



WAVE MAKER

June, 1984

POTLUCK BARBECUE PARTY! PARTY! PARTY! PARTY!!!

WHERE: Nancy Kirkendall's, 3403 Gilden Drive, Alexandria, VA

DIRECTIONS: From 395, either direction. Take the Glebe Road South exit (go towards the Potomac) onto S. Glebe Rd. At the first light, bear right onto West Glebe. (This is the gentle right. The hard right is Four Mile Run and leads to a dead end.) Go past the next traffic light and VEPCO and turn right on Old Dominion Blvd. There is no light here just some traffic islands. Be informed that this is a unique Old Dominion, not related to any other Old Dominion with which you might be familiar. Proceed until you hit a small traffic circle. Take the first right onto Chalfonte, then the first right to Gilden. Nancy's house is the first house on the right.

WHEN: Saturday, June 16 5 PM

SIGN-UP: Call Ann Vollmer Svanson (549-5562) by June 15. Please DO NOT CALL HER AFTER 8 PM. Tell her how many will be coming and what you would like to bring (salad, vegetables, meat for grilling, dessert, etc.).

I know that you are just doing the typical Masters "wait until the last minute to sign up trick", but these parties are always enjoyable. Hope to see you there!! Bring your friends.

UP-COMING SWIM MEETS

May 15- 10 K Relay Postal Meet

Sept. 15 Mike Stott, 3717 Titan Dr., Richmond, VA 23225

June 16 One Mile Ocean Swim, Virginia Beach

Forrest Sullivan, 1752 N. Woodhouse Rd., VA Beach, VA 23454

June 24 1500 M --Terrapin Masters-- Rockville

Dave Diehl, 12511 Littleton St., Silver Spring, MD 20906

June 29 L.C. Virginia Masters--Richmond

30, Jul 1 Nancy Polasky, 6210 Filzhough St., Richmond VA 23126

July 14 2 Mile Chris Green Lake Swim -- Charlottesville, VA

Mike Stott, see above

Aug 4,5 L.C. Regional Meet--us--Wheaton-Glenmont

Bert Kassel, 4706 S. 9th St., Arlington, VA 22204

Aug. 23-26 National Long Course Nationals, Raleigh, N. C.

Dave McAfee will have entry forms when they are available.

MS. SWIMMANNERS SPEAKS OUT ON GROUP WORKOUT ETIQUETTE

Help! Open warfare, or at least a fistfight, is imminent in our workout group. The chief perpetrators of discord are Lotta Gottagettaheada, Casey Cantsee, Noel Nolook and Mr. Proper. For the benefit of us all, please advise us on the etiquette of group workout swimming.

Ms. Swimmanners Responds:

Ms. Swimmanners is always delighted to benefit others. Here is a brief list of rules covering some important aspects of group workouts.

1. No fistfights. People are not for hitting. Adults fight with well-chosen words, meaningful looks, and appropriate silences. Swimmers can also fight with extra speed and maddening consistency.
2. When using a pacer clock, all swimmers should leave 5 seconds apart on a number divisible by 5, i.e. 5, 10, 35, 50, etc. This requires that the first person leave on a number divisible by five and that all followers watch the clock to be sure they are five seconds apart. In other words, no cheating by leaving a second or two early to mount a big lead or to catch the person ahead.
3. If you cannot see the clock, either go last in your lane so you do not bother anyone behind you, or ask the person who will follow you to tell you when to leave. Some clock-blind swimmers become, with time, excellent judges of 5 elapsed seconds. Most are poor judges but do not know it. If a swimmer ahead of you cannot see the clock, does not ask for help, and does not judge accurately, offer your help.
If the swimmer ahead of you can see quite well but starts early consistently, try this: "Lotta, I just realized you have trouble seeing the clock. Let me help out by telling you when to go so that you do not have to start on Mr. Proper's feet." Ms. Swimmanners forbids you to substitute "where" for "when" in the second sentence of that statement.
4. The fastest swimmer goes first, the 2nd fastest next, and so on. If you all use good judgment, swim with perfect consistency, watch the clock and leave at the proper time, no one will ever catch anyone else. While the latter are easy, good judgment and perfect consistency are harder to attain. Therefore:
5. The proper means of passing a slower swimmer ahead of you while swimming is to touch the swimmer's feet lightly. At the next turn, the slower swimmer waits for the faster to pass. However, on swims of 100-200 yards or less, it is much nicer to slow down and switch places with the swimmer ahead at the end of the repeat. Avoid touching the feet of the swimmer ahead of you on swims under 100 yards. You can manage to wait the few seconds to the end of the repeat to do your passing.

6. If Kim catches Jim and asks to switch places, Jim must not seek revenge by speeding up and catching Kim back. If Jim is capable of going faster and intends to do so on all remaining repeats, he should say so and then offer Kim the option of switching immediately or waiting to see whether she catches him again.

7. Perhaps, because of injury, exhaustion, a fit of pique, an upcoming meet, a long layoff or the like, you want to modify the workout to suit your own needs. If space permits, that is acceptable as long as you do not interfere with anyone else. Do not go first in order to sprint a few repeats, then drop out for a while to rest. This throws everyone else off their interval. Instead, go last and leave plenty of room between yourself and the person ahead of you. If you misjudge and catch the person ahead, that is your fault and your problem. Do not expect that person to stop to let you pass.

If you are last and particularly slow, do not force others to wait until the next turn to pass you. Be aware of the position of others and move out of their way. Better yet, find another lane with slower swimmers and move to it. You can always return to the faster lane when you are able to keep up.

Ms. Swimmanners hopes this helps. Now if Lotta will start watching the clock and going in the proper order, if Casey will ask for help in starting on the five-second send-off, if Noel will pay attention to what she and others are doing, and if Mr. Proper will just calm down a bit (no one is perfect), perhaps you can avoid warfare.

SHORT COURSE NATIONALS RESULTS

by Frank Murphy

Six girls and eight boys from your D. C. Masters Swim Team competed over the Memorial Day Weekend in the short-course Nationals. The site this year was Industry Hills, a resort and sports complex in a Los Angeles suburb. The six girls were Jackie Hirsty, Elaine Hochuli, Mary Lathram, Joann Leilich, Lorraine Murphy, and Sue Schaffer. The boys team was Ken Bergquist, Ed Emes, Bert Kassell, Kelley Lemmon, Frank Murphy, Scroggie Wiley, Tom Wolf, and newcomer, Steve Holloway.

In general, it was a good meet, at a good facility, in great weather. A major problem for some of the D. C. Masters was the punctiliousness or pickiness of the judges, depending on your vantage point. There was a total of 5 DQ's, principally for improper feet alignment on the butterfly. As Elaine Hochuli put it "We swam well. It just didn't count." Sue Schaffer feels that her 2:37.42 for the 200 fly would have resulted in a 3rd place, but the judges didn't like her feet. We suffered from the agony of de feet.

On the positive side, Jackie Hirsty won 4 firsts by setting new national records (50, 100, 200 & 500 Free), another first (200 IM) and a second (1650). Elaine Hochuli had a great meet including excellent performances in the 500 and 1650, all of the fly events, and the 400 IM. Joann Leilich set three national records in the 50, 100 and 200 breaststroke events, but was just as thrilled (and thrilling) in winning the 100 & 200 IM against very tough competition. Thanks to John Flanagan's tutelage, Joann is becoming a freestyler to be reckoned with. She went 2:30.7 in the 200 free for a 7th place. Mary Lathram entered and placed in 4 events, including 3rd in the 50 back and 4th in the 200 back. She did especially well in the mixed

200 free relay, where her team beat out a strong Middle Atlantic Master's group for 3rd place. Lorraine Murphy placed in 5 of her 6 events and would have done as well in the sixth except for an overzealous judge who had the effrontery to suggest that her head submerged on the breaststroke during the 100 IM. Sue Schaffer was definitely up and performed very well in the highly competitive 35-39 group. She placed in all six of her events except for a DQ in the 200 fly. Her events were 100 & 200 back (5th and 3rd), 100 fly (5th), and 200 and 400 IM (7th and 4th). It's obvious that the tougher the event, the better she competed.

Ken Bergquist and Ed Emes both entered the same 6 events--50, 100 & 200 free; 50 & 200 fly; 100 IM. Both did well in their respective age groups, with Ken placing in all 6 and Ed doing the same, including 1st in the 50 fly with an impressive 27.34. Bert Kassel placed 3rd in the 50, 100 & 200 free and 7th in the 50 fly and 100 IM. Bert's meet highlight was a 29+ in the last leg of the 65+ 200 mixed free relay, when he dueled Harry Rostrom of Middle Atlantic Masters and maintained our tissue-thin lead. We could have written Kelley Lemmon's performance before the meet. He got 5 firsts, including three new national records.

Frank Murphy would much prefer to talk about the 1983 nationals. This year he placed in the 4 events in which he was not DQ'd but managed only a 4th in his favorite, the 1650. Scroggie Wiley, our D. C. Master from Monterey, did well in his free, back and breast sprints, and the 100 IM. He teamed with Ed Emes, Kelley Lemmon, and Bert Kassel to make up a 55+ relay team that averaged upwards of 65 years and still placed 4th.

Tom Wolf set a new national record in the 200 back, was first in the 100 back, and 2nd in the 100 IM. A strong competitor, he went 24.67 for the 50 back in the mixed medley relay. The team of Wolf, Steve Holloway, Elaine Hochuli, and Jackie Hirsty surprised everyone, especially themselves, by placing 3rd in the 25+ age group.

38 REASONS TO GO TO NATIONALS

1. Wear that bathing suit you've been saving for a special occasion. Even if you don't win, you can look great.
2. See your teammates in clothes.
3. Work on your tan while waiting for the end of the 200 Breaststroke event.
4. If you enjoy spaghetti, try carbo loading.
5. You have a good reason to splurge on that warm-up suit (or bathrobe) you've been admiring for months.
6. Do it for the Gipper (in our case, Dave McAfee).
7. Don't let those hard work-outs go to waste.
8. You can finally meet your long-distance competitors goggle to goggle.
9. Impress your co-workers. Of course, be sure not to mention that there are no cut-off times for our Nationals.
10. Opportunity to eat out every meal. You don't have to lift a pan for three days.
11. Attend parties with no formal etiquette.
12. Be with over one thousand other people who also believe that swimming across the same black line for an hour a day is fun.
13. Chance to men/women watch. Without a doubt you will find some of the best older bodies.

14. Enjoy air conditioning in your hotel room without worrying about the electric bill.
15. A chance to check out aquatic facilities design. You will find your favorite toilet stall by the end of the second day.
16. Chance to be the cheerleader you always wanted to be.
17. Incentive to finally learn how to dive in with goggles (or maybe just how to dive in).
18. Good reason to visit relatives and show off your sleek, firm body.
19. Finally get to know who's who on the D. C. Masters.
20. Watch the former Olympic swimmers compete. Find out what separates them from us.
21. Opportunity to taper. Say good-bye to 5000 meters a day. Be able to get through your workday with energy. Maybe you'll even get a raise.
22. See those competitors you thought you got away from 20 years ago.
23. Get your coach off your back for not displaying the proper competitive spirit.
24. Represent the D. C. Masters on the "A" relay. Learn that you can handle the pressure. And even if you blow it, don't worry; you'll get another chance next year since you're the only butterfly in your age group.
25. This will be the one time that you don't have to worry about becoming a timer, regaining normal breathing, and finding your glasses as soon as you finish the 400 IM.
26. Real jocks don't skip Nationals.
27. Get away from your kids.
28. Visit new places. See the world through rose-colored eyes.
29. Men--enjoy the feel of your own smooth, hairless legs. For expert shaving advice, see Terry Gernstein.
30. A chance to win impressive medals you can display on your office wall.
31. Find out the intimate details of your teammates--who snores, who wears Playboy underwear, who has to check in with their spouse every night.
32. Share ideas with your opponents (or steal if necessary).
33. Incentive to lose those nagging 5 pounds (10? 15?).
34. See how the other half swims.
35. After all that trouble, find out if shave and taper really work.
36. You too can learn how to take splits fearlessly.
37. Meet someone of the opposite sex. A chance for a romantic interlude with a fellow breaststroker.
38. BRING D. C. MASTERS BACK TO THE TOP!!!

NOW THAT YOU'RE PYSCHED TO GO TO NATIONALS, HERE IS WHERE TO GET IN TOP SHAPE THIS SUMMER

Wheaton-Glenmont morning work-out--6 to 7:30 AM. Should be able to handle work-outs with age groupers. Call the Montgomery County Recreation Department, Aquatics Department for more information.

Bethesda morning work-out--6 to 7:30 AM with Joe Rogers. More attuned to Masters. Call the Montgomery County Recreation Department as above.

Montgomery County Evening Masters work-outs--Monday and Wednesday 8 to 9:30 PM. Begins on June 4 at the Colesville-White Oak pool. Inside for at least two weeks, then to the Wheaton-Glenmont pool when weather permits. Coach is Herb Poe, the Masters coach at Colesville-White Oak. Runs through August 15. Cost \$35. Call the Coleville-White Oak Pool (622-4190) for more information.

WHERE TO STAY AT NATIONALS

The L. C. Nationals will be held August 23-26 (Thursday through Sunday) in Raleigh, North Carolina. The Team has reserved a big block of rooms at the Ramada Crabtree for \$38 (plus tax) per night (for the room). Since Raleigh is only four to five hours from D. C., we hope to have a large contingent going. To reserve a room, please call Eileen McAfee (532-7775). No payment due until July. We'll let you know when to send in the first night's deposit.

D. C. MASTERS BEACH WEEK

Well, Ray Chen's notes about things to do in last month's WAVEMAKER certainly stimulated some of our members, including Art Smith, who called to tell us about his new beach home on the Outer Banks of North Carolina. The team has reserved it for the week of September 23 to 30. The details:

--The house, on an oceanfront lot in Whalehead Beach, has 5 bedrooms, 3 full baths, clothes washer and dryer, fully equipped kitchen including a refrigerator large enough to hold ample beer and soda!! In fact, everything is included except linens, food and beer!

--Beds for 10. Lots of room for sleeping bags.

--Sept. weather on the Banks usually brings 75-85 degrees water temp., 80-85 daytime temp., 60-70 nighttime, no crowds.

--Driving time approximately 5 hours from D. C.

--Cost: approximately \$15 per night per person. Will be less (maybe \$10) if many go.

--If you think you might be interested call Art Smith (759-2211) by June 17. No payment due until August, so you've got time to change your mind. However, if there is little or no interest, we have to release the house so it can be rented to someone else. Therefore, it's important that you call right now. Also, since there are only beds for 10, it's first call-first reserved on beds. Overflow gets the living room sofa or sleeping bags on the floor.

We went to the beach about 3 or 4 years ago, and it was a lot of fun. We hope you'll consider joining us.

NEWSLETTER NOTES

The July newsletter will include the results from the "Y" nationals and an article on tapering by Sue Schaffer. Please swim hard enough between now and then so that you'll have earned a taper. We would like to include articles and news from all members. To be included in the July newsletter, send your contribution to Jill Hoover, 3528 N. 14th St., Arlington, VA 22201 by July 3. Thanks to this month's contributors, Tony Young, Art Smith, Elaine Hochuli, Frank Murphy, and, of course, Ms. Swimmanners.

Mathilde Huber will be the reporter for the 1500 meters. Please see her at the meet to let us know how you did.

JUNE IS THE BIRTHDAY MONTH FOR Alan Eckert, Roger Golden, Mary Lathram, Linda Martz, Skip Monsein, Paul Cutting, and Bob Husson!!!

WELCOME BACK DICK CHEADLE !

For those of you who followed with awe and incredulity the saga of certain events leading up to the 1982 Nationals in Woodlands, Texas (as reported in two separate issues of the Wave-Maker in the Spring of 1982) there is good news! - the above named fabled former University of Delaware superstar has returned permanently to the Washington, D.C. area after a seven year leave of absence to San Antonio, Texas, during which time Dick MAINTAINED HIS MEMBERSHIP IN D.C. MASTERS, oftimes being the only D.C. Master's representative in local Texas meets. To do this Dick states that he had to resist terrible pressure applied upon him by the exclusive Lone Star Masters, which now represents the entire state of Texas, and all territories and populations inherent therein.

Dick says that all of the problems described in those early 1982 Wave-Makers have been cleared up and he's back in training with the early A.M. Fun & Fitness group, preparing for the International Police Olympics in Phoenix August 24-25. "John says I'm in incredible shape for my weight" Dick states. "He told me if I could lose 5-6 pounds between now and August I should be a shoo-in for some gold." (Actually John said if he could lose 30 pounds he might finish a race but Dick dismisses this as just a communications mixup of some sort.)

For those of you who don't know Dick, he's a handsome, friendly, gentle giant of a man who loves swimming and often goes out of his way to help others. (It's a known fact, for instance, that Dick taught Ray Chen everything Ray knows about the butterfly stroke.) So let's give a big, hearty D.C. Masters' welcome to an old friend, a continuous member of D.C. Masters since January of 1973, gone too long, home again.

by
Dick Cheadle

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