



WAVE MAKER

May, 1984

POTLUCK BARBECUE PARTY! PARTY! PARTY!

WHERE: Nancy Kirkendall's
3403 Gilden Drive
Alexandria, Virginia
(directions will be provided in the next WAVEMAKER)

WHEN : Saturday, June 16 5 PM

HOW TO SIGN UP: Call Ann Vollmer Svanson (549-5562). Please DO NOT call her after 8 PM. You may, however, call her at 5 AM. Tell her how many will be coming and what you would like to bring (salad, vegetables, meat for grilling, dessert, etc.).

All team members and friends of team members are invited. Bring those new swimmers in your work-out group.

We will celebrate the return of our speedy nationals' veterans and begin our plans for sending a large group to nationals this summer in Raleigh, North Carolina.

Hope to see you there!!!!

MEET NEWS

We would like to increase our coverage of meets, reporting on the times of our swimmers and the general atmosphere of the meet. Elaine Hochuli covered the York meet this month and provides an excellent guideline for future reporters. As much as possible we will try to let you know who will be reporting on each meet so that you can tell them about results of which you are particularly proud (or maybe you'll want to brag a bit about your friends). It will be relatively easy for the reporter to cover records and such, but we also want to hear about our swimmers' reaching their personal goals; however, we will have to depend on them (or spies) to let us know of these accomplishments.

MID-ATLANTIC CHAMPIONSHIPS, Newark, DE

We did not cover this meet but we understand that it was the usual well-run meet organized by Harry Rostrom. At least three D. C. Masters, Mary Lathram, Rita Shephard, and Chuck Bechtel, attended.

D. C. MASTERS PENTATHLON

First-time meet manager Mary Lathram ran an excellent meet at the Colesville-White Oak pool. She recruited plenty of help with Jim Densmore, Julie Gideonse, Minna Hamner, Eileen McAfee, Art Smith, Helena Machado, Jill Hoover and several D. C. Masters who pitched in on the timing providing the person power. Something about the openness of the Colesville Pool and its excellent condition seems to guarantee a successful meet. Even Eileen McAfee was heard to utter that the pool looked inviting; of course, she was fully clothed with her scoring pencil in hand at the time. Unfortunately, the pool is only available under special circumstances, but we will continue to try to get it as often as possible. The meet was highlighted by some very fast swimming by the 25+ men age group.

YORK MEET, April 28 reported by Elaine Hochuli

Nine D. C. Masters made big waves at the York Dutch Masters Meet on Saturday, April 28. The meet provided a good preview of their abilities before the taper for National Championships.

Jim Densmore, the team's newest butterflyer, captured three golds in the 200 fly, 50 fly and 100 freestyle with a 51.69. Vanessa Corrollo, also a new Master, turned in a 1:18.8 in the 25-29 100 breaststroke.

Sue Schaffer, having close competition in both the 200 free and 200 backstroke, placed first. Joann Leilich, having no competition in her age group, raced against the clock for a personal best in the 500 free, 6:57.4.

Art Smith, concentrating on backstroke, placed first in the 50, 100 and 200. Kelley Lemmon and Chuck Bechtel also swept their events, winning high point trophies.

Both Elaine Hochuli and John Flanagan's outstanding performances were in the 500 free and butterfly events, but Elaine was most proud of her personal best time, 2:50.4, in the 200 breaststroke.

The highlight of the day for the D. C. Masters team was the great food and fellowship at the Hill Restaurant after the meet.

TIPS ON CONDITIONING

Swimmers need flexibility as much or more than many other athletes. Vanessa Corrollo has written the following article to help us prevent injuries.

While considering a conditioning program, there are three separate areas about which you need to be concerned. These are flexibility, strength and endurance.

Flexibility is important in preventing injuries, particularly to the knee joint, which is the most commonly injured body part in running sports. Flexibility of the hamstrings and calf muscles is

necessary. Hamstring exercises can be performed easily by sitting on the ground with one leg out straight, the knee completely extended. The opposite leg is bent so that the sole of the foot rests against the inside of the thigh of the extended leg. Bend forward slowly, attempting to touch your nose to your knee. Be sure to keep the knee fully extended and the foot pointing straight up while performing this exercise.

Calf muscles can be stretched by standing facing a wall, approximately three feet away. Place one leg back (the one that is to be stretched) and the other leg forward. Lean forward at the ankles, keeping the knee straight. Make sure that the foot is facing forward and keep the heel on the ground. Hold for a count of 30. Repeat this exercise with the knee bent slightly, making sure that the heel stays on the ground.

All stretches should be held for at least 30 seconds and repeated five times. You should hold the stretch at the point where you feel a mild pulling sensation and do not bounce. Bouncing when you stretch can cause damage to the muscles and tendons and will give no long-term lengthening of the muscle.

Strength is defined as the ability of a muscle to generate maximum tension. Strength is gained through progressively lifting heavy amounts of weight for a few number of repetitions, such as three sets of 5 or 7. Strength of the quadriceps, the muscle on the front of the thigh, and the hamstring, the muscle on the back of the thigh, should be maintained such that the quadriceps are 3:2 times as strong as the hamstrings. A good weight lifting program to strengthen these muscles should be performed 3-4 times per week.

The last component of conditioning is endurance. Endurance is defined as the body's ability to perform low intensity work for a prolonged period of time such as jogging, swimming or cycling. In order to obtain cardiovascular endurance, you need to do a non-interrupted activity for a period of 20-30 minutes at a frequency of three times a week such that you maintain your heart rate at 60-80% of your maximum heart rate. Your MHR is estimated as 220 minus your age.

By following these few simple tips of conditioning, you should be able to maintain adequate fitness, improve your swimming, and remain healthy and injury free.

Vanessa is a Registered Physical Therapist with the Center for Sports Medicine at the National Hospital for Orthopedics and Rehabilitation. She works out with John Flanagan at Fun and Fitness.

COMING IN NEXT MONTH'S WAVEMAKER

Frank Murphy reports on the Nationals. 38 reasons to go to Nationals.

As you might have noticed from the change in type style, we have a new editor for the WAVEMAKER. Please help her and your teammates out with articles and notes of interest. The deadline for being included in the next edition is Tuesday, May 29. Send contributions to Jill Hoover, 3528 N. 14th Street, Arlington, Virginia 22201.

UP-COMING SWIM MEETS

- May 15-Sept. 30 10 K Relay Postal Meet
Mike Stott, 3717 Titan Dr., Richmond, VA 23225
- May 26-29 National Short Course Championships
Industry Hills, CA
- June 16 One Mile Ocean Swim, Virginia Beach
Forrest Sullivan, 1752 N. Woodhouse Rd.,
Virginia Beach, VA 23454
- June 24 1500 M - Terrapin Masters - Rockville
David Diehl, 12511 Littleton St., Silver Spring,
MD 20906
- June 29, 30, L.C. Virginia Masters - Richmond, VA
July 1 Nancy Polasky, 6210 Fitzhough St., Richmond, VA
23126
- July 14 2 Mile Chris Green Lake Swim - Charlottesville, VA
Mike Stott, 3717 Titan Dr., Richmond, VA 23225
- July 21 or 22 L.C. DC Masters (Tentative date)
- Aug. 4,5 L.C. Maryland Masters (Tentative date)
- Aug. 23-26 National Long Course Championships, Raleigh, N.C.

HAPPY BIRTHDAY TO OUR MAY FLOWERS

Judy Berman	Mimi Lee	Sidney Saperstein
John Connelly	Kelley Lemmon	Arthur Smith
Curt Furberg	Frank Murphy	Martha Witebsky
Ludwine Hall	Mary Jane Parks	George Corrigan
Steve Harrison	Christine Ruppert-Prosch	Alison Tobias
Elaine Hochuli	Elsa Sagasti	

D. C. MASTERS BREAK 14 RECORDS SWIMMING HAWAIIAN RELAYS

Led by the speedy and enthusiastic 35+ Women's relay team, which broke the existing record in all their events, seven D. C. Masters relay teams swam a total of thirty-eight relays. Our times will be sent to the Hawaiian team, which will compile the results. Participants can expect to hear how they did in July. In addition to the stellar performance of the 35+ Women, the 65+ men and women also performed exceptionally well. The 65+ Men broke the record in all 4 relays they swam, and the 65+ Women broke the record in 3 of the 4 relays they swam.

The 35+ Women's team of Nancy Kirkendall, Dale Barnhard, a veteran who returned to the water for the occasion, Joann Leilich, Ann Vollmer Svanson, a new D. C. Master who just moved from New York, were captained by Sue Schaffer, who not only recruited well but also had a goal time for each person for each relay. As far as I could tell, most of the team exceeded their goals.

65+ Men captain Kelley Lemmon recruited Frank Murphy, Bert Kassel, and Dave McAfee. With all this power they were able to break four records by a combined total of almost two minutes. Way to go!!

Mary Lathram also recruited a strong 65+ Women's team even without long-time participant Nancy Clark and Rita Shephard, who were swimming in North Carolina. Joining Mary this year were Lorraine Murphy, Helen Hummer, and Ruth Sharipo, a new member who performed very well in her first meet. This team was so gung-ho that they swam an extra relay, the 200 Medley. Unfortunately, this was not an event; but they had the right attitude--it was good practice for Nationals.

55+ captain, Minna Hamner, for the fourth year in a row had her iron-person team there in force. They swam all seven relays with their usual high level of enthusiasm. Nancy Pessel seems to have recovered her breaststroke form. Mathilde Huber, Elsa Sagasti, and Helen Hummer also swam well for this team, which has scored the most points for D. C. Masters for the past four years.

In the 45+ Women group, Judy Collins swam all of the relays despite a very painful right forearm resulting from contact with an errant lacrosse ball. Ignoring the pain, she helped her teammates Betty Griffin, the captain, Leila Engman, happy to have some time to swim after recently completing her comprehensive exams for her Ph.D., Mary Ann Trieber and Joann Leilich, to make significant improvements over all of last year's times.

First-time captain Elaine Hochuli wins the recruiting award this year. She contacted all of the numerous swimmers in the 25+ age group. Unfortunately, some swimmers could not make it at the last minute or this age group could have fielded two teams in all events. As it was the D.C. Masters were ably represented by Elaine, Sue Skiff, Nancy Baker, and Chris Ruppert-Prosch and swam all relays faster than last year. The highlight of their performance was coming within one-half second of beating a very tough butterfly record.

Last to be mentioned but a team with a lot of spirit was the 45+ Men's team. Although neither the 45+ nor the 55+ men had enough to participate, the combined team of Don Walter, Bill Phillips, Lee Bettis, Bill Van Balen, and Al Eckert, a new member who served as this year's captain, swam five relays. They seemed

to be having great fun. Several members had a contest to see who could best claim to be the weak link, but in reality all swam well.

Once again we were able to get free pool time at the Tuckahoe Pool for these relays. Dr. Knott, the director, was even enthusiastic about our being there. Afterwards we managed to consume a lot of food brought by the participants. So that those of you who couldn't make it can still get some benefit from the relays, Ann Volmer Svanson provided the following recipe for her delicious after-meet cake.

HAWAIIAN FRUITCAKE

2 cups sugar
2 cups flour
1 cup chopped nuts
20 oz. can crushed pineapple in juice
2 tsp. baking soda
2 eggs

Mix well. Pour in 9x13 in. pan. Bake 30 minutes at 350 degrees.

ICING

1 stick oleo melted
2 cups confectioners sugar
8 oz. package cream cheese

Beat. Spread on cake.

D. C. MASTERS REORGANIZATION PLANNED

Jill Hoover

We will try to reorganize our team this summer to get more people involved in the running of the club. The reorganization is needed for several reasons. First, the primary responsibility for everything continues to fall on Dave and Eileen McAfee. The McAfees will remain the backbone of the club by handling the treasury, the membership roster, supplies and the like, but we will attempt to spin off those projects that are not tied to these activities to other members. Second, several members who have performed substantial amounts of work in the past by serving as President, running several meets, etc. have not been able to be active for the last few years. The moral of this story is that we need new blood. Third, with just a few people doing most of the work, it gets done but perhaps without the originality or attention to detail that would be possible if someone had chosen this project to do.

I realize that just by being a D. C. Master necessarily implies that you are an energetic, busy person with little spare time. What I hope to come up with is a plan to divide tasks into those that take 20 to 40 hours a year to accomplish, such as sending out meet announcements to our four or five meets a year or arranging the relays for National meets. The person responsible can come up with a system and be in a position to pass it along to someone else for the next year if they desire.

Right now I am just beginning to work on this plan and would