



WAVE MAKER

AUGUST, 1984

RALEIGH NATIONALS NOTES

TEAM HANG-OUT: 2 canopies. Take advantage of the cover from the sun and join the team spirit. Place to come for relays and social info. Joann has spent considerable time figuring out the "proper" way to support the canopy. We have come a long way from short course nationals when Ed Emes "found" some cement for an anchor.

TEAM CHRONICLER: The ever-popular reporter Frank Murphy. Please check in with him to record times and comments.

TEAM PICTURE: 7:45 am, Friday, Aug. 24 at the canopy.

PREPARATION FOR BIG MEETS--Two of our champion swimmers, Jacki Hirsty and Tom Wolf, agreed to share some of their thoughts on mental preparation for nationals.

COPING AT NATIONALS

Tom Wolf

Baseball great Yogi Berra once said of his sport that it was 90% mental and the other half was physical. You've probably come to the same conclusion about racing at nationals. One or two mental slips and the race can get away from you. The challenge becomes one of mental preparation as well as physical.

There are many aspects to mental preparation. They range from your state of mind during the meet to preparing your race strategies. Let's begin by looking at racing strategies. These should be planned out well in advance and exercised at prior meets and during your taper. In long course swimming, no race is just a complete explosion of arms and legs. The first few strokes of any distance should be spent establishing your stroke. Then you must decide when to start accelerating and how much. I find it useful to count strokes and plan my acceleration at certain stroke counts in the race. Acceleration in long course swimming should be a gradual, build up process versus a sudden change in effort. Think about your race strategy even when you're away from the pool and practice it during your taper so it becomes automatic. Some people have gotten to the point where they can actually picture themselves performing the race exactly the way they want it to happen.

What about right before the race? The term "psyching up" means different things to different people. Pumping up your adrenalin and letting your nervous system run amok can cause your racing strategy to fly right out the window. The end result is sometimes referred to as "thrashing". All your energy and attention is spent on driving your arms and legs as fast as they can go instead of on your stroke and strategy. Also, don't decide to try something drastically new just because you saw someone else do it successfully the day before. Trying a new start or turn is something you should do in practice and in less important meets first. You may successfully perform your new turn but it may throw some other part of your strategy off because it took more energy than you thought it would.

The last piece of mental preparation can be summed up by asking yourself "Am I in control of the meet?" You should be relaxed at all times. There is no reason to be worrying about when you have to race, am I going to have enough time for warmup or will I have enough time to eat. The night before each race, sit down with the meet program and figure out what time you have to race. Once you've done that, you can map out your meal and warmup plans. Allow some spare time for each activity so if something unexpected happens, you don't start panicking. Maybe you'll run into an old friend or the waitress is a little slow.

Nationals should be an enjoyable and memorable experience. A lot of hard work and long hours have gone into the physical preparation for your races. Spend a few minutes thinking about your game plan. Good luck and I'll see you in Raleigh.

WINNING IS A FANTASY

j.j. hirsty

The first word that comes to mind when I think about tapers and mental preparation for big meets is CONFIDENCE. That is immediately followed by WORRY! However, a slight imbalance (towards confidence) is all one needs to win the mind war. I have a well-tested imbalancing routine consisting of 3 steps.

Acknowledging the doubts is the first step. EVERYONE questions his or her physical preparation when considering the entire season. There was always one day missed of one set that could have been faster (or many sets for some of us!). The next step is reasoning the doubts away. I have done this by keeping a log of my workouts, recording good repeat times and marking (in red) those sets that were especially memorable (successful, not just painful). When self-doubting time arrives, I flip through my log. Seeing all those yards (and yards and yards!) accomplished highlighted by lots (we hope) of red dots, dispels the doubt. Voila! Like magic, the scale now tips towards feeling confident. Hey, I've done the work! I deserve to win my races!

Finally, I release my imagination to visualize this conviction. Mental imagery is a great tool for instilling confidence by establishing familiarity which brings a feeling of comfort. I watch myself approach the race with enthusiasm and control. I see my competitors, looking scared, knowing they don't have the red dots I have. And then I see an explosion of energy when I hit the water and an unharnessed surge for the finish. Wow, what a great feeling awaits a) the winner, b) me, c) all of the above.

Now, at race time I am in familiar territory. I have learned my lines. I can shut down mental functions if doubts surface--I just replay my video slo-mo. Each race becomes another opportunity to realize my fantasies. A setback in one makes my determination greater for the next one. With each one I become more comfortable balancing on the "edge".

A word of warning in conclusion here: Once one finds a successful routine, that "thrill of victory" is addictive!

"Y" NATIONALS--MOST OF THE REST OF THE STORY

Mary and Tom Anderson enjoyed themselves at the meet. They wrote, "We left Nathan (2 years old) overnight with someone for the first time! (Tom's parents) and that made the meet a real vacation." They swam as Frederick Y frogs; Tom got thirds in the 35-39 50 and 100 breaststroke (30.42 and 107.04) managing his best times in several years to try and stay ahead of Terry Gernstein, who swam for A. Jordan YMCA of Indianapolis, and who had a best time of 1:08.4 in the 100 breast, taking first in the 40-44 age group. Mary turned 30 this season and won medals in all her events

including fourth in the 50, 100, and 200 breaststroke. Her 100 breast was her fastest time ever as Mary Anderson at 1:16.42; .15 seconds off her pre-marriage 1979 best as Mary Pastel. Mary swam the 200 IM with a best time of 2:42.58 for 5th (First time she swam this). Tom had a best time by 5 seconds in the 400 IM at 5:36.92, but it was only good for 9th.

Ed Emes had a successful meet, winning and setting the record in the 50 fly (55-59) and getting seconds in the 100 fly, 50 free, 100 free and a third in the 200 free. A few weeks later he went to USMS nationals and set the 50 fly record there. The grapevine also reports that Dick Hay had a good meet, but an out-of-order phone prevented confirmation.

2 MILE LAKE SWIM

Ann Volmer Svanson

There's a new T-shirt seen often in DC area pools. The handsome tan & aqua shirt of the 1984 Eastern States 2 Mile Swim. The new color of shirts was not the only favorable change in the event, which was held July 14 in Charlottesville. There was a new starting procedure. Having heard of the nightmarish mass start of past years I was prepared for the worst but was pleasantly surprised. For those of you who passed this one up because of the start, mark your calendars now for next summer. In each of the two heats, swimmers were seeded and lined up in rows of ten across the starting line and started at one minute intervals. Swimmers seemed to be well spread out over the course and only a few swimmers were lapped. (My most memorable moment was near the end of the first length, I was preparing to perform the first of those funny turns required in this event when I was surprised and passed by a speedy swimmer, Wayne Zimmerman, who had entered late and seeded in one of the back rows. He certainly made up time quickly.)

D. C. Masters fared very well, placing in almost all age groups represented. Elaine Hochuli placed 5th overall and 2nd in her age group with a swift time of 45:01.9. Karen Sullivan surprised herself after only nine days swimming following a three week layoff for medical reasons; she swam the course in 48:39, placing 15th overall and 4th in the 25-29 age group. New D. C. Master, Jeanne Picariello, who is an Army nurse who moved to D. C. last winter to participate in a cardiovascular study, earned a 4th place in the 30-34 age group by swimming a 56:28. D. C. Masters swept the age group awards from 35-39 on. Ann Svanson took that age group. Nancy Kirkendall was 1st 40-44, Joann Leilich 45-49 and Betty Griffin, the 50-54 age group.

Among the men, Frank Murphy surprised himself, but not those who regularly swim with him, by knocking nearly 3 minutes off last year's time. He easily won his age group with a time of 57:14. Art Smith also was minutes ahead of others in the 45-49 age group in 51:26. Dave McAfee took the 70-74 group in 69:17. Steve Hogan had the disadvantage of being in the largest age group of all but placed 7th in 55:05, his fastest time by almost 3 minutes.

Congratulations to all the swimmers and apologies to anyone I missed. I'm a newcomer and don't know many teammates yet.

RESULTS FROM THE REGIONAL MEET

Elaine Hochuli

D. C. Masters hosted the Region II Long Course Championships at the Wheaton-Glenmont Pool, August 4th and 5th. This was a good practice meet

before attending the Nationals for most of us. We practiced maneuvering about in the warmup pool, getting nervous before our events, particularly the 200 fly, and taking splits for teammates. Fifty-six D. C. Masters attended.

Did you know that six national records were broken this weekend? Outside of Los Angeles? Jacki Hirsty rewrote the 50, 100, 200 and 400 free records for the 30-34 women. Kelley Lemmon bettered his 100 fly record (70-74). Joann Leilich swam a 3:12.9 200 breaststroke for a new 45-49 age group record.

Personal best records were achieved by Elaine Hochuli and Steve Hogan in the 400 freestyle, David Lyons in the 100, 200, and 400 free, Ann Svanson in her 50 free and Bob Monsheimer in his 200 IM.

The 39+ women Nancy Clark, Tillie Huber, Mimi Lee, Gloria Park, and Rita Shephard swam away with a collection of golds and silvers, but seemed disappointed in their performances. I hope they break out of their slumps in time for Nationals.

The 29+ men felt just the opposite. Kurt Furberg and Tom Wolf felt good about their 200 backstroke and 200 breaststroke respectively. Tom says he doesn't have speed yet after clocking a 1:03.4 100 m backstroke! George Worthington and Dave McAfee won gold medals in almost every event they swam. Jim Myerburg won silvers in the 100, 200 and 400 free and IM.

Several swimmers noted either pleasure with a successful new strategy or displeasure with a strategy mistake. Roger Golden, swimming long course for the first time, mentioned that he went out too fast (1:18) in the first 100 of the 200 fly only to die in the second half (1:37). A good reminder for all of us. Kelley Lemmon got a breaststroke technique caution from Joann Leilich and almost set a new national record. David Lyons swam his best 400 free with a pacing that "did not make it hurt". Sounds like a good strategy; however, he also swam a personal best 1:00.09 in the 100 with his goggles in his mouth. Maybe we can skip this strategy.

Thanks to our teamwork and excellent cooperation by the pool staff the meet was well run.

Death of James Fixx, 52, Advocate of Running

Proponents of exercise were shocked to hear of the sudden death of James Fixx on July 20. Mr. Fixx was found on the road in his running clothes and an autopsy showed he had suffered a coronary occlusion. According to the news reports, Fixx ran 80 miles a week. In his 30's, Fixx had been a hard-driving magazine executive given to 2 martini lunches, chain smoking, and obesity. He was 5'11" and weighed 213 lbs when he gave up smoking and started to run. His weight eventually fell to 160 lbs, and he finished 3 Boston Marathons. In 1977 he published "The Complete Book of Running" (Random House), which has sold more copies than any other running book.

Interestingly, there is a chapter in the book in which Fixx discusses the question of whether running lengthens life. He reviewed the conflicting evidence. Some studies found that college varsity athletes lived shorter lives than non-athletes. However, Fixx cites Dr. Thomas Bassler, the California pathologist who claimed that marathoners would never get heart attacks. Fixx writes, "Although the evidence on longevity...is inconclusive, most of it clearly suggests that running is more likely to increase than decrease longevity."

Why did Mr. Fixx have coronary arteriosclerosis? We can only speculate, since nobody knows the cause of arteriosclerosis. He had a family history of early cardiac deaths. The smoking a few years earlier might have been a factor. He also wrote, "I like coffee and tea and suffer no discernible ill effects from them, so I'll probably go right on drinking them." There are studies linking coffee to cancer and heart disease.

In my opinion, people should not stop exercising or going to the library just because Jim Fixx died jogging. His death was an unnecessarily premature one, and a very unusual occurrence among vigorous exercisers. The autopsy showed no problems other than those affecting the heart arteries. His death was analogous to junking a Porsche because of a clogged fuel filter. Nowadays, you can fix clogged arteries, either by re-expanding them or bypassing them surgically. Coronary bypass operations are done over 100,000 times a year in the U.S. at a cost of \$16,000 each. Exercise cannot compensate for certain anatomical or biochemical abnormalities which are inherited. Arthur Ashe, the tennis star, had a heart attack and bypass surgery at age 34. He is now jogging and health is better than before symptoms. The lucky ones are those who have time to get treated. Apparently, Jim Fixx was one of the unfortunate people who never knew his arteries were narrowed.

SWIM MEET SCHEDULE FOR 1984-85

- Sept. 14 Northern Va. Senior Olympics - Swimming - Wakefield Park
c/o N.Va. Senior Olympics, 300 North Park Drive,
Arlington, Va. 22203
- Sept. 22, 23 MAM-Dickerson College, Carlisle, Pa.
Dr. J.E. McEvoy, Dickerson College, Carlisle, PA 17013
- Oct. 13, 14 VAM-Norfolk, VA
Betsy Durant, 211 66th St., Virginia Beach, VA 23451
- Oct. 20 MAM-York, PA
Cal Schaeffer, 826 Eastwood Dr., York, PA 17402
- Oct. 27, 28 Southeastern Masters-Oak Ridge, TN
Bruce A. Tomkins, 103 E. Holston Lane, Oak Ridge, TN 37830
- Nov. 3, 4 DC Masters Fall Classic
Dave McAfee, 510 E. Broad St., Falls Church, VA 22046
- Nov. 18 MAM-University of Delaware
Harry Rawstrom, 713 Colgate Lane, Newark, DE 19711
- Dec. 2 Terrapins - 1650 - David Deihl
- Dec. 16 JCC-Short Course-Rockville
Chris Ruppert-Prosch, 3380 N. Dickerson St., Arlington,
VA 22207
- Jan. DC Masters - One Hour Swim - Dave McAfee
- Jan. 20 D. C. Dept. of Recreation - Alfonso Allen
- Feb. Maryland Masters
- Feb. 5 Arlington Ageless

Mar. 17 DC Masters - Dave McAfee
 Mar. 30, 31 MAM Championships-U. of Delaware - Harry Rawstrom
 Apr. 14 DC Masters - Pentathlon - Dave McAfee
 Apr. 21 Hawaiian Relays - Tuckahoe Pool
 Apr. York White Rose Spring Meet
 May 10-13 USMS Nationals - Brown Deer, Wisconsin
 May 16-18 Canadian Championships
 June VAM - Long Course
 June Terrapins - 1500
 July National Two Mile Swim - Chris Green Lade, VA
 Aug. 3, 4 DC Masters - Long Course
 Aug. 8-12 Canadian Masters - Toronto, Canada
 Aug. 17-20 USMS Long Course Nationals - Providence, Rhode Island

If you are involved in organizing the dual meet league schedule, please see that they are aware of these meets.

TEAM NOTES

Jill Hoover

Congratulations to Gloria Park who will be getting married in September.

A clinic is being planned for October for all D. C. Masters, with first priority to those who do not swim at Fun and Fitness. Details are being worked out. It will be run by John Flanagan, his assistant coach, Steve Schaffer, and Elaine Hochuli and will include demonstrations by John's world-ranked swimmers, stroke, turn and start critiques. You won't miss the details in next month's WAVEMAKER.

Diddo Clark bids a fond farewell to her friends on D. C. Masters as she packs her bags to move back to California. She will leave her apartment August 22, go to Raleigh for the first two days of Nationals, and on to New York for the Third Manhattan Circumswim (where she will bask in a moment of glory as the women's record holder and celebrate the conclusion of the Manhattan chapter in her life). On August 27, she will fly to California where her address is -- 6 Blackthorn Rd., Lafayette CA 94549 (415) 254-4523.

Deadline for September WAVEMAKER is September 2. Send contributions to Jill Hoover, 3528 N. 14th St., Arlington, VA 22201. Thanks to all of this month's contributors.

The Regional Championships was D. C. Masters' largest meet ever, with 154 entrants. Many thanks to all who attended and in particular all of those who prepared for the meet and kept in running smoothly. First-time meet manager Bert Kassell ensured that the facility, cards, volunteers, etc. etc. etc. were ready. He was helped by Eileen McAfee, who diligently recorded all the times; Frank Clark, who kept the volunteers timing and laughing; Art Smith who started all event except when he swam (couldn't figure out how to do this) and Sue Schaffer filled in with her daughter looking on. If the Olympics had had Art, they would have had fairer starts. Joann Leilich spent her warm-up time the first day filling out a surprising number of Potomac Valley registration cards. Mary Latham and Judy Berman handled the deck entries. Judy also displayed diverse talents as a runner, timer, and block lifter-outer. Ruth Shapiro was called into

service. The first day she straightened out our 50 meter race cards and the second day she gave out awards. I believe she was such a dedicated award person that she missed her own heat. Judy Collins presented awards on the first day enthusiastically. Ellen Morris came out both days just to time. Tony Young and his son and Jack Mac Kenzie also performed full time timing duties. The after meet party on Saturday was very enjoyable thanks to the hard work of Ray Chen, who also handled the data processing, Ann Volmer Svanson, who was also seen frequently with a watch in hand, and Chris Ruppert-Prosch. Nancy Kirkendall and Dave McAfee performed their usual timing and administrative duties. While I'm giving out plaudits, I might as well give myself a pat on the back (actually, the back side would be more accurate since I spent three days on it pulling off labels for our new mailing list). Thanks to Joann we are now on our way to the computer age with our own labels. Elaine Hochuli got the group she works with as a recreational therapist to do the stamping and stapling for the 500 forms we sent out.

Sorry to run on, but when you wonder what D. C. Masters is doing for you, I think you can see how much work is involved in performing our tasks.

KIM HANSEN'S SWIM MAGAZINE

Congratulations and good luck to Kim Hansen, who is starting a new national masters swimming magazine called SWIM. Articles will range in topic from how to become a more efficient and faster swimmer, how to lose weight through swimming, and swimming personalities from across the nation. The first issue is Oct. 1. Don't delay. Fill out the form below and get in on the discounted price. What more can you ask for? You can support a fellow D. C. Master and improve your swimming at the same time.



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