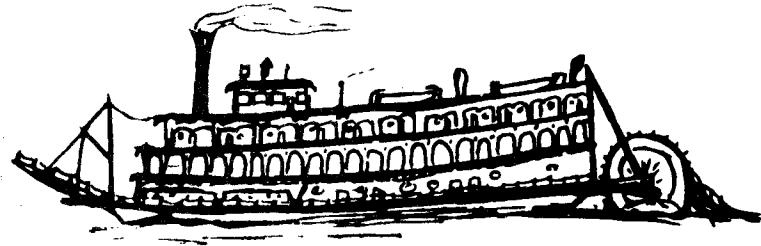


OLD STERNWHEELER'S

Masters Monthly



Volume III, Number 9

UNMATCHED PROPAGANDA

October 12, 1978

Hello again, sea nymphs! With all the excitement of a week-old brown puppy on a week-old white carpet, here goes another procrastinator's special. Last month, I vowed to get a head start on my writing. Yet here it is, a Tuesday, and this is going to the printer tomorrow morning. How will he do it, folks? Will it make any sense? Step to the front and place your bets.

Hope you Scandinavians had a nice Columbus Day, I'm gearing up for Halloween, myself. We are sponsoring the First Annual Halloween is Just Around the Corner Contest: You wear your skin suit and goggles down to Mears Park or Butler Square. First prize goes to the first person arrested, second prize goes to the first person propositioned. Third prize goes to the first case of frostbited fanny.

All seriousness aside, friends of fitness, we have a Fall Schedule. (Brief fanfare). you have the notices for the Minnesota Swim Club Relay Mini, and the ABC Open. We also have planned our annual December meet out west with the Lake Swim Club.

Jot these dates down in your little black book(s):

Tuesday	Oct 24	6:00	Minnesota Swim Club Relay Mini	Cooke Hall Pool, U of M, MPLS
Saturday	Nov 4	11:30	ABC Swim Club Masters Open	Northdale Jr. High, Anoka
Saturday	Dec 9	11:30	Lake Swim Club Open	Ridgemount Jr. High, Plymouth

Just a note on the MSC Relays: Although relays are a club event, we are encouraging all unattached swimmers to come and join one another to form your own relays. We want everyone to have a chance to swim, because relays are great fun! The unofficial relays won't count for State Records, but they are eligible for all the fun, fitness and friendship that our program has to offer. Let's fire up those teams, welcome all the unattached, and have a ball!

The one year term of office for the Executive Committee will expire on the eve of the New Year. Filling their smelly shoes will be a new Committee of Six. Anyone wishing to serve on the New Committee should be at the ABC Meet or drop Sue Sherin a note sometime before. (Sue's address appears later in this issue, on the subscription renewal form) *(NO, IT DOESN'T)*

To fill the New Committee, we already have tentative committee commitments from 4 Masters teams to supply one warm body for sacrifice if we don't complete the group with volunteers. After the meet (or perhaps during the 1650) on the 4th, we will finalize the New ~~Suckers~~ Committee, then after the Lake Swim Club Open in December, we will gather together, hoist a warm toast and tearfully pass the torch to the entering administration. If you have questions about the duties of the Committee, how much time it involves (little) or how much work (less), call Sue Sherin at 426-2447 (she works days) or me at 484-0210 (I'm never home).

Do you sing to yourself when you swim? I do, it helps me stay smooth and keeps my feeble mind off of how much my equally feeble body hurts. Here are some song titles for Masters Swimmers: "Hurts so Bad", or "Life in the Fast Lane". For the 6:00 AM gang at Lake Swim Club, "Here Comes the Sun", and the brand new group at the Midway YMCA, with their 20 yard pool: "Turn, Turn, Turn". And, of course, for the IM swimmer, "Different Strokes for Different Folks" and so on, and so on, and scobie doobie doobie...

I really haven't been myself lately, and several people have said that they notice the improvement.

As promised in the last issue, here is the information on the Minnesota Swim Coaches' Clinic, to be held Friday, Oct. 20 and Saturday, Oct. 21, at Hamline University in St. Paul. We stand corrected, as the dinner featuring Dr. Bob "Rapid Robert" Serfass is Friday Night, and a preregistration is required. The information flyer is very sketchy, and it is unclear whether or not you can attend the dinner (\$5.50) without paying the entire clinic fee of an additional \$10.00. I have a call in at this moment to find out.



I'M OFF TO THE PRINTER, AND STILL NO WORD... YOU'LL HAVE TO CALL MARTY KNIGHT, OR M. LAMBERT.
Send your preregistration to Maggie Lambert, Winona Sr. High, 901 Gilmore Ave. Winona, MN 55987. The program for the rest of the Clinic is chronicled thus:

Friday Oct 20

8:30-9:00 Coffee and Registration
9:00-11:00 Coaches Assn Business Meeting
11:00-12:00 Don Palm on Motivation
12:00-1:00 Lunch on your own
1:00 - 2:15 Tom Pryor on Hypoxic Training
2:30-3:45 Jean Freeman on Flexibility
4:00-4:45 Speedo Stroke Film, Marty Knight
5:30-7:30 Dinner, with Bob Serfass on Cardiac Fitness

Saturday, Oct. 21

8:30-9:00 Coffee and Registration
9:00-9:45 Physiological implications for (Jack Competitive Swim Coaches. (Alexander
10:00-11:30 Glen Henry-Stroke drills
11:30-12:30 Lee Albrecht - Taper
Lunch
1:30-2:30 Jack Bachman- Work organization for well rounded swimmers
2:30-3:30 Marty Knight- current trends in competitive swimming.
3:30 Water Polo film by Speedo

If you can make the entire clinic, I would recommend it, there is a lot of information here, most of it applicable to high level competitive swimming. But for Masters, the talk by Jean Freeman on Flexibility, the stroke film, Jack Alexander's physiology, and Marty Knight's current trends should be interesting and valuable. Bob Serfass' dinner talk on cardiac fitness should touch on lifestyle and longevity, and the physiology behind those topics.

Maggie Lambert asks that your dinner preregistration be received by October 15, which is just about when you are reading this, so don't hesitate.

LITTLE VICTORIES

- Lake Swim Club added 3 new members just last week, and have moved their practice time from 5:30 to 6:00 AM. Coach Janet Wallace reports that they are trying to learn the Breast Stroke, but not to write about it, because they won't want to be reminded of it. Well, so much for responsible journalism.
- Marilyn Lentz, Northern Shores Minister of the Exchequer, has perfected a backstroke flip turn! Marilyn has a son and a daughter swimming at Iowa State, and a son at Mounds View H.S., and she has better strokes than any of them.
- Minnesota Swim Club has a new full time coach, reports advisor Judy Myers. Former U of M Captain Gail Griffin is now the Monster on the Deck. MSC has 45 persons signed up for the Fall Quarter. "Watch out for the Minnesota Swim Club at the Relay Meet," says Judy.
- Newest member of the Northern Shores Masters is Super Starter Ed Tahti. Ed has 4 swimmers in the NSAC Family, is an A.A.U. official, and publishes the "Swimmer's Ear", the NSAC newsletter, the best swim club newsletter I've ever seen. The other member of the "Finnish Connection", Ray Hakomaki, reports that in Finnish, "tahti" means "Old, sour cabbage". In Ed's first-ever workout, he swam 800 yards with a trudgeon crawl that was all the rage in 1902.
- Midway YMCA has formed a Masters team, and hired Debbie Hoff as a full-time coach. I had the pleasure of swimming with their second practice, and met some of their nice members. All seem to be good swimmers, and were getting used to circles, intervals, and basic freestyle. Good Luck to this fledgling team from a pool with a rich swimming heritage.
- A first (I think) was achieved at the Northern Shores Open, when the NSAC 25 & Over Mixed Relay team of Ruth Hodgson (61) went 2:26.6... Karen Butts (30)
Jaxon Hodgson (31) We are waiting for the Steve Butts (33)
Laurie Hodgson (25) entry of another NSAC Cadie Butts (15 months)
Tom Hodgson (28) Mixed Relay in the 25 Kelsey Butts (15 months)
& under Age Group of:

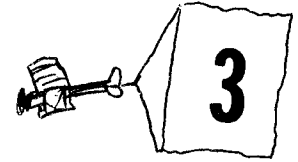
When I finally get to Easy Street, it will probably be a Snow Emergency Route...

Hey, "Splash", wanna go freestyle a few fast furlongs?

YOU NEVER HAD IT SO GOOD DEPT.

Just saw a meet notice for the "York Dutch" Masters Swim Meet, sponsored by "The Aquatic Club of the York YMCA, York PA. No limit on events entered, 2 day meet, supply your own 3 x 5 cards for each event. The cost? Well, since you've asked...

\$2.00 per event, 3 events per day (you could swim more)	\$12.00
\$1.00 admission for your spouse (each day)	2.00
50¢ parking (25¢ each day)	.50
25¢ program	.25
50¢ entry fee for unofficial "walking event"	.50
Total for Meet	<u>\$15.25</u>



They award cups for 1st, and ribbons for 2nd thru 6th. All entries were due one week in advance, and no deck entries were accepted. I'll try to find out about other states, surely my spies in Illinois will write me about their program, so we can learn about Masters swimming around the country.

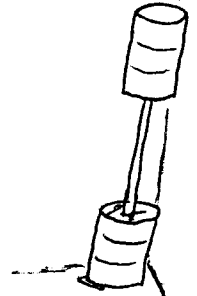
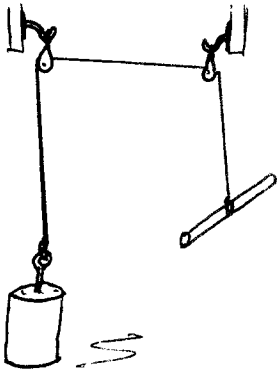
Attention St. Paul and points East. Tozer Pool in the Stillwater Jr. High has a lap swim. more information can be gotten from the School District 834 Recreation Department, and they are listed in the phone book.

DO IT YOURSELF STROKE HINTS This month, Strength and Flexibility

It makes logical sense that if you are stronger, you can pull harder through the water, and can pull gently for a longer time. Increasing strength just has to make you a better swimmer. The development of strength in Masters Age Group Swimmers has not been carefully studied, but my doctor friends tell me that it shouldn't differ greatly from athletes popularly considered to be in their "prime". The last word in strength acquisition is the "big expensive specialized apparatus" which cost thousands of dollars, and don't fit neatly in your old fallout shelter. For what we old war horses need, specialized equipment is little enough better than simple homemade weights and inexpensive stretch cords do just fine. Make a barbell with a 4 foot length of broomstick handle, 2 coffee cans, and a little concrete. If your whole team wants to make a set, one small sack will do just fine. For lighter weights, use less concrete. Pour concrete into one upright can, holding the stick into position. When the first can hardens, repeat, leaning the barbell into a corner while it sets.

This one barbell is sufficient for all your free bar work. If you want, sink a bolted eye into another can of concrete, for use as a weight for an overhead pulley.

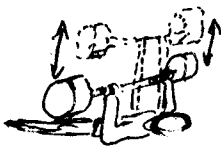
Solidly anchor a hook into the beams overhead in your basement or wherever you want to exercise. (two hooks, facing each other about 2 feet apart, would be even better) Hang pulleys from each hook, and thread a rope from the cement bucket with the one eye (sounds like a Japanese horror film) through the pulleys to a bar (maybe the last foot of that broomstick). So now you have pulley weights, and a free bar. Add some surgical tubing, a ten foot length, and you have a complete amateur weight room.



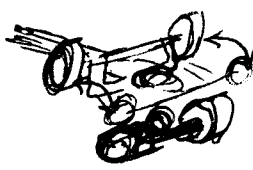
So here are the exercises which will add strength or endurance, depending upon the weight and amount of repetition. It might be a good idea to make two sets of barbells, one heavy, and one light.

Heavy weight with low repetition develops power, while light weight and lots of repetition will increase your endurance. If you swim every day, that will take care of your endurance training better than weights, so you needn't concern yourself with high rep training.

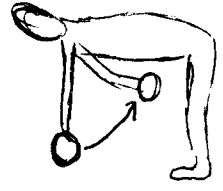
Use the heavy barbell (which you can lift only a dozen times at one sitting) and use that for your strength building work. There are four basic upper body exercises you should do with the free bar: rowing, a forearm rotator, a bench press, and lift from behind the head (probably has some fancy name, but I don't know it). Two exercises with the wall pulley weight are forward lat pulls, and lat pulls to behind the neck. Drawings of these exercises appear on the next page.



Bench Press



Forearm Rotator



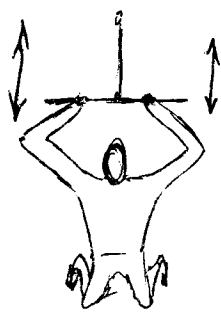
Rowing



Behind the head lift



Forward Lat Pulls



Back Lat Pulls

DRAWINGS COURTESY OF THE SCHOOL FOR THE MANUALLY IMPAIRED...

For strength work, find out what your maximum number of repetitions is with each exercise. Then decrease that by 20% and do a set of those. For example; If you poop out after 10 bench presses, always start your set at 8. Your second set is 20 % less again (6, in this example), then finish the exercise with a set to the max at maximum speed (go fast til you drop) Sound like fun? You will constantly have to reset your maximums, for as you get stronger, your "end of the set" maximum could be greater than your rested maximum (USED TO BE)

I would recommend working the weights every other day. Use the off day to do some stretching of the shoulders, back, legs and ankles.

If you use stretch cords or surgical tubes, refer to the July 4, 1978 (misdated as 1977) or November 1976 issues of the Old Sternwheeler for a complete article on tubes.

SAMPLE WORKOUTS Spagetti and Meatballs

These workouts are a fun change of pace from the straight set routine. Rest only enough to read and remember the next item. To decipher the code, send two box tops to "Decoder Ring..."

20 x 50		20 x 100		20 x 150	
1. EZ Ch		1. 100 EZ S Ch		1. 150 EZ Ch	
2. EZ K		2. 50 K, 25 P, 25 S		2. 100 K, 50 S Mod	
3. EZ P		3. 75 Mod, 25 P RB-8		3. 100 P, 50 S Mod	
4. EZ Ch		4. 100 IM Rev. Order		4. 75 Ba, 3 x 25 kick (:15) Ba	
5. Free w/ Paddles		5. 25 Ba, 50 Br, 25 Ba		5. 150 IM	
6. RB-3		6. 50 EZ, 25 K Fast, 25 EZ		6. 50 EZ, 25 Fast, repeat	
7. 1 Arm Ba		7. 100 Spec. P, Fast		7. 50 Ba, 50 Fr, 50 Br	
8. Br. P		8. 75 Ba P, 25 Scooter		8. 25 EZ, 100 Strong, 25 EZ	
9. Fr. K on side		9. 50 EZ, 50 Mod		9. 150 Scooter, alt. arms @ 25	
10. 25 P, 25 Ch		10. 25 Fl K, 25 Fl, 50 DOB		10. 75 DOB, 75 BPFK	
11. Scooter K		11. 4 x Accel 25, open turns		11. 50 Br P, 75 K, 25 S Fly	
12. 25 K, 25 DOB		12. 25 S Fast, 75 Fr Mod		12. 75 RB-5, 25 EZ K, 50 RB-7	
13. 25 RB-4, 25 EZ Ba P		13. 50 Ba P, 25 RB-3, 25 EZ K		13. 150 Super EZ	
14. Ba K		14. 50 (rest :10), 50 Sprint		14. 100 IM, 25 P, 25 S	
15. Free		15. 100 IM, no fly		15. 50 Mod Ch, 75 Mod Ba, 25 Fly	
16. 25 EZ Ch, 25 K Fast		16. 25 K, 25 S, 25 P, 25 S		16. 3 x 50 (:20)	
17. 50 Ba w/ Paddles		17. 25 S, 25 K, 25 S, 25 P		17. 6 x 25 (:07)	
18. 50 Br. K		18. 50 Accel S, 50 Decell K		18. 75 K, 75 P Mod Fr Rb-3	
19. Fr. w/ Paddles, RB-3		19. 25 K Mod, 50 EZ S, 25 K		19. 25 EZ Ch, 100 IM, 25 K	
20. EZ Cool Down Ch.		20. 100 EZ Cool Down, Ch.		20. 150 EZ Ch Cool Down	

Encourage your friends to subscribe to the Old Sternwheeler: 5 Oriole Lane, St. Paul MN 55110 They may never forgive you, but at least you won't be suffering alone.