

*DC Masters*

## WAVE MAKER

February 1986

Special Limited Distribution Edition - DC Masters Only  
1986 USMS NATIONAL SHORT COURSE CHAMPIONSHIPS

Because of the overwhelmingly enthusiastic response to the first call for swimmers to attend the Nationals, the Executive Committee is satisfied that this is the year to go for broke. Accordingly, the Committee suggests and encourages the individual and collective dedication to doing that which is necessary to win the championship.

A modest appraisal of the team on the next page has to be an unqualified WOW! When many of the undecided move up to full team membership status it'll be unbelievable! Watch out New England - but let's keep it quiet so their first inkling will be when they open the heat sheet. Anyone wishing to join the squad please contact Kelley Lemmon (703) 536 5284.

Entry due date - Entry forms - Information pamphlet

All entries must be in the hands of the Entry Chairman no later than April 15, 1986. Enclose a self-addressed, stamped envelope or postcard which will be returned to you indicating receipt of your meet entry form. If you do not receive your receipt by return mail after ten days you should call the meet director. Mail early enough so, in the event of a foul-up, you'll have time before April 15th to straighten it out by telephone.

A supply of entry forms and information pamphlets are now available. Everyone needs the pamphlet, including those using the entry form in SWIM Magazine - incidentally, Kim and Bob Hansen have joined the squad. Entry forms and pamphlets will be distributed at American U. workouts, the February 23rd meet at Burke and at Maryland Masters meet on March 8th and 9th. Otherwise, a self-addressed, stamped 9½" envelope to Kelley Lemmon, 4304 37th Road N., Arlington, VA 22207 will do the trick.

Shuttle service - Airport pickup

Free shuttle service between our hotel(s) and the competition pool will be available. The Indian River Community College\*free transportation from and to the West Palm Beach Airport. Details for reserving this service are in the information pamphlet.

Relays

Nancy Kirkendall is working on a computer program for the relays. Kelley Lemmon is chairing a relay committee. Tentative relay assignments will be published as soon as possible. Feed Kelley your relay splits (flat start preferred) as they become known and/or refined. Nothing final until the card goes in the day of the race. We need more relay swimmers. See "Recruiting" on page 3.

Volunteers We could use and greatly appreciate some non-swimmers to perform important functions in support of the team. The Team Representative (for relays), split takers, #score keepers, to name a few, are examples of what we have in mind.

\*will provide

#DC Masters

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(Afterthought- Lee Bettis may be driving to Florida and wonders about riders?)

I E A M R O S T E R  
(Persons definitely planning to compete)

<u>MEN</u>		<u>WOMEN</u>	
26 Makarczyk	Florida	27 Mirabelli	
28 Cahoon	New York	29 Wood	AU
28 Shaffer	AU	29 Hansen	California
29 Kanzler	Michigan	31 Skiff	AU
30 Densmore	AU	31 Hochuli	AU/Wakefield H.S.
31 Wolf	AU	31 Shaffer	AU
31 Hansen	California	32 Hoover	AU
34 Edgell	Naval Research Lab	33 Hirsty	Kansas
36 Ganev	AU	34 Haffey	AU
36 Harrison	Lee District Park	35 Mack	White Oak
37 Hogan	Burke Racquet & Swim Club	38 Parker	Athletic Express, Gaith'b'g
39 Audley	Wakefield	40 Herrington	Bethesda Chevy Chase YMCA
41 Bergquist	AU	40 Svanson	AU
41 Greger	Athletic Express	43 Kirkendall	AU
43 Lyons	AU pm	47 Leilich	Burke R & S Club
44 Myerberg	Rockville Mun. Swim Center	49 Gates	
46 Newman	Wakefield/ Ft. Belvoir	52 Brunner	Pittsburgh
46 Sintz	Alabama	54 Brey	Athletic Express
47 Smith	AU/Wash. & Lee H.S.	55 Griffin	Tuckahoe
48 Bechtel	AU pm	64 Sagasti	Key Bridge Marriot
48 Cheadle	Lee District	66 Lee	Silver Spring Y/White Oak
48 Bettis	Providence (Fairfax)	67 Hummer	AU
48 McGinley	AU/Reston/Wash. & Lee	67 Murphy	Walter Reed/Bethesda NMC
51 Nonsein	AU	71 Lathram	Skyline Racquet & Health
56 Flynn	White Oak/Colesville	71 Clark	North Carolina
57 Ems	AU	75 Mattila	Annapolis, USNA
62 Jove	Alexandria YMCA		
65 Wiley	California		
67 Murphy	AU/Wash & Lee/Pentagon		
69 Sapperstein	JCC/Montgomery College		
73 Fite	Florida		
73 Kassell	Alexandria YMCA		
73 Miller	Tuckahoe		
74 Lemmon	AU/Tuckahoe		
77 McAfee	Tuckahoe		

Swimmers who are interested in attending the Nationals but cannot yet make a decision:

	<u>MEN</u>		<u>WOMEN</u>	
28	Zimmerman	Rockville Mun. SS/JCC	28 MaGee	Pennsylvania, Central Bucks Y
31	Inman	AU	33 Picariello	AU
38	Brown	AU	35 Ruppert-Prosch	AU
43	Brand		36 McCorkle	
50	Cohen	Reston - Hunters Woods	38 Schaffer	AU
52	Chen	Gaithersburg YMCA	40 Brand	
66	Szego	Anne Arundel Comm. College	55 Treiber	Reston
71	Delaney	Tuckahoe		

Recruiting

DC Masters, including those not going to the Nationals, are requested to beat the bushes for some more talent to bring the team strength up into the seventies. Let's face it. New England boasts of an eighty-two person team for Fort Pierce. Three years ago they took 70 swimmers and 45 relay teams and won first. Gold Coast was second with 79 swimmers and 40 relay teams. The relays are terribly important to combined team scores. Since they score twice the points of an individual event it behooves us not to give away too many relay points to our competition.

Coaching-Clinics-Training

Elaine Hochuli, Chairman of the Swimming Improvement Committee, will undertake to assist you in every way in answering questions about training, arranging for clinics or coaching, or whatever. Assemble as many swimmers as possible and let us send someone to help you. Her home phone is (703)685-7986, Mon thru Fri 6:00pm to 10:00pm and 8:00am to 10:00pm on Sat and Sun. She'll even take calls at her office (202) 678-1077 ext. 35, Mon to Fri from 9:00am to 5:00pm. Workout with someone if possible. A group is better.

Individual events

If you are new to the Nationals please be assured that a reasonably well conditioned swimmer, which you will be, will have little difficulty swimming two events back to back. There is lots of time between events and the warm up, loosen up and swim down facilities are good. Please try to enter and swim six (the max allowable) individual events.

Air transportation

Ft. Pierce is one hour by car North of West Palm Beach, one hour South of Melbourne and two hours SE of Orlando Airport. Free airport pickup is available at West Palm (page 1). Alternatives - go to Melbourne or Orlando and rent a car. Better schedules, possibly lower fares and EPCOT & Disney World might make the extra hour drive from Orlando worthwhile. Air fares: in a word CONFUSING. Present discount fares to West Palm on Delta, Presidential, US Air, Eastern and Pan Am all range from \$69 to \$99 each way. However, these all expire 2/15 to 3/15. Why? Air fare competition is cutthroat because of deregulation. They don't hold discount fares for far-in-the-future travel. You may, if you wish, reserve now. An unrestricted Y Class coach, round trip is about \$250 and you have a guaranteed seat on a flight of your choice. We think this fare is about 25% to 50% higher than if you wait a bit. As travel to Florida drops off tremendously in late April and May, it is expected that the airlines will cut fares for May travel and announce them by mid-to-late March. Your choice. We're going to wait and see.

DC Masters American University training group. Coached by Steve Shaffer (703) 830 8218  
Workouts : Mon Wed Fri 7:00 - 8:00am; Tues and Thurs 6:15 - 7:45am; Sun 9:30 - 11:00am.

Limitations - Tues/Thurs only swimmers who can handle workout speed of 1:30/100yds.#

Cost - 2 day week \$15/mo - 4 day week \$20/mo - 6 day week \$25/mo.

Three month (Mar, April, May) is discounted to \$40, \$55 and \$70 respectively.

DC Masters swimming in the Nationals are encouraged to avail themselves of this opportunity. Call Steve for a lane assignment.

## LAST CALL FOR NATIONALS

by Dick Cheadle

Oh boy, oh boy!.....We have gone and done it now!.....Lets summarize by saying that there's good news and bad news about Nationals.

The good news is that it looks like we'll be sending a small armada to Florida, the largest contingent of D.C. Masters swimmers ever assembled indoors (if the place is roofed), or outdoors, as the case may be, thanks in no small part to Kelley Lemmon's tireless recruiting and organizing. The race for first place ought to be a good old fashioned dogfight.

The bad news is that in so doing, we have blown right through our room allotment at the Holiday Inn Oceanfront, this despite the fact that we had reserved 40% more rooms than D.C. Masters has ever used at any meet ever. (I think the good news by far outweighs the bad news). What I have done, therefore, is reserved a second block of rooms at the Quality Inn Executive, as the Holiday Inn Oceanfront is totally sold out, in fact, as they tell me, overbooked. (They assure me that our team will have no problem with the rooms already booked; a prudent person would plan to arrive earlier in the day than late afternoon). This does, however, create options that some of you may wish to explore. The Quality Inn Executive has its own restaurant, has a cheaper rate than the Holiday Inn (\$28 single- \$34 double as opposed to \$40 per room), is a lot closer (2½ miles vs 12 miles), and is on the pool shuttle bus run (as is the Holiday Inn).

As of the date of the writing of this article (2/5/86), I still have 2-3 rooms left at the Holiday Inn, and a decent supply of rooms at the Quality Inn Executive. I am currently holding rooms for the following people who have contacted me (Emes, Flynn, N.+F. Clark, Wiley, Skiff, Lemmon, Wood, Hochuli, S. + K. Shaffer, Meck, Herrington, Smith, Lyons, Kirkendall, Svanson, Leilich, Brunner, Kassell, Sintz, McGinley, Bettis, McAfees, Gregor, Hoover, Parker, Harrison, Hogan, Saperstein, Lee, Sagasti, Mirabelli, Wolf, Cahoon, Bergquist, Densmore, Kanzler, Makarczyk, Haffey, Miller, Myerburg, Brey, Gates, Cohen, and myself. I should be able to squeeze another 2-3 rooms out of the Holiday Inn roster by matching up people who are looking for roommates, which I'm working on right now. By the time this is published, I should have contacted most of the people I have named to see if anyone is interested in the Quality Inn option. If I haven't, and you're interested in changing, call me at 535-5850. If I've omitted anyone who has contacted me previously, or if you're just deciding on going, call me ASAP while we still have space.

Per agreement with the hotels, I will be turning back any rooms that we do not have firm commitments for on March 15th. Those wishing rooms after that date should deal directly with whomsoever they may wish to deal with down there. Please have your checks to me NO LATER THAN April 1st for the first night's deposit. Don't add tax. (Incidentally the tax has dropped from 8% to 7%, so the actual Hol. Inn rooms are \$42.80 vs the earlier \$43.20). Checks payable to Richard O. Cheadle and mailed to 8919 Prince Caspian Court, Burke, Virginia, 22015.

Addendum to room list: Griffin, Ganev, Bechtel.

## LANE 5

by Dick Cheadle

The subject for today's sermon is "Declining Enrollment in D.C. Masters' Winter Meets - What's Caused It and What Can Be Done About It?"

"Suppose they gave a war and nobody came?", asked some of the anti-war people back in the early 70s. A very interesting hypothetical question.

"Suppose they gave a masters swimming meet and hardly anybody came?" This question, unfortunately, is not as hypothetical for us as some might think. As a team, we have gone from sponsoring four meets a year to two and a half. Although the team is without question financially sound, if this pattern continues over a long period of time, we may have to cut back on some of the programs that we are interested in. As a very strong advocate of classy team parties at Nationals (our team Treasurer is not), I hate to see him armed with the type of ammunition that came out of our November 2nd meet at Montgomery.

Lets do facts first, then theories.

FACTS: Over the past years we have normally held four meets during the year; a fall meet, a spring meet (March), a pentathlon (April), and a summer meet. A comparison of the 1979-1980 statistics against the 1984-1985 statistics is as follows:

1979-1980		(number of entries)	1984-1985	
Fall	146		Fall	114
Spring	137		Spring	58
Pentathlon	131		Pentathlon	CANCELLED
Summer	135		Summer	132

(I have omitted the one hour swim, our best moneymaker, because its a meet we have to apply for permission for to run every year. There does not appear to be any prognosis for losing this meet any time in the forseable future.)

At the 1985 fall meet November 2nd, the number of entries dropped to 87. Only 35 D.C. Masters entered. Of the 46 D.C. Masters who went to summer Nationals, only 14 entered. We didn't lose money on the meet, but we didn't come much above breaking even.

The first step in solving a problem is to realize that there is one. In reviewing these numbers, it does appear that there is one. What I'd like to do next is to set forth some of MY ideas as to why this problem is developing, and some of MY thoughts about how we might address this issue. Then I'd like YOU to think about this for awhile, and if you feel you have anything you'd like to contribute toward the resolving of the problem, send it to Jill for the Wavemaker, or Dave McAfee or Tony Young for discussion at one of the Executive Council meetings.

THEORIES: What has happened to our winter program (the summer meets have held constant through the years), and how might the trend be reversed?

1. Hype: We do an absolutely dreadful job of hyping and advertising our own meets. The meet data (date, pool, time, etc) should be available for distribution at least 2 months before the meet. It should be hyped in the Wavemaker, so that people could circle the date on the calendar and make adequate plans to attend. Our pentathlon meet February 23 was only finalized in January. Swim-Master magazine is carrying the meet as March 15 (the original tentative date). I think this summer's August 16-17 meet will dramatize what hype means to a meet. We are going to hype that one mercilessly.
2. Dual Meet League: The Dual Meet League is a gypsy spinoff of the masters swimming program. People swim for teams that represent clubs, YMCAs, etc. and compete against each other head to head on weekends. There are no entry fees. You don't have to be a registered masters swimmer to participate. After the meet, everybody gets together socially. The program has gained in popularity over the past several years in an almost mathematical ratio to the yearly decline in attendance in our winter meets. Its got its advantages for its participants...why pay team dues, a Potomac Valley fees or meet entry fees, when you can swim with friends and get your times for free? Of course many of the people participate in both programs.....I don't mean to knock the Dual Meet League, any program that contributes to adult physical fitness is certainly worthwhile....I'm just saying that the program runs in direct competition with ours and we need to package our meets more attractively to face up to the competition. (One of the reasons our spring pentathlon was cancelled last year was because one of the weekends we could get a pool conflicted with the Dual Meet Championships, and we felt that would draw away too many people for us to have a successful meet.)
3. Timing: Our fall meet has historically been in early November. That was fine when the registration year ended December 31, but now it ends October 31. Our November 2 meet was held 2 days into the new registration year. The meet should be the last weekend in October, when the old registration is still good. (The Delaware meet is late November and the Bethesda meet is early December).
4. Apathy: In 1985 less than 40% of the D.C. Masters team members competed in one or more of our own meets. That's an appalling figure, and we should enter into a project in the very near future to attempt to draw as many of the missing people into the mainstream of our activities as possible. This summer's team party (May 31) should be directed toward involving as many people as we don't normally see as possible.

Summary: Lets support our own teams' meets to the maximum extent possible. (I didn't swim November 2 because I had been out of the water for 7 weeks and was just beginning to swim again. To atone for this, I did the One Hour Swim in January -3,750 yards - you have to know me to appreciate that effort).....better advance preparation, more hype, better timing will definitely help..... I think we also ought to add another meet to the years' meet program.. a 25 meter meet at a time of year when most people are in real good shape for top ten times, probably sometime close to one of the Nationals.

## CALENDAR OF UP-COMING MEETS

To obtain entry forms for out-of-town meets, call Tony Young, H-469-8955 W-785-8150.

- February 23 DC Masters Pentathlon, Burke Racquet Club  
Note date change as a result of the Maryland Masters meet change.  
If you haven't signed up yet, do it TODAY!  
This meet is sponsored by OUR team. Please be prepared to help time, give out awards, etc. Better yet, bring a friend to help!!
- March 8,9 Maryland Masters Regional Meet, Catonsville MD
- March 9 New York City Masters Meet, City College Pool
- March 16 Upper Main Line YMCA  
John Merryman, 325 Abbey Rd., Berwyn, PA 19312
- March 24 DC Masters Get Together to Band Out Hour Swim Results  
Call Art Smith 729-2211 to participate.
- April 4-6 Middle Atlantic Masters, U. of Delaware
- April 13 Hawaiian Relays, Tuckahoe Pool, Falls Church VA. Described below.
- April 25-27 YMCA Masters Nationals  
Indianapolis, Indiana
- May 15-18 Short Course Nationals, Ft. Pierce Florida
- May 18-25 Masters Swim Vacation, San Juan, PR  
Exercise Excursions, 47 Spring Rd., Lexington, MA 02173
- June 15 Chesapeake Bay Bridge Swim, 4.35 miles, individual/relay events  
Call Tony Young, above, for info and to sign up for relays
- June Terrapins 1500
- July 11-16 FINA/MSI World Masters, Japan
- July DC Department of Recreation
- Aug. 16,17 DC Masters East Coast Regional
- Aug. 21-24 Long Course Nationals, Portland, Oregon

## SPRINTS

Welcome back, Barbara Blancy. We are very happy to hear of your return to the water and look forward to seeing you at meets.

Congratulations to Sue Schaffer on the birth of her third child and first son, Mathew Schaffer Rogan, on December 17. Mathew is an excellent swimming baby--his interval pacing on his naps coincides well with a good work-out for Sue, and he seems comfortable in the humid pool environment among the splashes of Lane 5.

Hope the following member have wonderful birthday celebrations the rest of this month and in March.

Suzanne O'Hara, 27	Karen Sullivan, 29	Betty Griffin, the BIG 55
Ruth Shapiro, 71	Terrence O'Donnell, 42	Sandy Brown, 38
Stu Roberts, 27	Denise Wood, 28	Cindy Faith, 29
Steve Shaffer, 28	Bob Benson, 51	Wayne Zimmerman, 28
Fred Zamon, 44	John Flanagan, the BIG 40	
Dianne Magee, 28	John Paden, 53	Jean Mostrom, 68
Jim Myerberg, 44	Richard Hay, 49	

## HAWAIIAN RELAYS

DC Masters, come participate in the Hawaiian Relays this year. Swimmers always have a lot of fun getting to know their teammates, trying to survive a fair number of swims in an hour, and enjoying the social afterwards where the famous Hawaiian Relays Cake has been a hit the past two year. What are the Hawaiian Relays? They are a postal relay

event, sponsored by the HUMUHUMUNUKUNUKUAPUA's in Hawaii. Each year we get together in April and swim the seven relays in each of the 12 age/sex groups and send the results to the HUMU's who tabulate them. Two years ago we finished third and last year we finished second. All of our teams place, so the more teams we can field the better!!

RELAY EVENTS: Men's 25 & up, 35 & up, 45 & up, 55 & up, 65 & up, 75 & up  
Women's same as the men

- 1) 4 x 50 yd. butterfly
- 2) 4 x 50 yd. backstroke
- 3) 4 x 50 yd. breaststroke
- 4) 4 x 100 yd. freestyle
- 5) 4 x 200 yd. freestyle
- 6) 4 x 100 yd. IM
- 7) 500 yd. free-LOCO (one leg each of 50, 100, 150 and 200)

COST: \$5 per swimmer

TENTATIVE DATE: April 13, Tuckahoe Pool, Falls Church, 8AM warm-up, 8:45 start  
Sign up at the Pentathlon or the Maryland Masters meet with Jill Hoover. Or call her at 522-3027. Otherwise you will be contacted by your age group captain!! Please consider participating. Each year we seem to have more fun. Directions to the pool and other last minute information will be in the next WAVEMAKER.

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Deadline for next WAVEMAKER--typed for final copy, March 21, or in rough form, March 14. WAVEMAKER will be mailed about March 30. Send contributions to Jill Hoover, 2509 Arlington Blvd., No. 302, Arlington, VA 22201. Much thanks to Kelley Lemmon, Dick Cheadle and Joann Leilich for putting most of this issue together.  
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## LETTER TO THE EDITOR

We're obviously an official publication now. We even have a letter to the editor.

Dear Editor:

I wish to clarify a common misunderstanding which was mentioned in the article, "False-Starters Beware" (November 1985 Wavemaker).

The article referred to the "Potomac Valley Masters Dual League Program" implying that these "dual meets" are associated with the Potomac Valley Local Swimming Committee (PVMSC). This is INCORRECT. I do not know the origin or basis of this league name (or even if the league has a name). At least two of the teams involved in the league are outside of the PVMSC jurisdiction (and one or more of the teams are not USMS registered clubs).

The PVMSC was not approached to help organize the league. The "dual league" meets are NOT sanctioned by the PVMSC, and in their present form are ineligible for sanction. Having no PVMSC sanction means that USMS insurance is not in effect at the "dual league" meets, and the times achieved by individuals can not be submitted for USMS Top Ten or National Records.

I am sure this league meets the needs of many adult swimmers (a good and proper objective), however, it should not be confused with the official US Masters Swimming program administered in the DC metro area by the PVMSC.

Joann Leilich  
PVMSC Registration Chairman



I am conducting a study of the effect of aging on swim performance. If you have a record of your times for events in Masters meets for five or more years, I would like to include them. If you know times for events swum prior to Masters competition (age-group, senior or collegiate swimming, etc.), please include those times also, along with the year in which they were swum. Please return form to:

Jane Moore, M.D.  
 29920 2nd Pl SW  
 Federal Way, WA 98023

Thanks for your help.

NAME \_\_\_\_\_ Birthdate \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Swimming History (i.e age group competition, collegiate swimmer, started at age 40, etc.)

Please list any health problems or other influences that may have affected your performance for one or more years. \_\_\_\_\_

Events

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