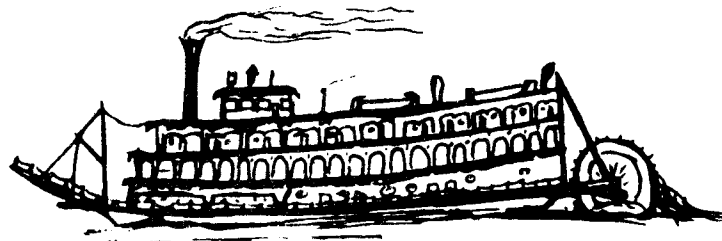


OLD STERNWHEELER'S

Masters Monthly



Volume V, Number 4

UNMATCHED PROPAGANDA

April 4, 1980

Hello again, sea nymphs! How are your collective wazoo's? Wasn't that some State Meet? When we punched the results into the computer, there were more big green flashes of "STATE RECORD" on the screen, and you can see for yourself on the printout all the "S" for State Records, and "N" for consideration by the National Top Ten List people. 99 sea nymphs made the scene, collected their T-shirts and had a great time.

This issue is pretty ambitious. We have the results of the State Meet and a new list of the State Records, printed especially for Bill Arland. Big Thanks to George Hill for all the time he puts into keeping our computerized mailing list/meet results/state records/etc.

BIG thanks go to Pam Ramdei, the meet director, for all the time and effort in organization, to Pam's husband Bill, who along with Marsha Soucheray and Kerry Sherin worked the Registration table, and special kudos to Ed Kanak of Mounds View Clippers for doing virtually all the seeding and a hundred other odd jobs helping swimmers at the meet.

And to all the timers, and runners, and all the people who brought goodies or helped in some way, I wish we could recognize you all individually, perhaps give you a microwave oven or a color TV set, but I guess a big THANK YOU will have to suffice for now.

And to the forgotten ones, our starters: John Wendt and Dave (27.4) Beardsley. Until you have screamed your lungs purple between the blasts of the gun, you don't appreciate what a thankless job starting is.

You know, I've always wanted to get into acting, and I've finally been offered a part in a big play. The play is Moby Dick, and I, of course, am the whale.

More bad news: my Doctor said I couldn't swim. My coaches have known that all along.

SPECIAL REMINDER: The return address for this mailing is the address of Anklam's Aquatics. They have been kind enough to allow us to use their 8.4¢ book rate mailing permit, to save us a bundle in mailing costs. Look in this issue for Anklam's ad, and please stop by and thank them for us with a little business. Greg Anklam was a teammate of mine at the U of M, and his wife Ann was one of the greatest female swimmers ever to come out of Minnesota. With Steve Schmidt they run the only exclusively swimming store in Minnesota. Let's support this new business! Thanks Greg and Steve!

SPECIAL REMINDER, PART II: Since the return address is for Anklam's, if you want to correspond with the Masters Swim Committee, write to Sue Sherin, 2299 Lilac Lane, White Bear Lake, MN, 55110. Sue is the Mailing list Chairperson.

T-SHIRTS A limited number of the Minnesota Masters Swimming T-Shirts, with the distinctive logo on it (polyester & cotton) are for sale (only \$6.00). There will be a supply at each of the meets in the future. By one for your dog.

I really haven't been myself recently, and many people say they've noticed the improvement.

SAMPLE WORKOUTS These are written for about 2000 yards.

"In a moment, page 2."

500 Swim
8 sets of: 25 Kick
50 Swim
6 x 75: Free/Breast/Free
200 Restricted Breathing
4 x 100 Descending Set

400 EZ
400 IM: Kick 1st 25
Each Right arm only 2nd 25
Stroke: Left arm only 3rd 25
Swim 4th 25
Locomotive to 4 & down
200 EZ
6 x 50 on 1:00
150 EZ Choice

300 Warm-up
30 x 50 on 1:00-1:15 as follows:
1-5 EZ
6-10 Steady & strong
11-16 Descend
17 & 18 Restricted Breathing
19-24 Moderate & steady
25-30 Descending & Fast

Here's a letter from new Masters Swim Committee Coordinator Pam Ramadei. As you remember, Pam was the Meet Director for the State Meet, and if that's any indication of what she can do, we're in for a great year. Don't hesitate to call if you can volunteer some time. Masters Swimming runs on People Power alone. Now here's one of the sweeter people:

Swimmers-

In my new capacity as Committee Coordinator of Minnesota Masters, I'd like to introduce our new committee. But not without first acknowledging the special efforts and concerns of familiar faces and forces. You know who you are and the new committee sends many thanks and much appreciation.

And now may I introduce to you our current Masters Committee ... Bob Baker, Roger Bosveld, George Hill, Tom Hodgson, Debbie Hoff, Jim Pelissier, Marianne Schulze, Wendy Seikkula, Sue Sherin, and Marsha Soucheray. Any of you who would like to share in the functions of the committee may call me at 633-9234. We're always on the alert for people to serve as one time Meet Directors, Starters, Timers, Registration, Timers, Awards, event seeders and Cookie Bakers. And we're willing to share our experience (or lack of it) with newcomers. However, we do require experienced cookie bakers.

And through it all, out of the goodness of his stern, your friend and mine, the Old Sternwheeler keeps on churning along.

The Old Sternwheeler is scheduled to arrive every other month in the future. So make a note when it arrives of all scheduled meets for that upcoming two month period, because we will not be sending individual meet notices every month. They will be bunched together with that bi-monthly mailing. The Old Sternwheeler carries it all.

Also for you we have Debbie Hoff who can be phoned at home (426-1493) for the dates and times of all upcoming meets. (That's in case your Old Sternwheeler carries your leftovers to the garbage).

I'm looking forward to working with all of you. Thanks for the opportunity.

Pam Ramadei

Pam Ramadei

- Old Sternwheeler notes:
1. Take a moment right now to jot down those phone numbers:
Pam - 633-9234
Deb - 426-1493
 2. Any of the nice things she said about the Old Sternwheeler are lies.
 3. I especially like chocolate chip cookies without nuts, and slightly chewy.

April 14-15 of this month marks the 78th Anniversary of the night when the R.M.S. *Titanic* sideswiped an iceberg in the North Atlantic and sank in 2 hours and 40 minutes. In her honor, on the night of April 14, I am going to collide with a set of 50's and sink in about 15 minutes. Let's see them make a movie about that!