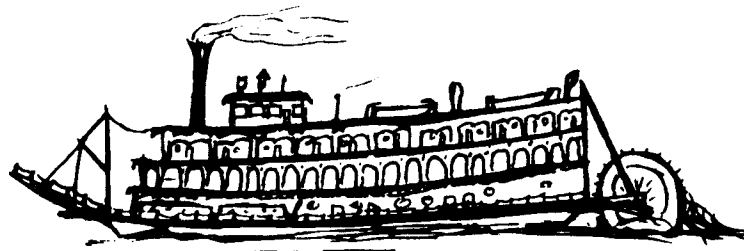


# OLD STERNWHEELER'S

## MASTER'S MONTHLY



December 19, 1977

Hello again, sea nymphs! I've just settled down with 2 bags of tangerines to reflect fondly upon the Lake Swim Club's great meet last Saturday. Despite the horrible weather, we had a great turnout, and people were swimming lots of events, thanks to the 50¢ entry fee. The New Committee has asked me to thank you for your support.

Don't forget Rudolph's Red Nose Relays on Saturday, the 30th, its your last chance to swim THIS YEAR!! The meet notice for Rudolph's relays and the ABC Open appear back to back on this mailing. One thing not mentioned on the Rudolph's Relays notice is that the 200 Back, 200 Breast and "Choice" Relays will not be club affairs. We will draw names from a hat to make up the team. That way, everyone gets a chance to swim and possibly win. The "official" 200 Free, 200 Mixed, and 200 Medley Relays will be swum by clubs, but we will also put together some pick-up relays to give everyone who wants to, a chance to swim. There will be no limit on entries, so I'm planning on swimming all six relays. At 25¢ a splash, how can you miss?

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### SAMPLE WORKOUTS:

300 S	500 EZ	400 S	16 x Easy 50 on 1:00
250 P	8 x 50 K (rest :20)	400 Super RB	6 x 50 Kick on 1:20
200 K	10 x 50 P RB <sup>5</sup> (:30)	200 EZ	8 x 50 Pull on 1:00
30 x 25 on :40	150 worst stroke	5 x broken 200 -	10 x 50 Alt. RB & EZ
1-10, RB <sup>4</sup>	150 1 arm fly	100(:30)50(:10)50	on 1:10
11-20, non-crawl	150 1 arm back	100 EZ	100 EZ
21-30, descend.	150 breast pull		
5 x 100 IM on 2:15	100 EZ		

500 S	Backward 100 IM	500 S	300 S
500 S, descend each 100	Forward 200 IM	4 x 100 K	10 x 75 specialty
400 S, hold each 100	20 x 25 (:20) IM order	3 x 100 P	100 K
300 S, slightly ascend each 100	4 x 75 K (:30)	1000 S--odd #	10 x 50 choice
200 S, negative split	200 Breast for time	50's, RB, even	100 K
300 S, perfect stroke	200 Back, faster than Br.	# 50's, moderate	10 x 25 alt. fly, EZ
	200 Free, faster than Ba.	100 EZ	100 EZ K
	4 x 100 IM w/1 arm fly		

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DO IT YOURSELF STROKE HINTS: Things to think about the next time you swim freestyle.

This is not meant to include all the things that could possibly go wrong with your freestyle, although I've probably done them all. Just some thoughts which will help drill some of the most common mistakes that swimmers make.

1. Body position. The body should remain straight like a torpedo. This will allow the body to roll and allow greater leverage in the pull without bending at the hips, creating lots of drag.
2. Arm recovery. Try to recover the hand straight forward with the elbow up. Imagine you're swimming in a culvert. This will help to minimize hip sway while flowing very naturally into your rolling motion.
3. Hand placement. Slide the hand into the water cleanly. Don't crash the arm down. If you visualize all the possible ways your stroke can decay through negative action-reaction (any movement which does not move you directly forward) you can see how wild swinging recovery motion will move you everywhere but down the pool. So put the hand in the water palm down, fingertips first, and press down gently to keep the hand from riding up (see the Oct 24'77 Sternwheeler)
4. Breathing. Don't turn the head to breathe until your opposite hand is "anchored" and ready to press down. When you do turn the head, turn with the body roll, smoothly, and look into your armpit. disgusting, but effective.

Those of you who attended the meet in Wayzata hosted by the Lake Swim Club were doubtless baffled by "Schedule A": the new order of events. Well, sea nymphs, it doesn't stop there. At ABC Open, we're going to swim "Schedule C", and there are a grand total of 4 event orders for open meets and 5 orders for the Mini-Meets. For your reference, We will list them here:

<u>Schedule A</u>	<u>Schedule B</u>	<u>Schedule C</u>	<u>Schedule D</u>
1. 200 Back	1. 200 Breast	1. 50 Fly	1. 50 Breast
2. 50 Breast	2. 100 Free	2. 500 Free	2. 400 IM
3. 100 Free	3. 100 IM	3. 100 Breast	3. 100 Free
4. 200 IM	4. 200 Fly	4. 50 Back	4. 200 Back
5. 50 Fly	5. 50 Back	5. 400 IM	5. 50 Fly
6. 200 Mixed Rel.	6. 200 Mixed Rel.	6. 200 Fly	6. 100 Breast
7. 200 Free	7. 200 Free	7. 200 Med. Rel.	7. 50 Back
8. 200 Fly	8. 400 IM	8. 100 Free	8. 200 Free
9. 100 IM	9. 50 Breast	9. 200 Breast	9. 200 IM
10. 50 Back	10. 100 Back	10. 200 Back	10. 200 Medley Rel.
11. 500 Free	11. 50 Fly	11. 100 IM	11. 200 Fly
12. 200 Breast	12. 500 Free	12. 200 Free	12. 100 Back
13. 200 Med. Rel.	13. 200 Medley Rel.	13. 100 Fly	13. 50 Free
14. 50 Free	14. 200 IM	14. 200 Mixed Rel.	14. 200 Breast
15. 100 Fly	15. 100 Fly	15. 50 Breast	15. 500 Free
16. 400 IM	16. 50 Free	16. 100 Back	16. 100 Fly
17. 100 Back	17. 200 Back	17. 50 Free	17. 100 IM
18. 100 Breast	18. 100 Breast	18. 200 IM	18. 200 Free Rel.
19. 200 Free Rel.	19. 200 Free Rel.	19. 200 Free Rel.	19. 200 Mixed Rel.
20. 1650 Free	20. 1650 Free	20. 1650 Free	20. 1650 Free

**Mini-Meet Schedules:**

Mini-Schedule A

1. 50 Free
2. 50 Breast
3. 100 IM
4. 50 Fly
5. 50 Back

Mini-Schedule B

1. 200 IM
2. 100 Back
3. 50 Free
4. 100 Breast
5. 100 Fly
6. 100 Free

Mini-Schedule C

1. 200 Breast
2. 50 Free
3. 500 Free/400 IM
4. 50 Fly
5. 200 Back

Mini-Schedule D

1. 1650 Free
2. 50 Any Stroke

Mini-Schedule E

1. 200 Medley Relay
2. 200 Back Relay
3. 200 Mixed Relay
4. 200 Breast Relay
5. 200 Free Relay
6. 200 "Host Club's Choice" Relay

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We still need meets to fill out the meet schedule before a May State Championships. If your pool is available for a Saturday or Sunday for an open meet, or any evening for a Mini, give us a call or see us at Rudolph's or ABC. We would like to stay away from renting pools for our meets, to keep costs down, so try making arrangements through your local swim club.

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As the Holiday Season descends upon us like the heavy arms in a 500 free, we should pause to reflect upon our opportunities as Masters Swimmers. You have read here and elsewhere about the various miracles wrought by physical fitness: remarkable recoveries, great weight losses, tremendous improvements, etc. The best way I can think of to express your thanks and reaffirm your commitment is to get into the swim in 1978--in a big way. Supporting the Masters program can only support your own health and fitness. Masters is Great in '78!

*The very best to you and yours, this Holiday Season -* 