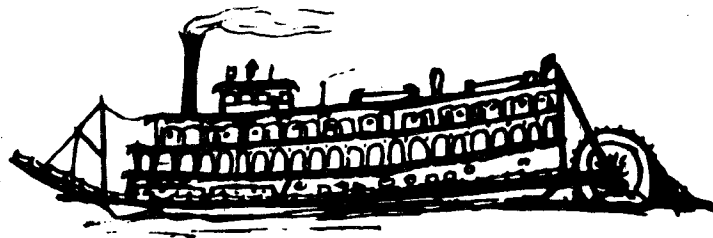


OLD STERNWHEELER'S Masters Monthly



Volume V, Number 1

UNMATCHED PROPAGANDA

January 9, 1980

SPECIAL HAPPY NEW YEAR'S ISSUE

Hello again, sea nymphs! We have again mounted sufficient steam to spin our paddlewheel and voyage forth. Thanks to a huge effort by Marsha Soucheray and her newly aquired telephone-shaped ear, we have a meet schedule through May! So pull off your snowsuits, crawl into your Snug-Sack, wrap the Old Sternwheeler around your eyeballs and here we go, kicking and screaming into the 1980's.

1980 MEET SCHEDULE

Sat, Jan. 19	NEW HOPE-CRYSTAL	Sched. Open C	10:30 Warm-up,	11:00 A.M. Start
Thu, Feb. 7	NORTHERN SHORES	Sched. Mini B	6:00 Warm-up,	7:00 P.M. Start
Fri, Feb. 29*	MINN. SWIM CLUB	Sched. Mini A	6:30 Warm-up,	6:45 P.M. Start
Sun, Mar. 16*	STATE MEET (U of M)	Sched. Open A	9:00 Warm-up,	10:00 A.M. Start
Thu, Apr. 3	NORTHERN SHORES	Sched. Mini C	6:00 Warm-up,	7:00 P.M. Start
Fri, Apr. 25*	ST. THOMAS COLLEGE	Sched. Mini B	6:30 Warm-up,	7:00 P.M. Start

*Date and time probable, but not confirmed at this writing.

SPECIAL MEETING After the New Hope-Crystal meet, there will be a short meeting of all persons interested in Masters swimming in Minnesota. We hope to gather both ideas and volunteers to keep the Minnesota Masters organization going as strong as it has in the past. If you have any ideas for the future of Masters Swimming here, or would like to help, please make every effort to attend. If you can't make the meeting, give Marsha Soucheray a call at 484-6059, or ring Sue Sherin at 426-2447.

SAMPLE WORKOUTS

200 EZ Swim	800 Swim, non stop	300 EZ Warm-up	400 EZ Choice
300 EZ Kick	200 I.M. Kick	200 Kick	400 for time
400 Moderate Pull	24 x 25 I.M. order (rest :20)	3 x 100 Pull	9 x 50 (rest :30), sum of 50's should be faster than 400 time
8 x 100 on 2:15	100 Swim, back	200 Restricted breathing	200 EZ
100 Kick	100 Swim, breast	20 x 50 on 1:00	200 for time
4 x 25 Fly (:45)	100 EZ Choice	100 EZ Choice	9 x 25 (:20) faster than 200 time
200 EZ Choice			
350 Swim	500 Swim	300 Swim	200 Swim
2 x 150 Kick	500 Pull	300 Kick/Pull	200 Backstroke
4 x 75 Pull	5 x 100 Kick	100 Swim	200 Breast
250 Swim	8 x 25 (:30)	8 x 150, Swim, kick the middle 50	200 alt. 1-arm fly & free
8 x 75 on 1:30-2:00 descend the last 5	100 Kick	100 EZ Choice	4 x 125 on 2:30
200 EZ Choice	4 x 25 (:10)		3 x 100 on 2:00
	100 EZ Kick		2 x 75 on 1:30
	4 x 25 (:05)		2 x 50 on 1:00
	100 EZ Choice		4 x 25 on :30
			100 EZ Choice

LITTLE VICTORIES

- *John (Booga) Bergman* ran in his first Marathon, the City of Lakes. "Swimmers look rotten when they're running," says a swimmer who watched the marathon, and understandably, wishes to remain anonymous.
- Also running in the City of Lakes was *Larry Boies*, who had a P.R. of 3:09:02. which also qualified him for the prestigious Boston Marathon. This winter, Larry has also taken a giddy foray into speed skating. Please don't ask us why.
- One of my spies from Lake Swim Club Masters reports pool problems over the holiday season. Evidently there is a broken part from the pump which is made only during the growing season in Tierra Del Fuego. Perhaps they should install shuffleboard courts, says my reporter.
- Speaking of pool horror stories, the water temp at Chippewa was *104 degrees F.* on December 27th. The area's largest hot tub. And I couldn't convince anyone to go skinny dipping. I bet *Bambino Kleffman* would have jumped in....
- Northern Shores is playing swim club to a great number of guests through the years, the most recent of which is *Dick Donnelly*. Dick led Lane 4, worked through a thoroughly confusing stroke lesson, and shared grins with the other acorns in Lanes 3 & 5.
- Understand that the New Hope - Crystal bunch is becoming social/decadent (pick one). Now and then after practice, they have been seen replacing vital body fluids at some of the local spots.
- *Jim Andersen* has been working out diligently at the St. Thomas College pool before heading off to work in the St. Thomas Post Office. Now what was that Zip Code again?
- *Pat Schultz* of the Northeast YMCA (home of Baracudda's *Bob Henderson* and *Ed O'Mara*) reports fresh new activity out in White Bear Lake. They will be hosting a meet in the near future!

1980 SHORT COURSE NATIONALS

The 1980 Short Course Masters Nationals will be held in Ft. Lauderdale, Florida, at the Hall of Fame Pool. The meet will be held May 16-18, and the meet entry information is available from June Krauser 2308 NE 19th Ave., Ft. Lauderdale FL, 33305. When you send for your info, why don't you enclose \$6.00 for a year's subscription to the *SWIM-MASTER*. Tell her that the Old Sternwheeler sent you.

GUESS THIS CUTIE Contest

Guess the name of this well-known Cutie in Minnesota Masters Swimming. The answer will appear in the next issue of the Old Sternwheeler.

HINT: It is not the Old Sternwheeler, of any of his children.

- *Did you hear about the fish who went to Medical School? He wanted to become a Plastic Surgeon.
- *What do you get when you cross a Galaxy with a Toad? Star Warts.
- *Want more? I'll bet you're waiting with bacon breath.

YOU'RE PROBABLY ASKING YOURSELF....

What's this old issue of the Old Sternwheeler doing in this January mailing? Good Question. We made a slight mistake in the preparation of our mailing return address, and it didn't conform to the Post Office regulations regarding Bulk Mailing. So the Wayzata Post Office, which in the past has been very good to us, refused to accept our last mailing. So we are sending it to you now. If you're like me, you keep these in a book, treasured forever.

RECORDS

Some thoughts on records. First, if you have been watching TV sports this past summer and fall as I have, you may have also been impressed by the recent love affair that TV announcers seem to have with records: "Its an American League Record for left handed Cuban Shortstops batting right-handed under the lights in May against second division visiting teams." At least our swimming records are meaningful. Second: We will be updating the State Records sometime before the State Meet, and hop to have them printed and in your hot little hands real soon.