



WAVE MAKER

July, 1986

CALENDAR OF UP-COMING MEETS

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

- July 11-16 FINA/MSI World Masters, Japan
- July 26 Eastern States 2-Mile Lake Swim, Charlottesville, VA
- July 27 PVMSC Stroke Clinic, Indian Springs Country Club
Dave Diehl, 12511 Littleton St., Silver Spring, MD 20906
- Aug. 16,17 DC Masters East Coast Regional
East Potomac Park Pool at Hains Point
Please read page 6 regarding the meet.
- Aug. 21-24 Long Course Nationals, Portland, Oregon

 Anyone planning to attend Long Course Nationals please let Ann Vollaer Svanson know that you are going so that she can determine how many relays to enter. With the new add-the-ages relays, even our small contingent can swim relays if we plan ahead. Please call Ann by July 14 at W-525-5332 H-549-5562 before 8 PM).

We Be DC, We Be No. 1!!

Sixty-nine DC Masters swept the women's, men's, and overall team titles at the Short Course Nationals in Fort Pierce, Florida during May 15 to May 18. The team spirit, intricate advanced planning by Lemmon and Company, the well-run meet and friendly atmosphere generated by Indian River Community College, and the excellent accommodations procured by our travel director, Dick Cheadle, made for a fun and productive time.

The victory was a direct result of the hard work of the Let's Get First Committee chaired by Kelley Lemmon, ably aided by Tom Wolf, Joann Leilich, Cheadle and the adjunct Relay Committee of Nancy Kirkendall, Dave Lyons, Steve Shaffer, Wolf, Cheadle and Lemmon. Frank Clark served as Team Representative. Kelley sent several letters to team members, made numerous follow-up phone calls, developed a spy network, and even

went as far as to remove members of the opposing clubs from distribution of one of the newsletters so as not to tip our hand. All this and five individual gold medals might deem him immortal, but I wouldn't want to give him a swelled head, so we'll just leave it with a well done and thanks from the entire team, Kelley. As far as Tom goes, it's a toss up at which he is better, the backstroke in which he won all distances and set a record in the 100 at 52.11 or his recruiting (unless, of course, it's his tireless video filming). Joann, as well as three breaststroke victories, contributed the cheerful and enthusiastic completion of many pre-meet tasks.

The Relay Committee's efforts resulted in 17 relay first places, ten seconds, and 17 other places and the fun had by all participants, attesting to the skill with which it performed its job. They demonstrated that DCM has brains as well as brawn. Not only did they spend many hours before the meet to determine which relays to send in--a very difficult task with the combinations available from 70 swimmers--but when they arrived in Florida and got an idea of the competition they spent 2 to 3 hours a night revising the relays to attain optimum points. A moment that captures the essence of the meet was the last relay, the 200 mixed free relay. When John Woods, a newer member of the team who anchored the B relay, dove in, he was 2/3 of a length behind a good woman swimmer, but he made up the entire distance to give DCM a 1-2 finish in the event.

Due to the illness of the editor and the task of getting comments (and typing them) from all participants, we will not have a special comment from each swimmer. Any swimmer who would like to comment on the meet is welcome to write me at the address on the last page and I will publish them in August. I would, however, like to describe some of the races that I saw or heard about.

Swimming excellently but in VERY tough competition in the 25-29 age women age group were Denise Wood, Suzanne O'Hara, and new DC Masters Martha Williams and Anita Callahan, who took an eighth place in the 200 fly. Among this group were many best times, and they all contributed to the success of the relays. Sue Skiff had three seconds and looked very happy when she won the 50 fly on the last day. Elaine Hochuli was especially strong in the 200 fly for a second place. In her first nationals, Karen Shaffer placed eighth in the 50 free but was most happy with her split in the relay. Jacki Hirsty was outstanding once again with 5 first places and 2 records. It was great to see the smooth strokes of Pat Haffey as she had some good times in the free and back events. Jeanne Picariello had a personal best time in the 100 fly and looked very strong in the 400 IM. Connie Meck had a good meet, especially in the longer freestyle events. Mary Parker placed in all the backstroke events, including a fourth in the 50. Sue Herrington placed in all her events, including two seconds in backstroke. She was also a great anchor on the 160 and over relays. Ann Svanson placed in all her events, including a fourth and 4 sixth places. Her 100 free was a personal best. Jan Brand placed in all her events, including a third in the 50 back, and swam many excellent 50's for the relays. Dot Gates best individual place was an eighth in the 50 back, and in addition, she was an enthusiastic and important member of the successful 200 and over relays. This will come as no surprise, Jayne Bruner won all her events and set new records in five, including a 2:19.30 in the 200 free and 1:01.58 in the 100 free in the 50-54 age group!! Barbara Blancy, back with the team after a few year absence, had a wonderful meet, including a second in the 100 fly. Betty Brey gets the guts of the meet award, for doing her first 200 fly. She won the 100 fly and placed high in all her other events. At her first nationals, Betty Griffin placed well. Her best place was a fourth in the 50 free. Mimi Lee, after coming off a seven victory--seven records performance at Y Nationals, did very well here also with three firsts and three seconds. Helen Hummer also did well in the 65-69 age group, placing second twice and third four times. Loraine Murphy placed three times in the 50 and 100 free and the 100 back. Mary Lathram quietly came up to me and said "I think I won the

50 backstroke." She wins the Most Incredulous Victor award. I believe this is Mary's first individual national championship. In addition to the first, she got two seconds and placed in all events. And then we get to two out of this world women on the team--Nancy Clark at 71 and Elsa Matilla at 75, who won all their events. Elsa also set records in all six of the events she swam, but I think she enjoyed swimming on the relays with a team the best. Oh yes, I left myself out. Well, I was way outclassed even healthy, but as it was I would have only done well if they had had an event for the best 400 IM with walking (or should that be swimming) pneumonia.

The men had the first father-son combination for DCM--the Ted Kanamine's. The younger Ted swam a beautiful 200 fly to win and placed in all his events, including second in the 500 free and 400 IM. He lives in the DC area and was joined by his father who lives in Florida and who had not been competing recently. The elder Ted placed eighth in the 200 free and helped many of the relays. The 200 breaststroke seemed to be a successful event for many of the men. Matt Kanzler led off in the 25-29 age group with a victory. (In addition to third in the other two breaststroke events and placing in all the IMs.) Steve Shaffer swam well in the event for a seventh as well as a sixth in the 50 breast and eighth in the 100. Then the 30-34 age group saw a 1-2 finish with first time national competitor Gerard Von Hoffman winning and setting the record and Jay Fisette getting second. Gerard also won the 100 breast and placed in all his events. Jay placed in the 200 and 400 IM and the 50 back. Anton Ganey and Paul Brown also swam the 200 breast in the 35-39 age group. Paul, I believe, had a personal best time and also swam well in the 400 IM with a 4:50. Anton swam all the breaststrokes and freestyle in which he had a 26.2 50. Ron Greger had a very good time for himself in the 200 breast and placed seventh. He also placed in the 100 breast. Ken Flynn was also successful in the breaststroke with a fifth in the 50 and eighth in the 100 and 200. DCM also had many successful flyers. Mike Makarczyk looked effortless in winning the 200. He also won the 50, took second in the 100 and got three thirds. Jim Densmore got a second in the 200 fly in the 30-34 age group as well as placing in four other events. As well as Jim swam, however, his best event had to be as Head Cheerleader. Ken Bergquist and the infamous Cheadle also found the 200 fly to be a successful event. Ken placed sixth in the 40-44 age group and Dick eighth in the 45-49 using the "survival fly" to advantage. As for the freestylers, Ed West was sixth in the 50 and third in the 100. Don Edgell had some excellent times, such as 54.38 in the 100. Dave Audley placed in the 200, 500 and 1650 freestyles. His 1:51.61 in the 200 was fourth. Dave Lyons did great, placing first in the 100 and 200 freestyles and second in the 100 fly as well as placing in all his events. Bill Newman is sending everyone to their doctors to ask the question, when can I get a triple by-pass? His 24.69 50 free was a best time, I believe, and placed seventh. New member Peter Sintz was great with firsts in the 200 fly and free and the 500 free as well as placing in the 50 and 100 fly and the 1650 and providing great speed for the relays. Chuck Bechtel got fourth in the 50 and 100 free as well as the 100 fly. John Woods won the 200 free, took second in the 100 free, 100 IM and 500 free and well as third in the 100 fly and fourth in the 50. Scroggie Wiley did very well in the 50 free, getting fifth and eighth in the 50 and 100 back and 100 free. Frank Murphy with fourths in the 1650 and 400 IM, as well as fifths in the 200 and 500 free and seventh in the 200 IM added versatility this year to his endurance strength. Lee Bettis broke one minute for the 100 free. In addition, I believe that he was on one of the upset victor relays. Steve Hogan kept breaking all of his personal records by several seconds. Al Bove got sixth in the 200 back in his first nationals. Ed Emes won the 50 fly and took fourth in the 100 free and 100 fly. Larry Cohen won eighth in the 200 IM. Jim Myerberg swam well in the backstrokes and the distance freestyle events. Dick Hay swam backstroke and the 50 fly in which he did 30.85. New member Joe Herrera swam freestyle and performed well on the relays. Sid Saperstein also was important to the success of the 200 and over relays. In addition to Kelley the 70-74 age group was very strong. Bill Fite showed his endurance, winning the 400 IM and getting second in the 200 fly. Bert Kassell, as usual, did well in the sprint freestyles with a fifth and sixth. Frank Miller placed eighth in the 50 back. At 76, Dave McAfee had a great meet in the

distance freestyles, winning the 200 and 500, and ending the meet with a 28:16 victory in the 1650.

I am sure that all the participants would like to thank Eileen McAfee for her devotion to the task of tracking down all the complete results.

In a demonstration of class, Jim Edwards of the New England Masters sent the following post card, "Dear Art, This will come too late for your DC Masters Spring Barbeque party tomorrow, but I want you to know (a) that the N.E. Masters acknowledge a very impressive butt-kicking by the DCM at Ft. Pierce and (b) that you need not send me a case of empty cold duck bottles after your victory celebration. CONGRATULATIONS." Thanks, Jim.

The final score was overall DCM --426, Lone Star 5-840, New England 5-1083 . Women DCM --783, New England --643 . Men DCM --837, Lone Star --557 .

DOWN UNDER

by

Carlyle Carpenter

Well, the great Fort Pierce shootout is now history, and the D C Masters Swim Team ran away with all three national championships. I can't remember seeing anything else as methodically relentless in all my swimming years as our team down there. - How do you win three national championships? - Easy, you win thirty-one gold medals in women's swimming, twenty-eight gold medals in men's swimming, win seventeen (17) relays, then sit back and start adding up the points.

It wasn't even close. I think my old buddy Dick Cheadle summed it up best, when, upon arriving at the pool at his customary 10am arrival time the morning of the 2nd day, looked up at the scoreboard and said to Art Smith - "This meets over".

If it had been a boxing match, they would have stopped it after the first day.

If it had been a chess game, it would have been checkmate after twelve moves.

If it had been basketball, they would have changed our name to the Boston Masters, and the team colors would have been green and white.

If it had been the Civil War, the meet would have been held in Atlanta instead of Fort Pierce, and the general's name would have been Sheridan, not Lemmon.

It was a class performance all the way. Even the team party had a certain softness and elegance to it, not one of those wine guzzling shivarees of some years past.

In summary, a lot of people worked very hard to produce what was produced in Fort Pierce, but you have to give a special hat off to Kalley Lemmon, whose tireless pre-meet efforts really melded the whole thing together.

Don't miss the next Ravensker! In it there will be a startling article in Lane 5 entitled "Revelation." You're not going to believe what you're going to read there!

D.C. MASTERS EAST COAST CHAMPIONSHIPS

FINAL CALL

By now everyone on the team should have received the meet announcement for our big summer meet Saturday, August 16th, and Sunday, August 17th, at Hains Point. We have advertised the meet extensively, to include the circulation of flyers all over the East Coast, and an advertisement in Swim Magazine. We're also on Swim-Master's calendar. We've gotten good response from out of town.

Due to the projected size of the meet, and the fact that we very much want to present a quality product so that people will come back year after year, it has not been an inexpensive meet to organize. Pool rental fees for three sessions, advertising flyers, postage, meet announcements, professional officials, the rental of a Colorado electric timing system, etc., have added up. Whether the meet is a financial success, and an administrative success, will now probably be determined by the amount of support we get in the Potomac Valley area.

As members of the host team, we are hoping that each and every one of you will give full consideration to doing whatever you can to make this meet a major success. That means swimming in the meet if you possibly can, and volunteering to help with administrative things, such as timing, working the scoring table, awards table, etc. It could even mean standing by at the pool office before the meet begins to rescue the inevitable people who will become lost in D.C. trying to find the pool.

Because of the size and scope of this project, we have reactivated the team telephone committee. Sometime within the next couple of weeks (note all entries have to be postmarked by July 25th) every person on the team will be called one time by a representative of the meet management committee. You will be asked if you have received your meet announcement, asked if its going to be possible for you to swim in the meet, and asked if it would be possible for you to assist in the administration of the meet. This is not a meet wherein someone gets on the PA and says the meet can't continue until two more timers are found. Advise the caller as to whether you can help or not, and if you can, for what periods of time you're available. We need the most help during the two day sessions, and the least help during the 800 free Saturday night. Volunteering for one of the two sessions would be a big help. If you volunteer to help either for the whole session, or in between your races, we will get back to you just before the meet and let you know where we need the help most.

Also, we are going to try and get some advertising for the heat sheets. This project is going to be handled by Steve Hogan (tel. 450-6811 w/recorder) and Ann Svanson (tel. 525-5332-work; and 547-5562-home, before 8PM). If every person on the team (locally in the DC area, of course) could get one \$25 sponsor, we would be in very good shape. Ann and Steve will be standing by, waiting for your calls.

Hey, what the heck. Let's do it!

Relays at the meet are swum only for Top Ten Times and fun, no medals or fees. DC Masters are urged to form their own relays. Anyone wishing to swim in a relay who is not already committed to one should check at the awards table before the meet starts both days. Someone will be there to match up interested swimmers.

VIRGINIA CAVALIER SWIM CAMP

Ann Vollmer Swanson

Some swimmers, after a long season, take a bit of time off from swimming. Not Frank and Lorraine Murphy and me. After swimming all season and attending both Y Nationals and USMS Nationals, we hadn't had enough and chose to spend the Memorial Day weekend at the Virginia Cavalier Swim Camp at the University of Charlottesville. Headed by Mark Bernardino, head coach at UVA, the camp ran for four days from 6:30 a.m. to 8:30 p.m! That's 14 hours a day of swimming and swimming related activities (movies, lectures, demonstrations and, of course, the best swimming related activity, eating--in the UVA Athletic Dining Facility). We slept in the UVA dorms and after the intense days even beds in the stark dorms looked and felt great!

This year there were 27 participants including five other DC Masters, Diane Nolly, Mathilda Huber, Maryann Treiber, Bob Dalton, and Joe Valent and one former DCM, BJ ("the other Bob") Hansen. Assisting Mark in coaching and stroke technique were Dean Watkins, the head assistant coach (sprinting) at UVA, Don Easterling, head coach at North Carolina State, and Andy Wren, assistant swim coach at UVA.

Each day started with a 1-1/2 hour workout followed by breakfast. Then there was a lecture on stroke technique--one stroke was covered each day. We also saw a movie on that stroke, and then went to the pool for about an hour of stroke drills. Next was a lecture on training methods (anaerobic threshold, lactate tolerance, sprint, etc.). Then off to eat again. The meals were geared for athletes and nobody went away hungry. After lunch (and a 10 minute nap if you could eat fast enough) it was back in the pool for two more hours of stroke drills and work on starts and turns. During this time, we were also individually video-taped swimming the stroke of the day. More lectures/demonstrations on weight training, nutrition, stretching, mental training, and physiology, were held each afternoon. Then, yes, one more quick (15-30 minutes) session in the pool to put to use the training knowledge we had learned that morning. On the third day we each had to make up a workout incorporating the five different types of training--a real challenge. After dinner each night we watched the video tapes of our swimming and received criticism, encouragement and correction.

The Murphys and I, veterans of a number of swim clinics, would highly recommend the camp to anyone who wants to improve his swimming, learn new strokes and/or brush up on technique, learn to train more effectively--and have fun. The weekend was extremely intense, but equally as satisfying an experience.

P.S. If it's any indication of what the swim camp did for Ann, she swam a best time by over 3 seconds in the 400 free and took a second off her 200 at Richmond despite an exhausting week. She also swam her first 400 IM, on the urging of coaches at the camp, in a time that would have placed sixth in her age group last year!

DC MASTERS CELEBRATE NATIONALS VICTORY AT SPRING PARTY; SMITH BARBEQUED
BY RIOTOUS LAUGHTER
by Steve Hogan

The team's Spring Party in Great Falls, VA was a big success, thanks to the efforts of hosts Art and Cathy Smith who had everything well organized (who else would line the volleyball court to avoid arguments). Despite the hot and humid weather a lot of people enjoyed a friendly game of volleyball. Steve Shaffer must have watched training tapes of the Japanese women's volleyball team as he outdid everyone in bumps and bruises with his diving for the ball and acrobatic shots. There was the usual array of plentiful good food and the grills were kept busy with each person his/her own chef. Tom Wolf brought the video tapes of Nationals which everyone enjoyed as they dined, the biggest hit being the team video (quite a departure from the usual "frozen in time" photograph). The most surprised team member was Art Smith whose birthday fell on the same day as the party. The team provided a specially decorated cake and ice cream for the occasion. Later in the evening Art was "roasted" by several team members. The revealing stories and special gifts ranged from a tape of Bob Dylan tunes (Art's favorite singer) from Lee Bettis to a deluxe "bumble bee" striped pool robe from Joann Leilich. Art solemnly promised to wear the robe (Stanton Craiggie eat your heart out) at the next DC Masters swim meet. Finally, I want to especially thank Jill Hoover and Joann Leilich for all their advance legwork. Their efforts certainly contributed to making the party such a great success.

P.S. Cathy Smith is missing a stainless steel serving spoon. If anyone picked it up, please give her a call. Also, she has left over an ironstone offwhite plate with a blue ring.

SPRINTS

A belated congratulations to the McAfees on their fiftieth anniversary. They are probably one of the few couples married 50 years where one could compete in the mile and the other take grandchildren around to the monuments on a very hot day and then host a celebration party that night.

Thanks to Steve Hogan for his doing a great job on the socials this year and for producing the great-looking meet announcement for our summer meet.

The results of the 1986 L.A. Beer Super Swim (3300 yards)

Men 45-49

Art Smith 45.19	Blue Level	1st in age group
Dale McGinley 48.44	Blue Level	4th in age group
Lee Bettis 49.19	Blue Level	5th in age group

Women 40-44

Ann Svanson 46.44	Blue Level	1st in age group
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Please send contributions and suggestions for the newsletter to Jill Hoover, 2509 Arlington Blvd., #302, Arlington, VA 22201.

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