



WAVE MAKER

November/December, 1986

CALENDAR

- December 14 Terrapin Masters 1650
Dave Diehl, 12511 Littleton, Silver Spring, MD 20906
- December 21 JCC, Rockville, MD
Betsy Beebe, JCC, 6125 Montrose Rd., Rockville MD 20852
- January 10 Connecticut Masters Meet
Dan Davis, 1104 Ardmore Dr., Hamden, CT 06517
- January 25 DC Department of Recreation
Al Allen, 9812 Muirfield Dr., Upper Marlboro, MD 20772
- February Burke/DCM Pentathlon, Terrible Triple Meet
- February UMBC Meet
- March 20-22 First Zone Meet, Waltham, Mass.
- March 29 DC Masters Send Out Hour Swim Results
- May 3 Reston Short Course Meters Meet
Beth O'Connor 689-0058, 476-3414
- May 15-18 Short Course Nationals, Stanford, CT

SPRINTS

We are saddened to learn of the death of Joann Leilich's father this past week. Our thoughts are with you, Joann, in this difficult time.

MARTIAL LAW IMPOSED

Shake in your flip-flops, DC Masters. You're in the Swimming Branch of the Armed Forces now under the command of Captain Bill Newman and General Kelley Lemmon. For details on the successful military coup, see page eight. So what can we expect? Will we be required to make square corners on our arm recovery? Shine our caps? Swim without goggles to prove our toughness? Will Dick Cheadle be ordered to get in shape once and for all? The Wavemaker will continue to be published so long as it is allowed. Hope we don't have to become an underwater newsletter.

 The Wavemaker editor greatly appreciates the work of Sue Schaffer to produce the excellent article on winter training, and the contributions of the McAfees, Art Smith, Joann Leilich, and Steve Hogan. Articles for the next Wavemaker should be sent to Jill Hoover by December 30. 2509 Arlington Blvd., Arlington, VA 22201. We are still short one Silliness Author as no one has been willing to step forward to replace the incomparable Cheadle.

At last report, Joann Leilich had a few 1987 Masters Calendars left. Call her at 354-2130 (H) 941-0560 (W).

Jill: Here's the initial info for the Wavemaker regarding Stanford.
Read it and weep!

Short Course Nationals at Stanford-May 15 to 18, 1987

We have received the information regarding rooms, etc at Stanford and regret what we have to pass on to you!! The meet is being held the same week as SEMICON, the large computer and semiconductor convention in Silicon Valley. Therefore the hotels can get full rack rates (list price) for the rooms. Most hotels are solidly booked at \$100 to \$150 per night. They can, and have, set onerous conditions. We have reserved 30 double rooms at Ricky's Hyatt House, 10 minutes by car from the pool. (It's the Headquarters Hotel). The rates are \$70.20 per night single or double, \$77.90 triple and \$85.60 quad, tax included. With rates like that, hidden guests will probably be the order of the day!

Hotel Rules and reservation procedures:

1. One night deposit, check or money order only, due at the Travel Agent no later than January 15, 1987.
2. Full payment of the balance, check or money order only (no credit cards accepted) due at the Travel Agent no later than March 15, 1987.
3. You must use a reservation form for the reservations.

The full details, reservation forms, etc can be obtained either from Art Smith (please send him a SASE) or from the Travel Agent, Professional Planners, 2441 Park Boulevard, Palo Alto, CA 94306.

The Agent and SEMICON have reserved all the rooms at all the hotels in the area. We have called all over the Bay area to get rooms, and between the Agent and SEMICON, every hotel/motel we contacted between San Francisco and Santa Cruz was booked.

The Travel Agent's phone number is (800) 228-2649. Please feel free to call them and have your questions ^{answered} asked. They or Art will send you a xerox of the full info package, which includes a list of other hotels/motels in the vicinity. However, please don't bitch at Art about the situation. He didn't create it, he can't control it and he sure can't cure it! He did get the Agent to set aside 30 room at Ricky's Hyatt until January 15.

The obvious conclusion is that DC Masters will have to plan their trip to Nationals about 4 months earlier than they are used to. Otherwise you may be stuck with no room, or be forced to sleep on the floor of your best friends room! Good luck.

WINTER-WATER WORKOUTS

Some of us swim in autumn, either to stay or get in shape, or to keep from becoming fat(ter), or because we are masochists. The rest of us wait until winter arrives, when we either begin to atone for holiday excesses, or start to think about preparing for Nationals, or become bored with bodies that don't hurt all the time. This article is about what to do during the cold winter months in order to avoid boredom, to be(come) fit and fast; and to leave behind our lazy good-for-nothing competition who think they can wait a while longer and still beat us.

First of all, winter is cold. Eighty-degree winter water is definitely colder than 79-degree summer water, and the same goes for the air. So your most important wintertime hurdle is entering the water. You might need to add 5-10 minutes to your workout for a pre-warmup "get wet set" which involves staring at the water, swinging your arms a bit and pretending to stretch, adjusting your goggles, etc.

Then there's the problem of boredom. The months stretch ahead of you; you don't expect to reach peak form until April or May. You need some means of maintaining your interest and determination during the winter. One of the best boredom-beaters is to join or organize a workout group or find a couple of swimming partners so you can swim with others of your caliber and moan and groan together. You do the workout just because everyone else does, or maybe because a coach is standing over you with a cattle prod. There's still lots of room at Tuckahoe. The chief advantage of the group is that unless it's your day to plan the workout, you don't have to think; you do have to follow directions, though.

In the absence of an organized group, you need to first set yourself some goals: to make 10x25 fly by New Year's, or to break 2:00 in the 100 free by February, or to swim a whole workout without cheating. Then write yourself some workouts geared to meeting those goals. (Before you go to the pool, write down what you plan to do that day; once you've written it, it's easier to make yourself do it.) Finish up with 2x25 fly for a day or two, then 4x25 fly, and so on. Or go 4x25 free with 20 sec. rest, keeping your times at :30 or better, for one week; then cut your rest to 15 seconds the second week without slowing down; then go to 10 sec. rest, then 5. In the fifth week you do 4x25 each at or under :30 with no rest and there's your 100 free in 2:00.

Sounds easy, doesn't it? It's not, and you might fail, but it's a goal to work toward and it will motivate you. If your progress is slower than you hoped, reevaluate and adjust the goal and the plan. Strive for 6x25 fly by New Year's and 10 by Valentine's Day, or shoot for a 2:05 100 free. The key is to make your goals tough but realistic. You have plenty of time; it's okay to progress slowly. Gradually build up your

stamina and your speed. As you improve, you'll be able to increase your yardage without increasing the amount of time you spend in the water. By the time your lazy good-for-nothing competition hits the water, you'll be way ahead.

Finally, here are some pointers for becoming fit and fast:

1) Remember that what is important is not how far you swim or how fast, but how far you swim fast. This doesn't mean to jump in the water and swim as fast as you can until you drop. It does mean that a mile of easy swimming won't help your 100 free much, nor will one guts-out 100 free and a 10-min. chat.

2) Don't neglect your warm-up, especially when you feel cold. Do whatever feels right to you to help you avoid muscle injuries and leave you ready and rarin' to go. Most warm-ups, including any acrobatics on deck, run 10 to 20 minutes.

3) While you should do some sprinting and high-quality swims just so you don't forget how, this early in the year you primarily need to build your strength and stamina. Vary the type of swimming you do both to stress your body in different ways and to avoid becoming bored. Examples:

Fartlek, or speedplay. To swim a 600, go 50 easy-25 hard-25 easy-50 hard four times. Or go 1 slow-1 medium-1 slow-1 fast six times. Or try 5 easy-1 hard-4 easy-1 hard-3 easy, etc. for a 500. Or build up speed over the course of a swim.

Intervals and repeats. You can put almost infinite variety into your workouts with intervals and repeats. You can vary the distance (25s, 50s, 75s, 100s, 125s, etc., even 500s), the stroke, the number of repeats, and the interval (how much rest or how long for both swim and rest). The greater the total distance and the shorter the rest, the better for your stamina, as long as you maintain your speed. Later in the year (around March), you'll increase the amount of rest as you try to work more on speed. Sample sets for 900 yards for a swimmer who can go about 1:30 for 100 yards in competition:

9x100, 3 each on 2:10, 2:00 and 1:50

9x100 with 15 sec. rest after each 100

18x50 alternating two on 1:00, one on 1:10

9x50 on 1:05 and 9x50 with 10 sec. rest

12x75 on 1:30, or 4 each on 1:25, 1:30, and 1:35

100-200-100-50-100-200-100-50 on 1:00 for each 50 yards

100-200-100-50-100-200-100-50, rest 20 sec. after each swim

3x300 on 6:00 or 3x300 with 1:00 rest after each 300

A good boredom-beater is to do one particular set, such as 9x100 or 4x200 regularly--perhaps every 2 weeks. Keep a record of your times and watch for a gradual improvement.

Distance. Although this is an evil word to many swimmers, an occasional distance swim is beneficial during the winter when you are trying to build endurance. Try a straight 2000 (have fun counting) or 4x500 or 500-1000-500.

Kicking and pulling. Both to make your workout more interesting and to isolate muscle groups, do some of each

workout kicking with a kickboard or with arms held motionless (no cheating), and some with a pull buoy or with ankles crossed. The same concepts of fartlek, intervals, etc. discussed above and below can be used for kicking and pulling. A general rule of thumb is to kick 20-25% of your workout and pull 25-50% (amount of pulling should be higher in the fall and early winter to build arm strength and lower as spring approaches to improve the full stroke).

Face work. A swimmer with a good sense of pace knows how fast s/he is swimming without looking at a pace clock. When swimming a series of repeats, try to keep them all the same speed (you'll be trying a lot harder at the end than at the start) to build stamina and to learn what that speed feels like. If you want to go 6:40 for a 500, try to swim 40-second 50's with short rest like clockwork. This early in the year, it's hard to achieve "race pace" pace for a 100 or a 200 in workouts. Instead, find a slightly uncomfortable pace and work to maintain it and then to improve it.

Descending and negative split swims. These are two pacework gimmicks. To negative split, make your times for a series of repeats all the same, but swim the second half of each repeat faster than the first. To descend, swim each repeat faster than the preceding one. You can try something like 8x100 descending 1-4 and 5-8 (descend the first 4, then start over with #5 easy and descend the last 4).

Stroke variety. This is the time of year to develop a new stroke or improve a mediocre one. Freestyle is usually the conditioning stroke and the one we swim most in the winter training period. However, for overall conditioning, do all strokes. Individual medley should be a regular part of every swimmer's program and swimmers skilled at back or breast should do at least 25% of each workout in that stroke (including kicking, drills, etc.). Even flyers can work toward 25%. The sample sets shown above can be done in any stroke.

Stroke drills. Properly executed, drills improve stroke technique while giving you a bit of rest. Improperly performed, they only reinforce bad habits and are a waste of time. The best way to do drills is to alternate them with the full stroke. Concentrate on the feel of a portion of the stroke and then try to duplicate that feel while swimming the full stroke.

A good workout involves a combination of these concepts. Of course you won't do them all every workout, or you'll be in the water all day. Do the ones you like frequently and the ones you don't like just often enough to feel virtuous, but above all, have fun. That's what all this is *supposed* to be about. And for you unnamed lazy good-for-nothings who aren't in the water yet, start worrying.

ANOTHER PERSPECTIVE on the 1986 USMS CONVENTION

by Richard Burns, 40-44 age group, Tamalpais Aquatic Masters

Like most of the other 23,000 masters swimmers, I dutifully paid my registration, worked out, went to a smattering of meets and otherwise pretty much took for granted the organization called Masters Swimming. Because it's my business and a strong appeal was made to my altruism, I agreed to help produce the 1987 Masters Calendar. This effort and my inquisitive nature landed me a delegate seat to the 1986 National Convention. I assumed the position had solely to do with my calendar connections and was strictly ceremonial, so I paid little attention to getting ready.

The Masters swimming annual gathering is held in conjunction with that of the the United States Aquatic Association, an organization that includes water polo, diving, synchronized swimming, age group and senior swimming, as well as masters. About 1,000 people representing these sports attend. To say it's a big swimming deal is an understatement and naturally there's a measure of protocol attendant with being a delegate. A variety of papers began arriving at my house with schedules and programs, agendas and addenda, and a whole raft of rules and regulations to revise. These were conveniently ignored, set aside to be dealt with in due course.

My delegate status also included representation on my local swimming organization (Pacific Masters) and the week of the convention I attended my first gathering of this group. The agenda included a review of the material I'd been collecting and which, it turned out, was to be the substance of the convention. Before the night was over I had an initiation to the organized side of organized swimming and realized I better get serious about my pending duties and obligations.

My cramming on the plane to Ft. Worth only served to confuse me further, and the distinction between clubs and teams, associations and zones, LMSC's and MSC's became as rarefied as the air I was flying through.

My colleagues who had experienced previous conventions warned of the politics, personal passious and obfuscation of issues I was about to experience.

The purpose of the convention is to deal with the very real concepts of running what is a vast, complex and demanding network of swimming devotees. Masters Swimming is a highly structured organization attending to a program which allows 23,000 people to train, compete, communicate and grow. It manages a \$175,000 budget, establishes and monitors our rules for behaviour and performance, compiles records, structures competitions, coaches our coaches, does medical research, chronicles our history, registers our registrants, liases with our sister sports and countries, recognizes, achievements, and ensures our insurance. It does all these things, however, not without some

concessions to bureaucracy.

I quickly realized that this was the first real convention in my life as I came to know the true meaning of parliamentary procedure. Ayes and nays, moves and seconds, calls for questions, motions and tabling, were dutifully exercised as points of order became points of confusion.

The agenda calls for two days of committee meetings followed by one and a half days of general session. Committee meetings are long and cover many issues. They are chaired with various degrees of effectiveness and generally manage to address their complete agendas. Each committee has about a dozen appointed members who are the only ones allowed to vote.

The remainder of convention attendees are allowed to sit in and freely participate, but positions on the points under consideration are the purview of the committee. Committee results are reported to the general session for ratification or rejection.

After attending my appointed committees, I observed that Masters Swimming is a well-oiled machine. Everyone knew what needed to be accomplished and set about doing it. This is a highly qualified, highly motivated, compulsive and zealous, select group of people who are truly representing the needs and desires of their constituency. They take their responsibility very seriously and are intent on making Masters Swimming as good as it can be. I did, however, mention latent bureaucracy, and it reared its head more than a few times, particularly among the lawyers.

The demographic profile of Masters Swimmers is extremely impressive. Highly educated, highly successful, well trained and well placed, many of our members are professionals and the convention delegation lacked not for lawyers. Lawyers and parliamentary procedure, it seems, produce a form of legal frenzy. Countless times the lawyers caucused and clarified, objected and corrected, interpreted and advised, and at a point it became a source of amusement to the congregation whenever a lawyer stepped forward to offer divine guidance on a point of consideration. My initial impression was that Masters Swimming is an organization that is just fine "thank you" and it is only the peculiar effects of the group dynamic which caused non-issues to become issues and issues to engender passion.

Despite the depths of emotion, however, much gets done. Two championship meet sites were selected, countless rules were amended, budgets were allocated, new programs were conceived, organized and initiated, plans for future growth and the management thereof were postulated. The annual success of Masters Swimming is assured and the delegates assume their charge for the future.

Many things stand out about this fascinating group. Masters swimming is a wholly volunteer effort save for one modestly paid director. The level of commitment, energy, and contribution by the delegates and committees is inordinate. Everyone loves the sport and loves their involvement. Everyone is selflessly looking out for the best interests of 23,000 members. It's the best value a \$5.00 registration fee will ever buy.

Before I left for the convention my coach admonished that I remember we swim for fun. In some of the thornier proceedings this concept might have been temporarily forgotten, but as if for amends there was no lack of festivities. Banquets, receptions, parties and socials, hospitality suited (one a boisterous six hour marathon of dirty jokes) punctuated the proceedings and nightly forays to Billy Bob's, the world's largest cowboy bar, produced many bleary eyes at the early morning meetings.

I went away from the convention with a new-found appreciation for Masters

Swimming. It's an organization intact and under exceptional stewardship. Will that make me swim faster? I doubt it. --Pacific Masters Newsletter

DC MASTERS EXECUTIVE COMMITTEE MEETING

A meeting of the "Executive Committee" of the DC Masters Swim Team was held on November 12 at President Tony Young's house. Of those who received notice of the meeting, the following attended: Sue Herrington, Steve Hogan, Jill Hoover, Nancy Kirkendall, Joann Leilich, Kelley Lemmon, Dave and Eileen McAfee, Dale McGinley, Art Smith, Ann Svanson, Wayne Zimmerman, and Bill Newman.

The first business of the meeting was a discussion of the proposed Constitution and By-laws for the Club. Several suggestions were made for changes. Art and his committee of Kelley Lemmon and Nancy Kirkendall will work to revise the documents and have them ready for review by club members on February 7.

The second item of business was to decide on officers for the interim period before the Constitution and By-laws are adopted. It was decided to terminate the existing terms of the officers except for the Hour Swim Chairman Art Smith and Newsletter Editor Jill Hoover. In the interim, the following will serve as officers and representatives, President, Bill Newman, Vice President, Kelley Lemmon, Treasurer, Dave McAfee, Asst. Treasurer, Joann Leilich, Secretary, Eileen McAfee, Representatives to PVMSC, Steve Hogan, Ann Svanson, and Sue Herrington.

Joann Leilich is heading the committee to plan a joint meet with Burke Masters.

DC MASTERS MEMBERSHIP - 1987

The following members have not renewed for 1987.

Angelo Arecchi	Jay Fisette	Andrew Kurtzman	David Pothier
David Audley	Dot Gates	Riva Levinson	Stu Roberts
Nancy Baker	Barbara Glancy	Robert Lockard	Chris Prosch
Eric Bayler	Barbara Glancy	John Locke	K.M. Schreiber
Charles Bechtel	Ronald Greger	Pamela Locke	Peter Sintz
Robert Benson	Pat Haffey	Dianne Magee	Arthur Smith
Ken Bergquist	Ludwine Hall	Michael Makarczyk	Susan Sakel
Judith Berman	Bob Hanson	Alison McAfee	Jim St. Pierre
Hudson Berrey	Kim Hanson	Constance Meck	Russel Stromberg
John Bonfield	Steven Harrison	Constance Meck	Kenneth Sullivan
Elizabeth Blair	Richard Hay	Jack Meyer	Alison Tobias
Barry Bluefeld	Karl Hellmann	Frank Miller	XXXXXXXXXX
Charles Bonfield	Larry Hewes	Charles Moyer	Gerard vonHoffman
Michael Bryan	Jacalyn Hirsty	Megan O'Donnell	Martha Williams
Carlyle Carpenter	John Horrigan	John Padan	John Woods
Mike Connolly	George Inman	Fred Panico	Anthony Young
James Densmore	Mathew Kanzler	Mary Pelz	Wayne Zimmerman
Cindy Faith	James Kelley	Jeanne Picariello	

The 1987 Membership Directory will be issued January 1, 1987. To be included you must renew no later than December 15, 1986. If you do not renew by that date this is the last Wavemaker you will receive.

EVERYTHING YOU WANTED TO KNOW ABOUT PVMSC, BUT WERE AFRAID TO ASK!
by Steve Hogan

As with most volunteer programs Potomac Valley Masters Swimming Committee (PVMSC) currently consists of about ten dedicated members active in making things possible for the remaining 549 members. One doesn't need experience for most of the jobs that need doing, just a willingness to help. The more members that pitch in, the more our program will be strengthened. If you are interested, please contact Chairman David Diehl (12511 Littleton St., Silver Spring, MD 20906, 301-946-0649).

PVMSC regulates Masters swimming on the local level and ensures that its members' activities are in accordance to the stated objectives of United States Masters Swimming (USMS). Geographically we are one of the smallest associations taking in only the Washington, D.C. Metropolitan Area; yet with 559 members (1986) we have one of the largest association registrations. What are the functions of and benefits provided by PVMSC?

- Registering swimmers with USMS, incidentally in the able hands of Joann "The Flower" (R.I.P. Cheadle!) Leilich.
- Sanctioning meets held within the association (sanctioning means that the meet conforms to USMS rules and is covered by USMS's accident insurance policy).
- Sponsoring special events such as stroke clinics and the annual party (PVMSC conducted two clinics over the past year).
- Publishing the newsletter and calendar to keep members aware of information pertinent to Masters swimming.
- Providing members with meet announcements and entry forms for competitions held by teams in the association.
- Providing use of the PVMSC bulk mailing permit to member clubs for large mass mailings (this has saved DC Masters quite a bit of money many times).
- Sending delegates to the annual USMS Convention. The current changes in Masters swimming these delegates bring back to the membership are disseminated in a timely and detailed update.
- Representing the views and concerns of members to the national office of USMS (several rules changes proposed by DC Masters through PVMSC have been approved).

If you ever have any suggestions, ideas or opinions that would benefit Masters swimming please contact your team representative. Because of its size, our team is entitled to three representatives. Currently, these representatives are Sue Herrington (301-983-0731), Steve Hogan (703-250-6877) and Ann Svanson (703-549-5562, before 8 p.m. please).

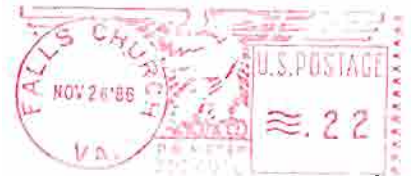
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HELP!! The Social Committee would like some input for ideas and events in planning team social events for 1987. If you have any thoughts on this I'd appreciate your jotting them down on the coupon below and mailing it to me: Stephen Hogan, 5826 First Landing Way, Burke, VA 22015. If you prefer you can call me at 703-250-6877.

My idea for a great social event is _____

PA
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David H. McAfee
510 E. Broad St.
Falls Church VA 22046



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