



WAVE MAKER

November, 1984

CLINICS! CLINICS! CLINICS! CLINICS! CLINICS!

Because of a fire at Fun and Fitness the second of the two scheduled clinics had to be cancelled. It is rescheduled to Sunday, November 25 from 9:30 to noon assuming that Fun & Fitness will be open by then. Hope those of you who were planning to come on the 4th can attend. This also gives those of you who had other plans for the 4th a chance to come and improve your starts and turns and increase your swimming knowledge.

Call Elaine Hochuli by Saturday, November 24 if you will be attending. Her phone numbers are home: 685-7986 and work: 678-1077. THE CLINIC SCHEDULE IS TENTATIVE DUE TO THE UNCERTAINTY OF FUN & FITNESS'S OPENING, SO BE SURE YOU CALL ELAINE.

SESSION 2 Sunday, November 25, 9:30 am to 12 noon

- o Start and turn demonstrations for each of the four strokes.
- o Individual start and turn correction.
- o Workout strategy.
- o How to train away from home.
- o Preparing for the big meet.
- o Sport injuries related to swimming.

LOCATION: Fun and Fitness, 3321 Lee Highway, Arlington

Reviews from the first session were great. Several swimmers already improved their times. Come and see what this clinic can do for you.

MEET SCHEDULE

Dec. 2	Terrapin Masters 1650 Dave Deihl, 12511 Littleton St., Silver Spring, MD 20906
Dec. 16	JCC Short Course, Rockville Chris Ruppert-Prosch, 3380 N. Dickerson St., Arlington, VA 22207
January	DC Masters One Hour Swim Dave McAfee, 510 E. Broad St., Falls Church, VA 22046
Jan. 20	D. C. Dept. of Recreation Alfonso Allen, 9812 Muirfield Dr., Upper Marlboro, MD 20870
Feb. 4	Arlington Ageless
Feb. 23,24	Maryland Masters

March 17 D. C. Masters Spring Fling
 Dave McAfee, see above
 Mar. 30,31 MAM Championships, U. of Delaware
 Harry Rawstrom, 713 Colgate Lane, Newark, DE 19711
 April 14 D. C. Masters Pentathlon
 Dave McAfee, see above
 April 21 Hawaiian Relays, Tuckahoe Pool
 April 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 Lake, VA
 Aug, 3,4 D. C. Masters Long Course
 Aug. 8-12 Canadian Masters, Toronto, Canada
 Aug. 17-20 USMS Long Course Nationals, Providence, RI

D. C. MASTERS NOVEMBER CLASSIC RESULTS by Jill Hoover

Thanks to the management skills of Tony Young and his wife, Pepper, D. C. Masters hosted another fine meet. Tony received help from officials Sandy and Julie Gideonse, the ever faithful scorer Eileen McAfee, Sid Saperstein, who handled the entries, and Ray Chen, who processed the entries. In addition, many team members contributed their time to staff the watches. Thanks to their efforts and kind volunteers from the spectators and from other teams the meet ran smoothly.

Some D. C. Masters turned in some fine swimming performances and others were content with their early season progress. Rita Shephard won all of her events. In particular, her 50 fly looked good. Some of you may remember that we were cautioned not to cheer for her during her fly at Nationals by Bob Husson so that we would not call an undo attention to her stroke. Next year I think she will have nothing to worry about. Mimi Lee swam strongly as usual. At age 64 a 1:25 100 free is impressive.

Ted Rabenko, a former Lehigh U. swimmer, swam his first meet as a D. C. Master. He expects his 1:06.9 100 back and 2:26.3 200 back to improve as he works out more. Another new member Dale McGinley swam two personal best times, a 1:08.99 (never round off a .99) 100 back and a 1:13.75 100 IM. He's enjoying working out a F&F.

Tom and Mary Anderson were among the several members who combined swimming and timing. Tom reports that his 100 breast time is still faster than his 100 fly. Mary learned that she swims the 100 IM faster when she gets tired and was able to apply some tips from the stroke clinic to improve her time. They commented, "We learned a lot at the clinic, but from the meet we realized that we desperately need to attend the start and turn clinic."

Elaine Hochuli swam some good early season times. She was pleased with her pacing in the 200 fly for a 2:24.49. Her graceful style of swimming must keep the timers' close attention. All four timers timed her 200 IM to the same 2:27.12 time. New member Jacqueline Morgan is just learning how to handle the Masters circuit. She commented that she learned not to enter an event with a "No time", you won't get any competition. This is especially true when you swim a 2:48.5 200 IM. Jacqueline works out at Tuckahoe. Another Tuckahoe swimmer, Betty Griffin had best times in 2 of her 3

events. She just doesn't take off tenths, she REALLY improves. She went from a 40.3 to a 38.49 in the 50 free and a 3:21.5 200 free to a 3:16.4.

Herb Bender would have done even better had it not been for the presence of speedy Dave McAfee in the 75+ age group. He still won two events though, including the 200 fly in 5:10. Don Walter had a great meet with two best times. One in the 100 back at 1:56 and another in the 100 free in 1:27. His 200 free was his second best time.

Some of our others members weren't quite as successful this meet. Ray Chen reports that he can't do the breaststroke kick because of a bad knee; his back, breast, and fly are affected since they use the same kick (of course). "This leaves only the dog paddle, which I entered". Ken Flynn tried to blame me for his subpar performance. Well! He stated, "My times were off--spent every race trying to come up with a quote for Jill instead of concentrating on the race". Of all the original excuses!

Martha Witebsky returned to competition after a layoff. She swam some good breastroke times and won the 200 IM in 40-44 age group with a 3:18.28. Martha works out at Silver Spring. After a successful meet at Nationals in the relay events, Jan Brand is now working out with Betty Brey twice a week and it is paying off. She won all four of her events and looked strong in all her strokes. Another Brey-coached swimmer is Ron Greger, who swam his first meet in over four years. He was pleased with his times after only a few month's workout. He wrote that "I left competitve swimming because of being too concerned with the need to always get faster. Have been running and doing triathalons since. Now ready to swim and have fun at what I really do best--breaststroke swimming". He is interested in having D. C. Masters emphasize the average swimmer. And suggests that we cultivate "team spirit" with relay meets.

Joann Leilich made her debut in the 100 fly and also swam the grown-up single-armed backstroke in her 200 IM. She is in fine form early this year as she swam her best 200 breaststroke time and set a new National record in the process. This record was one of two set at the meet. The other was by Carol Chidester in the 200 back, 40-44 age group. Mary Lathram did not have a particularly fast meet for herself, but she spent most of the meet timing. She'll be ready next time.

USMS NATIONAL CONVENTION

Joann Leilich and Wayne Zimmerman attended the national convention of United States Masters Swimming. Joann and Art Smith reported on items that might be of interest.

1. The U. S. Swimming false start rule is adopted. Beginning January 1, 1985, ANY swimmer who false starts ONCE (accidentally OR intentionally) is disqualified and may not swim that event. (Potomac Valley Masters Swim Committee fought this rule long and hard since we felt it was unfair to the older folks--and even the not so old folks--who sometimes lose their balance and fall in. We lost the battle.) This rule might be a good reason to attend the start and turn clinic.

2. The 1986 Short Course Nationals will be in Fort Pierce, Florida and the Long Course Nationals in Portland, Oregon. (The 1985 Short

Course is in Wisconsin and the Long Course at Brown U. in Providence, Rhode Island. Where we will defend our national championship.)

3. The 20-24 age group was eliminated from starting competition at Nationals in 1986. (Potomac Valley fought this one, too, but lost. We think that if USMS registers the 20-24's and accords them all privileges (insurance, voting rights, etc.), it is discriminatory to deny them the right to compete in the Nationals. However, friends at the Civil Rights Division of Justice advise us that it is not against any Federal law. But, California has a very liberal age discrimination law--known as the Unruh Law--which may be applicable. We're contacting some attorney friends in California for advice.)
Meanwhile, if you think USMS is being unfair, write Mike Laux, President, at 8 Myrtle Ave., Westport CT.

4. The 1000 yard freestyle (short course) and the 800 meter freestyle (long course) events may be added at the option of meet managers except at Nationals. We assume then that Top Ten will be listed for these events.

5. A proposed rule change to limit entries at L. C. Nationals to five individual events was tabled. This should be brought to the floor for discussion and voting in 1985, so please express your views to your LSC members during 1985. Also, the Championship committee reported that "time standards" seemed like the only feasible way to limit the size of National Championship Meets at some future date. They recommended adding "time standards" one age group at a time. No action or discussion followed this recommendation.

6. In the registration committee there was a great deal of discussion about "transfers" (of registration and/or "moving"). The following policy was adopted.

--There is no change to the requirement that a swimmer compete for 60 days as "unattached" before changing club affiliations. As previously, this is verified by the swimmer signing a transfer form so stating.

--Any swimmer wishing to change teams within a local association during a registration year, must meet the 60 day requirement, sign the form and pay a \$1.00 transfer fee.

--Any swimmer moving his place of residence may

o Continue to compete using his "old association" registration until his card expires

or

o Completely re-register in his "new association," signing a transfer form, and pay the full registration fee of the new association (that is, re-register)

--Any swimmer wishing the CHANGE his affiliation to a club located in another association must meet the 60 day requirement, sign a transfer form and pay the full fee of the new association (that is, re-register).

--If a swimmer wishes to change team affiliation when he re-registers for a new year, he must meet the 60 day requirement and sign a transfer form, but paying only the current registration fee (no \$1.00 transfer fee assessed).

CONTRIBUTIONS TO THE WAVEMAKER

Thanks to all of this month's contributors, the infamous Dick Cheadle, Art Smith, Joann Leilich, Bert Kassell, Ann Volmer Svanson

and the meet participants.

For the next edition, I ask the help of all members who can find a few minutes to supply me with information on the following topics.

1. Your personal swimming and fitness goals. One purpose of the D. C. Masters is to encourage all swimmers in meeting their fitness, competitive and whatever else goals. Some of our swimmers might have easily-defined goals such as making top ten or winning at Nationals. Others of our goals may not be as obvious, but I would like to publish any that you would care to mention. Maybe this will provide an incentive for you to meet them (after all, once they're published how could you not), some encouragement from your teammates (who else but a fellow swimmer could understand), and an example to your teammates of some goals that they might aspire to. Some examples of personal goals are provided below.

DOLLY McCLARY--swim in a meet

MARY LATHRAM--to become a little more serious about competing. She has enjoyed the fitness aspects and has done well but would like to see what else she could do

JILL HOOVER--feel like she is doing breaststroke again

2. I would like to hear about your workout. If organized, who is your coach, what are typical workouts like. Any notable characters. If you work out alone and have good conditions, please state hours, membership requirements, etc.

3. Ideas for articles you would like to see. Ron Greger, a family practice physician, has volunteered to help Ray Chen out with health articles. Please give me some ideas about questions you have for them (or talk to them directly). Also, we have several members who have much to offer on technique and training methods. They would be willing to write article on an interesting topic.

All contributions should be sent to Jill Hoover, 3528 N. 14th Street, Arlington, VA 22201. You may also call me with ideas at (703) 522-3027. Contributions for the next WAVEMAKER should be received by December 28. I look forward to hearing from all.

TEAM NOTES

WANTED: Men's bathing trunks and gym shorts. Women's bathing suits. Large sizes are especially needed. Elaine Hochuli, Recreational Therapist at Hope Village Community Residence Facility, runs a swimming program once a week. She has several residents who would be interested in swimming if they had suits. If you can help, call her at 685-7986 (home) or 678-1077 (work).

FOR SALE: Printing calculator of the D. C. Masters. After years of devoted duty under the fingers of Dave McAfee, this calculator got tired of printing 1's. Other than this slight malady, it is in excellent condition. (It displays the 1's fine.) Yours for the low price of \$25. Call Dave if interested.

MEMBERSHIP RENEWAL: This will probably be the last WAVEMAKER before the first of the year. Don't forget to renew your membership to continue receiving this publication and other benefits. If you've lost your form, call Dave for a new one.

TEAM PROFILE

A number of DC Masters athletic endeavors are not restricted to swimming. We have many members who are runners, triathletes, pentathletes, etc. Among them is a new team member, Gust Svanson, who has been running for a dozen years and has completed over 25 marathons and several triathlons including Ironman several years ago. Gust's latest venture was the National Capital 36-mile ultra-marathon which he completed in 4:16:17 to place 13th overall out of 115 runners.

In the meantime, Ann Svanson is preparing for her own "Ultra" of sorts -- a 1650 Fly. It's the 1984 edition of "Ann's Annual Birthday Challenge." It started 4 years ago, before Ann was swimming, with her running a half-marathon on her birthday, Dec. 6. After she had been swimming a year, the challenge was changed from running to swimming. In 1982, she swam 7,000 yards on her birthday, and last year it was 10,000 yards. This year she is inviting any other "crazies" to join her in her challenge. The reward for completing it will be several beers at a local pub.

Steve Harrison, Richard Hay, and Bert Kassell made the trip to Norfolk to compete in the Fifth Annual Virginia Masters Swimming Classic on October 13-14, and almost came away with the visiting team trophy. The three, competing in the 35-39, 45-49, and 70-74 age groups collected 17 first places, and came within a relay or two of winning the team championship. One more male, or any two females probably would have done the trick. The meet was well handled, as usual, and our thanks and appreciation to meet directors Karen Mickunas and Forrest Sullivan.

COMMITTEES AND THINGS

Dave McAfee and I are going over the membership rolls looking for likely candidates to chair and serve on a few committees we need to run things, so if your phone rings don't be surprised, just say yes.

Finally, I know I speak for all who participated in the Fall Classic when I say "thank you" to the volunteers who helped make the meet run smoothly and finish on time.

Bert Kassell

LANE 5

by Dick Cheadle

The other day my very good friend Joan Hoover asked me would I write an occasional column for the Wave-Maker. You could call it something like "Lane 5" she said. Make it light and dry and airy (I think she likes my litterairy style) but don't hurt anyone's feelings or pick on anyone by name.

Right.

LANE 5

by Dick Cheadle

(Editor's note: When this article was written Lane 5 was indeed Lane 5. Lane 5 has now become Lanes 4 & 5 combined, due to the graduation of a number of seniors.)

I love Lane 5. I love the crystalline serenity of its deep blue water, cradled lovingly by a brand new set of black and white non-turbulent lane dividers. I also love Lane 5 because it doesn't have any walls on either side. (My right wrist stays black and blue all season from just the lane dividers, a wall would end my season in one workout.) But, the majesty of its setting notwithstanding, I love Lane 5 because of her crew, the men and women who toil inside her and make her tick.

I love Ann Svanson. I love Ann Svanson because she can do things I can't do. For instance, Ann can hit the wall at the end of a hard repeat and instantaneously begin chatting with anyone conscious enough to comprehend, and continue doing so until the pacing hand tells her its time to go again. Me, I hit the wall at the end of a hard repeat and its fifteen seconds before I can say "Ugh" and twenty seconds before I can say "Bleep" I feel like Bert Jones in the TV commercial..."How does she do that?"

I love John Alleva. John of course no longer toils in Lane 5, having graduated a number of semesters ago, but he does hold the only Honorary Lifetime Membership in Lane 5 and he certainly does typify what Lane 5 is all about. I remember John and I working out together at Starlit in the mid-70s. We'd devise a workout, and go at it. For an hour and a half he'd cream me in the 200s, cream me in the 100s, and cream me in the 50s. After it was over he'd say "Dick, you really looked good today", and actually MEAN IT. You have to love a guy like that.

I love Frank Murphy. You also have to love someone who needs to shave before, during and after practice, although Frank tells me that since he made a modification in his sports medication he no longer needs to shave during practice.

Oh, I know you've heard the cries:.....Break up Lane 5!! Move Ann to Lane 4. Move Dick to Lane 3. Move Kelley to Lane 6.(Except for the last 50 yards of each practice.....I love Kelley Lemming's suicidal approach to the last 50 yards of each practice.) But we understand this. There's always a tendency to want to break up a winning combination with dynasty potential. It's just something we have to live with.

One of the people I know best in Lane 5 is Dick Cheadle. Although that subject has been covered many times before, there is one thing that needs to be expounded upon, and that is.....Further Thoughts on Having Swum a 2:19+ 200 free at the International Police Olympics...I mean we may be talking the big W/R..(World Record)...The thinking is as follows: When I returned to DC Masters in April I was a somewhat bloated 251 lbs, the result of a serious neck injury which kept me out of swimming for over a year. I managed to get down to 235 lbs for the Police Olympics. So the question is: Has anyone over 45/over 235 lbs ever broken 2:20 before for 200 yds freestyle? We may be talking World Record, we may not. I just don't know. If anyone has any data on this, please let me know. And if it turns out that someone has done this before (certainly this would have to be in the all-time top ten), maybe I could point to the 1933 International Police Olympics with a goal of over 50, over 240, under 2:20. Surely noone's done that before. I find the whole subject intriguing. Also we have here the missing link between two sports previously believed to be unrelated: sumo wrestling and swimming.

The only thing absent from my beloved Lane 5 is the companionship of my very good friends Ed Emes and Ray Chen. I really miss their classic 200 fly duels.

Don't miss the next issue of Wave-Maker. I am currently working on an article which should be finished by then entitled: "If You're in a Really Tough Race, and it Really Starts to Hurt, Why Finish?"..In it I will chronicle my 100 meter fly attempt at the '73 Long Course Nationals in Chicago including a section on the mental scars that still remain and a section on the reaction (hysterics) on the part of my teammates, some of whom are still on this team. They know who they are.

ATLANTIC COAST MASTERS SWIMMING CIRCUIT

The Raleigh Area Masters Swim Team and the North Carolina Amateur Sports are sponsoring awards to be presented as a result of competition that began in October 1984, in the form of the Atlantic Coast Masters Swim Circuit. As announced in its recent handout,

"...the Circuit is designed to encourage more participation by swimmers in Masters meets, to increase exposure of and participation in these meets, and to promote Masters swimming and increase public appreciation thereof in the eastern United States...."

Official meets included in the circuit, in addition to Norfolk and our own Fall Classic, are Wilmington, NC (December 14-15), Charlotte, NC (January 26-27, 1985), Charleston, SC (February 16-17, 1985), Atlanta, GA (March), Greensboro, NC (March), and Durham, NC, the North Carolina State Short Course Championships (April).

The awards will be made to each Circuit Champion, that is, the person in each age group who participates in four or more Circuit meets, and who accumulates the most individual points throughout the Circuit meets during the 1984-85 short course season. Change your age group and you start all over, however.