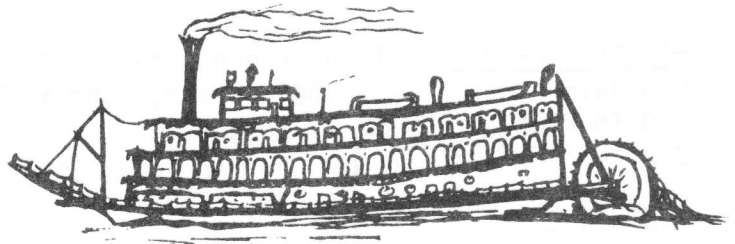


OLD STERNWHEELER'S Masters Monthly



Volume V, Number 2

UNMATCHED PROPAGANDA

February 18, 1980

Hello again, Sea Nymphs! Are you gearing up for the State Meet? I have greased down my rubber ducky and have already begun carbohydrate loading for the big event! You'll want to hit the Mini-Meet at the U of M on the 28th to get used to the pool.

So now is the time to utilize all that inspiration provided by the Winter Olympics: get your suit on and ski down to the pool!

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SPRING 1980 MEET SCHEDULE

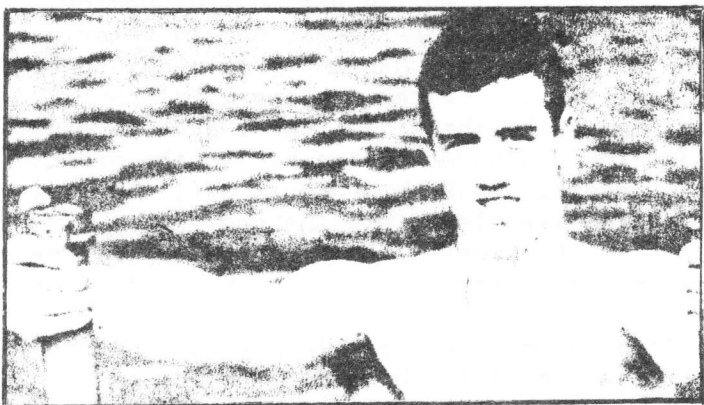
| | | | | |
|---------------|------------------------|---------------|---------------|------------------|
| Thurs. Feb 28 | Minnesota Swim Club | Sched. Mini A | 6:30 Warm-up, | 6:50 Start P.M. |
| Sun. Mar 23 | State Meet (at U of M) | Sched. Open A | 9:00 Warm-up, | 10:00 Start A.M. |
| Thurs. Apr. 3 | Northern Shores Mini | Sched. Mini C | 6:00 Warm-up, | 7:00 Start P.M. |
| Fri. Apr. 25 | St. Thomas College | Sched. Mini B | 6:30 Warm-up, | 7:00 Start P.M. |

** As always, if your club would like to host a Masters Meet, call Marsha Souchonay at (812)-6059 for details.

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Fritz Schulze and Lou Errede of Lane 2 at Northern Shores have both decided to boycott kicking in workouts until the Soviets pull their troops out of Afghanistan.

GUESS THIS CUTIE CONTEST, Part II



Response to the "Guess this Cutie" contest (Part I) was so great. (there were no entries...) So I am going to continue the contest until someone enters, and then I'll let you off the hook.

This month's hint:

It is not the Old Sternwheeler or any of his children.

At breakfast after morning practice on the occasion of Sue Sherin's 40th birthday: talking about how & what we would be swimming at age 120--

Me: 50's on the 5:00

Sue: 50's if we're lucky.

WISCONSIN STATE MEET

The dates for the Wisconsin State Championships are April 12 & 13, 1980, in Kenosha, WI. All distances and strokes will be offered, and this has always been a very well run, friendly meet thanks to John Bauman. Advance registration is necessary, so write for entry information to John Bauman, 9717 Saratoga Drive, Caledonia, WI 53108.

There are medals for 1st - 3rd in all individual events. The meet starts at 9:30 both Saturday and Sunday. This is always a fast meet, with many top swimmers from Illinois joining the best from Wisconsin. Make those plans now!

Just like Old Home Week. At the ATAW Minnesota State Meet (for College Women) the coaching ranks looked just like our Masters Mailing List. There was Marty Knight (Hamline, 1st place team), Dave Luedtke (St. Catherine's, 4th Place team), and Barb Ainsworth (6th Place team). We shoulda had a relay!

SAMPLE WORKOUTS

If these don't add up to 2000 yards, don't blame me.

| | | | |
|---------------------------------|----------------------------------|-------------------------------------|-------------------------|
| 400 Swim | 800 Choice, long & EZ | 500 EZ | 450 Swim |
| 200 IM Kick | 2 sets of: 4 x 100 (rest :10) | 500 Moderate | 10 x 25 Kick (rest :30) |
| 2 x 100 IM Pull | | rest 10:00, and do some EZ kick. | 10 x 25 Pull (rest :30) |
| 16 x 25 on :40, IM Order | 100 EZ | 500 for Time | 10 x 25 Swim (rest :10) |
| 200 Free, restrict breathing | 4 x 50 on 2:00 (fast) | 200 EZ | 4 x 75 on 2:00 |
| 200 EZ | 100 EZ | 2 sets of: | 4 x 50 on 1:30 |
| 200 Fast | | 4 x 25 on 1:00 | 4 x 25 on :50 |
| 200 EZ | | 100 EZ | 200 EZ Cool Down |

SAMPLE WORKOUTS FOR BOMBERS

Now the Bomb Squad can have their own workouts: about 1200 yds.

| | | | |
|--------------------------------|--------------------------------|----------------|-----------------------|
| 200 Swim | 500 yds, on your own | 100 Swim | 150 Swim |
| 100 Pull | 6 sets of: 25 Kick, 50 Swim | 100 Kick | 100 Kick |
| 100 Kick | | 100 Pull | 50 Pull |
| 3 x 50, using stroke drills | 75 Swim } rest :30 | 6 x 25 on 1:10 | 50 EZ Kick |
| | 50 Swim } | 50 Kick | 100 Swim, non-stop |
| 3 x 50 Freestyle | 25 Swim } | 6 x 25 on 1:00 | 4 x 50 on 2:00 |
| 3 x 50 Backstroke | 100 EZ Choice | 50 Kick | 400 yds, On the House |
| 10 x 25 on 1:00 | | 6 x 25 on :50 | 2 x 25 Fast |
| 100 Choice, EZ | | 50 EZ Swim | 100 EZ Swim |

CHUMS IN THE TANK Chapter I

The practice was nearly over. Buck Bhoard, the team captain, churned through his sprint laps like a piston steam engine with a disconnected governor. Arms pumping like the rocker arm assembly on a '57 Chevy V-8, Buck sped like a copper-jacketed .38 calibre bullet over the tiles on the pool bottom, straining for the finish wall and the verdict from his coach's stopwatch. Utilizing the last liter of oxygen in his youthful lungs, Buck lunged for the wall, driving his arm to the tiles like a 12th Century Viking battering ram.

Lifting his head of blond, tousled hair, Buck cocked an attentive ear to the booming, yet warm and reassuring voice of his mentor, Coach Heese. Mr. Hedge Heese, an old veteran of the tank wars, leaned over the edge of the pool and warmly boomed, "3/4 and 1/4 seconds, Buck, one of your best sprint clockings, and almost as fast as Bill Jawater in Lane 4."

Buck's face flushed a second shade of crimson, caused by the dialation of subcutaneous blood vessels in response to adrenal flow. Bill Jawater had never beaten him in the sprints before, and something was fishy in the Republic of Denmark. Buck shrugged it off, throwing a dry towel across his broad shoulders as he coaxed his tired legs into the showers.

"So Jawater is suddenly so fast, and Coach is none the wiser," Buck ruminated internally, "I'll expose that poltroon before he creates an irreparable schizm in the Central High Junior Varsity Swim Team."

In the steamy sanctuary of the shower baths, Jawater was the first to speak. "So Bhoard isn't King of the Pool any more," he hissed, "are the workouts too hard for you, or is the night life catching up with you?" Buck dialated a few more subcutaneous facial blood vessels, bristling to the chivalrous defense of his sweetheart, Merrilee Downthestream. Just the hint of dishonor brought clenches to his fists and a narrowing of his eyes.

"Those are fighting words, Bill!" shouted Buck, his face a veritable torrent of subcutaneous blood flow. His heart was fairly leaping from his heaving chest, which, now nearing mid-adolescence was covered with fine, blond peachfuzz.

"Fine with me!" rattled Bill Jawater, "I'll let my mitts do my talking for me." Just as the boys began stalking each other in the shower, Coach Heese stepped to the door and boomed, warmly, "All right, everybody out, and line up for Fungus Inspection."

Next Month: Showdown at Practice

Special Hello to Diane Brummel in St. Louis, Mommy and Daddy, the College of St. Thomas Women's swimming team, Erma Quickturn, and Jeanette Eppley from Chi-town.