

Wavemaker

SPECIAL EDITION

JULY, 1988



Party! PARTY! PARTY!

Sunday, August 13 at Dale McGinley's house in Oakton (after ECLCC meet) Club will supply hot dogs, hamburgers and beverages - bring your favorite dish and spouse/date/friend
Call Ann Svanson 549-5562 by Aug. 9 to let her know what and who you are bringing

Directions available at meet

President's Report

With the Short Course Nationals team championship in hand, it's time to set our sights on the Long Course Nationals in Buffalo, August 25-28. How sweet it would be to win both the Short and Long Course Championships in the same year! Karen Davis is coordinating accommodations in Buffalo, please refer to the thick June Wavemaker for details. Taking his cue from buddy Dick Cheadle, Carlyle Carpenter is arranging a barrel trip down the Niagara River following the meet, call him for further information. Buffalo is relatively close, so let's marshall the troops and go for the gold!

Tom Wolf will once again perform his magic coordinating of the relays. If you are planning on going, don't delay in sending your splits to Tom on the form in the June Wavemaker. Tom is to be commended for the terrific job he did in organizing the Austin relays. His diplomacy in making sure everyone got to swim on a relay really contributed to our great team spirit.

Dick Cheadle, still flush with victory in Austin (despite his disastrous defeat in the 100 IM to Joann Leilich), has already volunteered to coordinate team accommodations for short course Nationals at Boca Raton, Florida, next year. Rumor has it that Dick is already planning another rugged expedition to test the mettle of DC Masters - something to do with alligator paddling and canoe wrestling.

Plaudits go out to three DC Masters for the work they did on behalf of the Club. Sandy Carey took on the job of organizing the annual Hawaiian Relays and did a terrific job. Forty-one members participated in the relays with many attending the complimentary brunch at Meredith Smith's home afterwards. Sandy has since had to resign from the Board of Directors to move to San Diego. We'll really miss Sandy's contributions at the Board meetings and wish her much happiness in California. Maureen Lindsey was appointed to serve out the remaining term of Sandy's directorship.

This year's Hour Swim was once again in the capable hands of Art Smith. Our club has had the fortune of sponsoring this National Championship for several years and it has always been a big money maker for the Club. DC Masters has also been awarded the Hour Swim in 1989, but the future is hazy after next year, as other clubs have expressed interest in benefitting from sponsorship of the event. Art has tackled the Hour Swim for a number of years and as expected did his usual excellent job.

In March, a two day stroke clinic was organized by Ann Svanson with the support of the Alexandria YMCA. The super effort on Ann's part ensured a most successful clinic. The coach/swimmer ratio was kept small and everyone benefitted from the video critiques and stroke instruction. Ann wants to organize another clinic for sometime in the Fall. If you would be interested in participating or helping out, please call Ann and let her know.

The Annual Meeting is being planned for October 1, and chairman Skip Monsein and the Social Committee are planning a memorable event. Details on the meeting will follow in a separate mailing in mid-August. The most important aspect of the Annual Meeting is the election of the 1989 Board of Directors. The Club's official slate of candidates appears in this special issue of the Wavemaker. Any member of the Club can run for the Board, and you are

encouraged to do so by properly completing the nomination petition.

The morning workout group at Tuckahoe in McLean was made a committee of DC Masters for the purposes of liability protection and program identification. Sue Schaffer, Art Smith and Jim Densmore were approved a committee members; information on the program is in this issue. The program is being conducted under the auspices of DC Masters for a one year trial period and will be evaluated in June 1989 by the Board.

For the third year, DC Masters is sponsoring its East Coast Long Course Championships. This year the meet will be held at the Oak Marr Recreation Center in Oakton, Virginia - a brand new 50 meter pool - on August 13-14. Meet Committee chairman, Nancy Kirkendall, is the meet manager and is coordinating her efforts in soliciting volunteers with the Telephone Tree Committee. Please consider helping out at the meet. DC Masters has a reputation to uphold of running classy meets. Please fill out the form that appears elsewhere in this edition and return it to Nancy as soon as possible. The meet will be followed by a barbecue/pool party at Dale McGinley's home in Oakton. The Board is also considering sponsoring a short course meet sometime in the fall at the new American University facility.

Suzanne O'Hara and Tom Wolf are to be congratulated not only on their joint effort in publishing the Wavemaker, but also on their recent engagement. The Wavemaker continues to improve with each edition, and guidelines for submitting articles are included in this special issue.

DC Masters is now over 200 members strong. I hope all of you will participate in some way in future Club events, get to know some of the other members and have a lot of fun along the way. Good Swimming!

Three DC Masters on USMS/Finals All Stars

Congratulations to members Tom Wolf (30-34), Elsa Mattilla (75-79) and Kelley Lemmon (75-79) for being selected to the USMS/Finals All Stars. The All Stars are determined by the most first places in their age groups in the three competitive courses - short course, short course meters and long course.



OCTOBER 1, 1988

A DATE THAT WILL GO DOWN
IN HISTORY
(in the annals of DCM)

ANNUAL BANQUET & MEETING
FUN!! SURPRISES!! AWARDS!!

"Be there or be square." -- J.F.

VOLUNTEERS NEEDED

Members for the Club's Audit Committee are needed. This committee conducts the annual audit of the Club financial records and reports to the membership at the annual meeting. Please, if you have any experience along this line and would like to help call Steve Hogan (250-6877).

View From A Canoe, Part Two

By Art Smith

In his inimitable fashion, Dick Cheadle organized a great canoe trip for 24 DC Masters and friends, down the Guadalupe River southwest of Austin.

We arrived at the put-in spot at the appointed hour of noon. After 45 seconds of instruction on how to paddle a canoe and how to take a 4 foot drop in the waterfall without flipping, we launched onto the river. Of course, Dick sprinted ahead and wasn't seen until 4:30 at the take-out!!

The pairings, allegedly made by random, were actually made by random's brother. This guy really had fun!! Two canoes flipped in the first hundred yards, dumping Ann Svanson, Karen Davis, Mike Connolly and Ed Kenehan into the water. After this inauspicious beginning, things got better with a series of gentle rapids and enjoyable conversations. Art Smith, paired with Sue Herrington, watched Olympic Gold Medal Canoeing Winner, Mike Connolly, take the first waterfall sideways, prompting his bow paddler, Karen Davis, to yell as the canoe went over the edge, "PADDLE THE DAMN CANOE, MIKE!!!"

Matt Kanzler, Jim Densmore and others escorted less experienced troops down the falls, making several exciting

trips down a side run of white water. All had fun, but the BIG ONE was coming up.

At the end of the trip, there turns out to be a 5 foot falls, with lots of white water and a side chute for the more timid (or the more sane). Sue Schaffer and Sue Lee chose the saner route and did it without flipping, while Matt Kanzler and Pat Haffey ran the falls directly. The most enjoyable run was that of Steve Hogan and Linda Densmore, who chose a route over the falls and literally got hung up on a rock halfway down the drop! There they sat, with tons of water pouring past them, unable to move! The looks on their faces when they realized that there was no choice but to get out and pull the canoe off the rocks was priceless. They managed to get loose, haul the canoe upstream enough to catch free running water, and then ran the falls without flipping!!

The end of the trip put us at the bus for the ride back to camp --Mike and Karen got down safe but wet, Sue Lee got a good tan, Tom Wolf and Nancy Kirkendall survived the trip, and we enjoyed some mighty cold beer on the bus ride back to our cars.

Our thanks again to Dick Cheadle for all his efforts in arranging the canoe trip. It was a labor of love, and we do appreciate it.

Guidelines for Wavemaker Articles

1. Articles should be no more than 2 pages in length
2. Typewritten, if possible, or better yet on IBM compatible disk
3. All items are to be in written form, not verbal, i.e. telephone calls
4. Deadlines are DEADLINES !!

Deadline for next Wavemaker -- Sept. 6th
Send to: Suzanne O'Hara, 7441 Crestberry Lane, Bethesda, MD 20817.

Long Course Championships

By Nancy Kirkendall

As most of you already know, DC Masters will be hosting the 3rd Annual East Coast Long Course Championships August 13 & 14. This year the meet will be held at the BRAND NEW Oak Marr

Park facility in Oakton, Virginia. This is a beautiful new indoor 50 meter pool. The meet entry was included in the Potomac Valley Newsletter. If you need more copies to distribute, call me.

This is the only major meet we hold each year. We are expecting quite a large turn-out this year because we are using a new facility and there is no conflict with other meets.

Therefore, we will be looking to all our local teammates for help. Success is dependent upon volunteers--the more the merrier!! A list of the jobs available is attached. The Telephone Tree Committee will be used to contact you about helping out. If you would prefer, call Maureen Lindsey or myself to let us know what you would like to do before all the good tasks are taken! As many of you know, it is possible to swim and work, so even if this is your major long course meet for the year, try to give a little of your time.

If you are going to be away or are otherwise busy, there are jobs that can be done, such as proof-reading heat sheets and results. You can also contribute by soliciting an ad for the program.

A summary of the jobs for which volunteers are needed is printed on the back of this sheet. Notice that many people have already volunteered to help out. Please join us so that DC Masters can run this meet as smoothly and efficiently as possible. Either return the form to me, or call to volunteer (703-683-4439).

One of the major means of defraying costs for our summer meet is from the advertising in the program/heat sheet. This year we are also offering event sponsorship at the rate of \$15. We are also going to encourage each of you to solicit an ad or sponsor by offering a prize to the person who brings in the most \$\$ in advertising and/or sponsorship. Therefore, ask your employer, a friends, a relative, etc. to either advertise or take out an ad.

Form and cover letter are attached for your use. If you need more, call Ann Svanson (549-5562) or Meredith Smith (759-6272). Last year, Tom & Mary Anderson put a \$10 ad in our program and sold their house to someone who swam in the meet and saw the ad - the only ad they placed!!!!

List of Jobs
and Call for Volunteers

1. Meet manager: Nancy Kirkendall (703) 683-4439
2. Physical arrangements with the pool: Steve Hogan and Bill Newman. (arrangements for tables, chairs, PA system, starting blocks, lane lines, refreshment stand, electronic timing, etc)
3. Data processing: Nancy Kirkendall, Jennifer Mowrey. (Entry of meet information, preparation of heat sheets, and results.)
4. Advertising and sponsorship: Ann Svanson and Meredith Smith. (See the enclosed flyer.)
5. Heat sheet paste-up and printing: Steve Hogan, Pat Haffey and Diana Daymond.
6. T-Shirts: Steve Hogan and Steve Shaffer.
7. Awards: Diana Daymond.
8. Meet officials: Joann Leilich (703) 354-2130 is organizer. Bill Newman is starter. We need stroke and turn judges, and a head timer. _____
9. Electronic timing operation and results entry: Martha Williams (703) 569-4203 is organizer. Tom Wolf has offered to operate the electronic timing on Saturday. We need at least one person per day on each job. _____
10. Timers: Howell Posner (703) 522-1737 is organizer. We need 16 timers per day. Sign up for one session full time, volunteer friends and relatives, or volunteer to help out between events: _____
11. General: Maureen Lindsey (703) 533-2805 is organizer: Pre-Meet volunteers: (proof-reading heat sheets, stuffing meet packets) _____

During-Meet volunteers: (announcer, check-in desk, awards desk, scorekeeper, runners, set-up, clean-up, refreshments for officials.) _____

After-meet volunteers: (proof-reading of results, mailing of results) _____

Fill in and Mail to:

Nancy Kirkendall
3403 Gildden Dr.
Alexandria, Va 22305

1988-89 DC Masters Morning Swim Program (MSP)

Where: Tuckahoe Recreation Club
1814 Great Falls St., McLean, VA

When: September 19, 1988 - June 9, 1989
Monday-Friday, 6:30-8:00 a.m.

Coach: John Flanagan

Program administrators:

Art Smith, 759-2211

Sue Schaffer, 522-6877

Jim Densmore, treasurer, 536-7024; address:
503 Timber Lane
Falls Church, VA 22046

Fee: \$450.00 payable as follows:
\$150 nonrefundable deposit to reserve a space between
now and September 1, 1988;
One payment of \$300 on or before October 15, 1988; or
3 payments of \$100 each on or before October 15
and December 1, 1988, and January 15, 1989

Required (for insurance and liability purposes):

DC Masters (DCM) *membership*

United States Masters Swimming (USMS) *registration*

Desirable but not required: registration with USMS as DCM
(rather than as unattached or with another club)

Spaces available: 48

Priority for spaces: Order in which deposit checks and
completed MSP registration forms are received by Jim
Densmore, except that through August 31, swimmers who

for registration information and materials. All participants must also be members of DC Masters. DCM membership was \$10 for 1987-88. The DCM fee can be added to the initial \$150 deposit for swimmers who are not currently DCM members and who do not wish to become a member before September 19.

Snow policy: As remote as it seems now, occasional "snow" days are likely in winter. There will be no swimming only if *Arlington schools* are closed. If Arlington opens late, we swim as usual. If Arlington is closed anyway (school holiday or some such), use Alexandria schools as the guide. If Alexandria schools were to be on holiday, use Arlington County government. If you are still not sure, play it safe. Sleep in.

Special needs: As in the past, every effort will be made to accommodate swimmers with special needs or problems. Those swimmers should talk to Art, Sue or Jim. There are also provisions for out-of-town swimmers to swim with MSP temporarily (one week at no charge and \$15 a week thereafter; USMS membership required) and for potential newcomers to try the program a couple of times before making a firm commitment. Anyone who is not a fully paid, appropriately registered member of MSP must contact Art, Sue or Jim before swimming.

PLEASE SAVE THIS FLIER FOR PAYMENT DATES AND OTHER INFORMATION

TO REGISTER: Complete the form below and return with your check for \$150 payable to DCM-MSP. Give to Jim Densmore or mail it to him at 503 Timber Lane, Falls Church, VA 22046. Registrations will not be accepted without USMS number.

June 30, 1988



Dear DC Master:

We will elect a new Board of Directors for 1989 at our annual club meeting and social scheduled for Saturday, October 1. These directors can be elected in person at the annual meeting or by written proxy -- a mail-in ballot which will be distributed by mail 30 days prior to that meeting. There are a total of nine directors, the president-elect (the previous year's VP) and the current president are automatically two of them.

The Nominating Committee, consisting of Chairman Bill Newman, Nancy Clark, Nancy Kirkendall and Jim Densmore, hereby submits the below listed nine names as their slate.

Bill Newman
Steve Hogan
Meredith Smith

Jim Densmore
Sue Herrington
Ann Svanson

Bert Kassell
Maureen Lindsey
Diana Daymond

The committee appreciates the responsiveness of many others who said they would serve on the 1989 board. Since the club's By-laws allow additional nominations from the membership (at least four signatures required), the form on the reverse side may be used for that purpose. Anyone nominated in this manner will be added to the official slate for the final selection of nine directors.

After the proxy ballots are combined with those cast at the annual meeting, provided that a quorum has voted, the results will be announced prior to adjournment of that meeting. The new Board of Directors will then convene and select the vice president, Treasurer and secretary.

We will strictly adhere to the following schedule during the various phases of the nomination and election process:

- . membership nominations accepted until July 31
- . finalized ballots distributed August 15
- . completed proxy ballots returned (postmarked) by Sept. 23
- . regular and proxy ballots combined at annual meeting, results announced.

This process is a key ingredient to having a dynamic, fun 1989 season. Please take the time to consider the qualifications of the slate we have nominated, and add to it if you desire.

Sincerely,

Bill Newman
Chairman, Nominating Committee

NOMINATION PETITION

We, the undersigned members of DC Masters in good standing, hereby nominate _____ for the 1989 Board of Directors.

Date submitted: _____

1. _____
Signature

Printed Name

2. _____
Signature

Printed Name

3. _____
Signature

Printed Name

4. _____
Signature

Printed Name

NOMINATIONS MUST BE POSTMARKED NO LATER THAN JULY 31

Mail form to: Bill Newman, 9512 Spode Ct., Fairfax, VA 22032

Suzanne O'Hara
7441 Crestberry Lane
Bethesda, MD 20817



DC MASTERS

OFFICERS & DIRECTORS

- President: Steve Hogan (250-6877)
- Vice-President: Bill Newman (425-0822)
- Secretary: Ann Svanson (549-5562)
- Treasurer: Art Smith (759-2211)
- Sue Herrington
- Nancy Kirkendall
- Joann Leilich
- Maureen Lindsey
- Tom Wolf

Joann Leilich
4913 Kingston Dr.
Annandale, VA 22003

COMMITTEES

- WAVEMAKER: Suzanne O'Hara (365-3973)
- Social: Skip Monsein (229-2256)
- Swim Meet: Nancy Kirkendall (683-4439)
- Telephone Tree: Chris Prosch (560-3122)
- Morning Swim Program: Sue Schaffer (522-6877)
- Nominating: Bill Newman (425-0822)

BOARD MEETINGS are held approximately every six weeks; all club members are welcome. If you are interested in attending, please call Ann Svanson (703/549-5562, before 9 p.m.) for date and place of the next meeting.