

As The Flip Turns

by Bill Newman

Well, teammates, 1989 and DC Masters are in motion. As 1989 president, I want to share some thoughts and information on our activities. So, I'll be writing this "President's Report" for each *Wavemaker* this year. As to the title of this series, it was the Board's overwhelming choice over another suggested pearl, "The Young and the Zestless." Yes, I am delighted to serve as your president this year, as I was to be an officer in '87 and '88.

USMS, and particularly DC Masters, has been my number one recreational activity since 1983. The stated objectives of USMS "fitness, friendship and fun" are also the goals of your 1989 Board of Directors. After all, DC Masters is not the daily grind of our jobs. It is our personal quest for healthful fun. If we're not having fun, we're not doing it right. So let's have both fun times and fast times in '89.

The role of the DC Masters Board is not to monger bureaucratic power. We are just the volunteers you elected to help manage the club's assets and sponsored activities. Our "product" is service and our focus is you! During the past two years we have worked hard at better organizing the club activities. We have written by-laws and formed committees to share the many tasks with more members. We are trying to optimize the club's revenues and properly apply them to more and better activities. For example, our very successful annual banquet last October was subsidized to the tune of

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Wavemaker

DC MASTERS LANE LINE NEWS - THE PUBLICATION OF CHAMPIONS

VOLUME XVII, NUMBER 1

FEBRUARY 1989

SHORT COURSE NATIONALS NEWS AND COMMENTS

by Dick Cheadle

This will be the last *Wavemaker* you will receive before the April 1 deadline for the 1989 Short Course Nationals' entries and room deposits. Team members who **HAVE SIGNED UP FOR NATIONALS** will be mailed additional details in early April. That mailing will cover last minute poop about the team party, T-shirts, post Nationals activities, etc.

ROOM RESERVATIONS

Rooms at the Radisson Suite Hotel are just about sold out (only three remain), but as backup, I have booked a block of rooms at the Sheraton. The Sheraton rates are \$49 a night. No breakfast or free drinks as at the Radisson, but it is a decent hotel 10 minutes from the pool. If you would like to switch from the Radisson to the Sheraton, please let me know. As we have a right of first refusal on unsold rooms at the Radisson, anyone on the wait list has a fair chance of getting in. Please send me a check for \$72.36 (first night's deposit plus tax) for the Radisson or \$52.92 for the Sheraton, and a note that includes your arrival date, departure date, names of each person in the room and whether or not you will be attending the team party. Again send these checks no later than April 1, but the sooner, the better, to help firm-up the rooming lists. Please make the checks out to Richard Cheadle, 8919 Prince Caspian Ct., Burke, VA 22015. I will in turn, make out one check to the Radisson/Sheraton for the first night's deposit.

RELAYS

Once again, relay coordination will be in the capable hands of Tom Wolf. If you will be a newcomer to Nationals or have improved your previous splits, it is your responsibility to let Tom know your times. Send your splits for 50 free, 50 back, 50 breast and 50 fly to: Tom Wolf, 7441 Crestberry Lane, Bethesda, MD 20817

ACTIVITIES OF MAY 8

Team members going snorkeling/scuba diving will be heading for the Florida Keys on Monday, May 8. Also, Mission Bay has included 1 mile and 3 mile open water swims on Monday morning as part of the Nationals program. For these reasons, the airboat charter will not be organized per our original idea. However, the next Nationals mailing will have necessary information, including contact names and numbers, for individuals interested in making their own airboat reservations. For those anxious to get one last day of Florida sunshine, I will organize a beach party for Monday afternoon, and a group dinner at a local restaurant Monday evening. Details on these two activities will be available at Nationals.

LANE LINES

by Meredith Smith, Editor

Welcome to the new *Wavemaker*! With the help of the wonders of Desk-Top Publishing and some clever DC Master swimmers who know how to use it, we've got a newsletter feel and format unlike past performances. Now, that is not to say the news and information of the traditional *Wavemaker* was lacking. On the contrary, the Club has been held together for these many years by the great wealth of swimming stuff relayed via our newsletter. But, the *Wavemaker* committee of volunteers did some brainstorming earlier this year and decided to improve on an already good stroke. So, here it is. Read it with wonder (smile) and please feed back your constructive criticism. Our aim is to please as we publish.

Another important comment before letting you go to the real depth of this issue . . . The *Wavemaker* is your newsletter. It belongs to the team and team news and input is vital to its success. To that end, as you read the articles, editorials, quips and calendars, think of what you might contribute along the same (lane) lines. As 1989 editor, my goal is to somehow get every *Wavemaker* reader involved - to get each of you to feel an ownership in this newsletter, so when it arrives in your mailbox, it's a must-read item.

And now a word from one of our sponsors! You'll note that we've got a second color to add to the graphic quality of our new *Wavemaker*. This was made possible by our first (and only) advertiser, Aardvark. (See ad on back page.) This competitive swimming supply company has long been a strong supporter of DC Masters and when we can return the favor . . . we should.

It's good to be back in the DC Masters swim of things. Working with you in the water and out is something I've missed for far too long.

WAVEMAKER DEADLINES FOR ARTICLES IN UPCOMING ISSUES

March 24	October 6
May 19	December 6
August 4	

TECHNIQUES & TIPS

IMPROVING YOUR BREASTSTROKE

by Meredith Smith and Joann Lellich

Knowledgeable coaches and better breaststroke swimmers will tell you that most of the stroke's drive or power is in the kick. Percentages vary, but I've heard some say that as much as 80% of the competitive breaststroke is from the waist down.

I know for a fact that I can kick faster than I pull, but . . . that's not, until recently, where my head has been in a race. Like a lot of men, I am upper-body oriented and have always timed my stroke according to the turn over and strength of the pull. This year, however, coming back after an 11 year lay-off, I've begun to realize that, if I am to get anywhere near my old times, I've got to develop a stronger, more efficient kick. Why? I just don't have the ability to "turn it over" as well as I once could. Besides, current thinking in breaststroke speed is more power per stroke cycle; i.e., fewer strokes per length.

To learn more about kick mechanics, last year I purchased Don Gambri's videocassette featuring Olympic champions Tracy Caulkins and Steve Lundquist. Now that I've watched it forward and backwards, at least 100 times, and kicked for what seems the width of the Atlantic, I've arrived at a couple of key points that I have confidence are correct:

1. **Start the kick with the small of your back.** I know that sounds strange, but I've found that by arching my back slightly an instant before my heels come up, several important stroke mechanics are promoted:
 - ⌘ Timing improves by virtue of the split second arch/delay of the classic breaststroke kick recovery;
 - ⌘ By initiating the kick with a small-of-the-back-arch, you are less likely to drop your knees at the beginning of that recovery. This, of course, promotes better streamlining and provides a smoother pull-to-kick transition; and
 - ⌘ You can focus on getting your heels in the "draft" or eddy created by the upper body "lift" at the end of each pull. (I realize this sounds a bit complicated to thrash and splash freestylers, but those of the breaststroke persuasion will understand and appreciate such finesse concepts). (Smile).
2. **On the second half or drive cycle of the kick, lead with the heels.** Again, this may sound unorthodox, but by concentrating on my heels at the start of the classic "wedge" or "vee" shaped backward thrust rather than the soles or insteps of my feet, I find my finish is much crisper. Frankly, this is something I've just begun doing. Before conceiving of this kick key, I was finishing the real drive phase too soon leaving my feet a foot or so apart rather than bringing them sharply together at the end of the kick. Of course, it goes without saying that the toes on each foot have to point out or at the sides of the pool as the heel first thrust begins and stay pointed out as long as possible as the thrust continues to conclusion.

Another benefit of this concept is that by focusing on just the heels rather than on a whole foot drive, you'll automatically think a heels-together finish rather than the classic "big toes click finish." Of course, you won't be able to get your heels to out-race your big toes, but you'll be surprised at the desired propeller-like whip action this concept will promote. Important Note: Although the concept is heels-first, the elite breaststroke swimmer knows that the real purchase or pushing surface comes from instep or inside arch area of the foot.

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TRAINING

CLIMB THE LADDER TO SWIMMING SUCCESS

by Terry Laughlin

Water being a medium that is merciless to the inefficient, proper technique is an utterly critical ingredient for swimming success. In addition, which most of us learn to run and bike naturally and efficiently from the age of five, proper swimming technique can seem completely inscrutable to the inexperienced adult swimmer. For that reason, it's advisable, in designing swim workouts, to regularly include swim sets that challenge and measure your skill mastery, even while improving your conditioning . . . and to find simple, direct methods for monitoring technique. Stroke-counting swim ladders are one good way to do both.

A swim ladder is a repeat set incorporating increasing and/or decreasing distances. For example, here's a 500-yard swim ladder (to be done in a 25 yard) that incorporate both technique and speed. Swim consecutive repeats of 25, 50, 75, and 100 yards, with 10-15 seconds rest between repeats. Count your strokes for each repeat and try to keep your stroke count consistent. If you take 20 strokes on the 25 (one lap), try to do two laps in 40-41 strokes, three laps in 60-62 strokes, and the 100 in 80-84 strokes. Since increasing distance (and mounting fatigue) tend to break down technique, you'll have to concentrate on greater efficiency to achieve a consistent stroke count.

Swim the second half of the ladder in reverse—consecutive repeats of 100, 75, 50, and 25 yard, adding speed on the last lap of each repeat. In other words, the 100 becomes 3 laps counting strokes (trying for 60-62 strokes) and one lap sprint. The 75 is 2 laps counting strokes, 1 lap sprint . . . and so on. Sprint the final 25.

Ladders offer plenty of opportunity for adding variety to workouts. Pace or heart rate can become the controlling variable instead of stroke count. Ladders can also incorporate pulling, kicking, and any combination of strokes.

WHY THE "DC"?

by Nancy Clark

Why aren't there periods after the D and the C?

At the time the team was chartered and a name selected there were no other Masters teams in the Potomac Valley Association. In fact, in 1972, it was the District of Columbia AAU. Knowing the growth potential of the Masters program, the founding committee wanted a name which identified the team with the Nation's Capital and its swimmers living in Maryland, Virginia and the District of Columbia. The periods denote the abbreviation of District of Columbia, and we believed that eventually there would be another team with valid ties to the District, as the D.C. Park and Recreation team. We did

not want to have to change an identity as the name could always be spelled DeeCee Masters, if necessary.

And so Virginia, Maryland and District of Columbia, there is an overall team with workouts in all the areas, and as the old cheer goes: WE BE DC. WE BE #1.

DC Masters going to Boca may temporarily join the Morning Swim Program at Tuckahoe, if space is available. Fee is \$120 to begin March 1, or \$70 to begin April 1. Call Sue Schaffer, 522-6877, if you are interested.

Waves Of Our Lives

by Ann Svanson

GREAT EXPECTATIONS: Becky Hanna is expecting a brother or sister next August, just before the East Coast Long Course Championship meet. Perhaps Mom, Diana Daymond, can repeat her feat of setting a national record in the 400 IM while pregnant, as she did when carrying Becky.

FAREWELL TO ARMS - or should we say "WINGS" in the case of butterflyer JIM DENSMORE soon moving to California. Not only will we miss Jim and Linda, but also their children, Brian, Meg and Katy, who have been familiar sights at most meets. Once at a dual meet when we were short of women for a relay, Meg, age 4, came to the rescue - much to her own surprise! When Jim finished his leg, he hopped out, grabbed Meg, dove back in, and swam another leg carrying her! Unfortunately, the relay was DQed, but only because it didn't make the minimum "sum of the ages" requirement!

GOING FOR MORE GOLD - BRAID!

We all hope that President BILL NEWMAN's shoulder problems will not be exacerbated by the extra gold he will be carrying soon. Bill, a Navy Captain, will be trading the four stripes on his sleeve for a wideband of gold admiral's braid. Congratulations Rear Admiral!

IT SURE TOOK A LONG TIME:

Our newly elected Vice President, MEREDITH SMITH, who is Executive Vice President of National Business Forms Association, was, after 26 years with NBFA, honored on January 27 by being selected "Association Executive of the Year."

We are glad to hear that DAVE MCAFEE has recuperated from an operation in December and is finally back in the water.

SWAN SONG? LEE BETTIS may be replaced as our official "Happy Birthday" song leader. On January 15 at

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Waves Of Our Lives

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the DC DR meet, meet director, AL ALLEN, took over the microphone to lead all participants in a tribute to our latest quinquagenarian, JOANN ("the Flower") LEILICH.

LILAC LEILICH DOES 200 AT 50: JOANN celebrated her birthday by setting her first world and national record in her new age group (200 short course meter breaststroke).

DC MASTERS CONTINUE THE TRADITION: Four other DC Masters broke records, National and World, at the January 15, DC DR Short Course Meters meet: JAMES KEGLEY (800 Free - National & World); ELSA MATTILA (400 IM and 100 Breast - both National); ANNSVANSON (800 Free - National & World; 200 Free - National); LIVIA ZIEN (50 Breast - National). I believe this was Livia's first meet as a DC Master.

GREAT DC MASTER PERFORMANCES at the December Terrapin Masters 1650/1000 Meet were: JOHN FLANAGAN swam the fastest 1650 in the meet. Versatile BARBARA FRECH, after years as one of the area's top female runners, sped through her 1650 in 19:58.23, a time which would have been 2nd in the 1988 Top Ten (35-39 age group). Runners continued to swim well as CINDY COLLINS, after running the Jingle Bell 10K earlier that morning, finished her 1650 in 19:58.48, in spite of leg cramps!! 43-year-old ANN SVANSON kept her streak of swimming all personal bests since September by taking .14 seconds off her 1650 with a 21:47.01. FRED MUNSON travelled all the way from Pittsburgh to win his age group with the 2nd fastest 1650 of the meet. DC Masters should not have had trouble finding lap counters at that meet as team members were in abundance: BARRY SHAY, ROBERT PARKE, JIM GRAY, and RAY CHEN swam the 1650, and DAN HOFFMAN, DON WALTER, KEN FLYNN were

there for the 1000.

CONGRATULATIONS to all who made Long Course Top Ten for the first time: AMY LEIB, JEAN CHENAUX, JOHN NEIKIRK, FRED MUNSON, ED KENEHAN, LARRY HEWES, BOB BENNETT, and GEORGE PITTS. Also to DIANA DAYMOND who made it in two age groups. We almost had a clean sweep in three age groups in which DC Masters made the list in all events except one: Women 40-44 (no 50 Breast), Women 50-54 (no 50 Back) and Men 75-79 (no 800 Free). In the last group, Bill Fite made the list in everything except for the 800 and 1500 Free - without going to Nationals, and I understand he trains in a hotel pool!!!

Speaking of Top Ten . . . it really makes you feel old when you see in the 19-24 age group last names of swimmers in your own age group — sons and daughters!

IMPROVING YOUR BREASTSTROKE

(continued from page 2)

Hoping this helps you as much as it has helped me to better understand proper breaststroke kick mechanics, I turn the balance of this article over to another breaststroker of considerably more talent . . . World Record Holder Joann Leilich, who has written about pacing the race.

Now that your kick has improved, you should think about pacing your races. Following is a condensation of my experiences and tips given to me over the years by coaches and Masters swimmers about pacing breaststroke races. In general, I find *swimming my own race* more successful than *pacing off someone else*. I also find "goal setting" and my "log book (of meet times and splits)" most helpful. The splits help me set goals; the goals keep swimming interesting for the next 25-30 years, I hope - twice that long for some of you.

I pace my breaststroke races by the 50s (easy to remember both SC and LC).

200 BREASTSTROKE

- ✂ First 50 - moderate pace (achieved with a LONG glide);
 - ✂ Second 50 - pick up the pace (by shortening glide);
 - ✂ Third 50 - concentrate on a strong stroke;
 - ✂ Fourth 50 - combine 2 & 3 above, using all remaining energy
- I find it helpful when doing dive starts during "taper" to practice the first 50 of the 200 breast. That is, swim your anticipated time for the first 50 split to feel the correct pacing.

100 BREASTSTROKE

- ✂ First 50 - same pace as second 50 of the 200, although the watch split will be faster.
- ✂ Second 50 - ALL OUT, shorten the glide, use a strong pull and kick.

I finally learned how to swim the 100 breast in a relay race last spring. After 50 yards, I noticed our opponent out in front and said to myself, "I wonder if I can catch her." Really "pushing" the second 50 resulted in a personal best time and a revelation about swimming 100 breaststroke.

50 BREASTSTROKE

- ✂ First 50 - GO FOR IT! ALL OUT! In order to increase my turnover, I breath every other stroke, probably a big no-no for those who use modern breaststroke techniques.

It sounds so easy on paper, doesn't it? The real tip is called practice!

IT'S NOT TOO LATE TO START THINKING ABOUT 1989 LONG COURSE NATIONALS in Grand Forks, North Dakota. The Nationals Coordinating Committee would like to know how many swimmers are planning to attend so they can start making hotel arrangements, etc. If at least 20 people respond, the Committee will look into reserving a block of rooms. Going? Please contact Harry Sober (548-4044).

GOLDEN AGE RECEPTION

by Dick Cheadle

A reminder that on Sunday, April 30, Brenda and I will host a reception (3:00 pm - 6:00 pm) for team members 65 years of age and over. Mark it on your calendar. There will be all kinds of fun games (like repelling relays off my deck to the ground one storey below), and great food (plenty of cookies, warm milk, cocoa, little pies and cakes and Jack Daniels). All qualifying members of the team (65 by April 30) will receive a printed invitation in the mail in early April.

NOTABLE BIRTHDAYS

- 65 — AL BOVE - 2/5
- 60 — BILL VAN BALEN - 4/5
- 45 — TERRENCE O'DONNELL - 3/3
- 45 — TONY YOUNG - 4/5
- 40 — DOLLY ANGLE - 1/3 (sorry to miss her in last issue)
- 35 — TERRI VALOCCHI - 2/19
- 35 — SUE LEE - 4/15
- 30 — SUZANNE WOLF - 2/16

THE BRUNCH BUNCH



On January 22, over 50 DC Masters and friends surprised Rita Shephard on her 80th birthday (Rita is the senior member of the club) and Nancy Kirkendall on her 46th birthday (see photo above). Skip and Judy Monsein opened their lovely home to the team where chefs Meredith "Pancakes" Smith and Skip "Omelet" Monsein employed their gastronomical magic in providing a delicious brunch for all (see photo right).



"Noggin Knockin" Nick Name No More

by Skip Monsein

Noggin Knockin Monsein was a name that I had earned during the early days of my backstroke career. For a long time, people would come to my meets just to hear my head hit the end of the pool. That was before there were backstroke flags and you had to look for the wall. It was so long ago no one ever thought of counting strokes.

I can remember one particular meet that I hit so hard, I heard the fans go OOHHH! — as I went "OUCH." When I woke up, they told me I had another length to swim. On another occasion, I hit my nose and broke it. Later on I had an operation to "repair" the damage, which is why I now have such a cute pug nose.

In my junior year in high school, I decided that I would never hit my head on a backstroke turn again. The shame of being called "Noggin Knockin Monsein" was simply more than I could bear. So before I entered the pool for my first race as a junior, I said to my self 100 times, "I will not hit my head, I will not hit my head."

By so doing I mentally swam each length. I mentally did my turns and got so tired before that race that I knew I had forgotten something.

Well I got ready to start anyway and when the gun went off, so did I. My first length felt great. I creamed my turn and pushed off hard . . . stretched, and started my kick when suddenly I felt something around my hips. A moment later it was around my upper legs. Here I was half way down the second length, when I realized what I had forgotten - I didn't tie my suit string! My suit was almost to my knees. Being a backstroker, this caused a rather serious problem.

The fellow in the lane next to me was the city's finest backstroker, and I wasn't about to let him beat me, string or no string. I quickly pulled up my suit just in time to cream the second turn. But then I felt a new sensation. I was now awfully cold! Yes, my suit had come completely off.

Obviously, I could have stopped and lost the race, but I continued on. The fans were so very supportive — screaming and yelling — I was finishing the race "au-naturelle."

As I creamed the next turn and on my way to the end of the fourth length, I decided to see if I could find my suit. I dove to the bottom of the pool, looked around, but to no avail. I started swimming again and at the end of 150 yards, I caught up to the city champ and touched him out at the finish. Boy, were those fans of mine excited!

Later I found out that someone had jumped into the pool earlier and took my suit. Of course everyone thought that was funny, but I was catching a cold without it. Finally, the coach came to the rescue by gently handing me another suit.

Since that race, I was never again called "Noggin Knockin Monsein." My new nick name became "Submarine Monsein." I made many new friends. I won the race. I lost my old nick name, but the girl of my dreams was in the stands, and I lost her. Oh well, from then on our team always had an unusually large number of female fans, so only the suit was lost, really. I mean SERIOUSLY.

THE STRATEGY OF A L-O-N-G DISTANCE SWIMMER

(OR THE LONELINESS OF THE HOUR SWIM)

by Ann Svanson - (early January 1989)

As long as I've been a Masters swimmer, I've participated in the Hour Swim. It was the reason I joined USMS, my very first swim competition, and my introduction to DC Masters when I began swimming in upstate New York. In was in 1983, a year and eight months after I swam my first lap, that I undertook my first Hour Swim. I went 3555 yards and ever since then, I've challenged myself to improve.

By developing a planned strategy (no, I don't just get in and swim for an hour), I've made steady improvement every year, except one, and in 1988, I squeezed in 4270 yards.

I start out each year with my "rabbit's feet," my husband Gust to count my lengths and my swimming buddy, Nancy Kirkendall, to share the lane with me. My goal each year is improve over the last, if only by five yards. 1987 was the only year I missed — and I had neither Gust nor Nancy with me.

Basically my plan is to break the hour into the number of 500-yard increments I believe I can get into an hour. I then determine how much time will be left over after the last 500 for a "sprint" to the end of the hour. I figure out how fast I have to swim the 500s to gain time for that improvement. For instance, if I swim each 500 five seconds faster, how much time will I gain and how many more yards can I swim in that time?

Since 1985, I've kept a record of my splits by 500s as well as 1650s and 3300s (the old Super Swim) for a year to year comparison. In 1988, I swam 30 yards farther than in 1986, but until I had gone 3000 yards, I was behind my 1986 pace.

In 1986, Nancy and I swam at the Pentagon Athletic Club when they

were having trouble with the pool thermostat. When we began our Hour Swim, the water was 96 degrees! That didn't stop us though, because they added cold water the entire hour, so by the time we finished, the temperature was down to 85 degrees.

This year, my goal is to hold 7:00 (1:24/100) for each 500, completing eight in 56:00 minutes. If I can do that, then I will have four minutes in which to race against the clock. If I "sprint" at the rate of 75 yards/minute for those four minutes (1:20/100 pace), then I can swim 300 additional yards for a total of 4300 yards. I am also considering stopping for a few seconds to drink along the way.

In my opinion, the Hour Swim is the ultimate challenge for a distance swimmer. There is no doubt that he can finish — it's just a question of how fast and how far.

Editor's Note: This year, Ann not only realized her goal but bettered it by completing 4470 yards — 200 yards more than her 1988 record and an improvement of almost 1,000 yards since her first swim in 1983. Her average pace for the hour was that which she anticipated for "final sprint," 1:20/100. And yes, she did stop to drink — twice, or a total of 15 seconds but she says, it was well worth it.

AS THE FLIP TURNS

(continued from page 1)

\$1,400. We want our other programs to be even better in '89, and to do so we must be sensitive to your desires in everything we do.

We need your input. We encourage your feedback on what we've done and should do. YOUR HELP is vital to running the club's sponsored activities. Knowing there will not be unanimity of opinion, the board's job is to take enough time discussing issues and recommendations before we vote on them.

Many of you have expressed interest in serving on various committees.

Great! Our plans are to get the club more involved so, we hope you'll say yes when committee chairmen call. Ask not what your club can do for you, but rather. . .

One idea we would like input from the membership is on the possible subsidization of a team coach or team manager at nationals. The subsidy could be a relatively small amount (for getting relay splits, all attendees' results, etc.) or well over \$500 for a full-time coach's trip to a distant meet. The obvious questions involve need, fairness to the whole membership who would pay for such services or whether the meet attendees should work it out among themselves. Please write or call me (425-0822 VA) or Diana Daymond (656-3023 MD) with your ideas on the subject.

Finally, I am sorry to announce that a true stalwart of Masters swimming will be leaving us soon. Jim Densmore is not only an inspiration in the sport of swimming, but has also been a selfless contributor to DC Masters. As he departs for a promotion and new job in California, I echo the club thanks and best wishes. His seat on the Board of Directors will not be allowed to cool however, as I am delighted to announce that Harry Sober will replace Jim for the remainder of his term. (Arrgh! Another 45-49 sprinter to crowd me.)

'Til the next "flip turn" . . . have some good ones!

TEAM PHOTO: Anyone interested in a 5x7 print of team picture taken in Austin, call or drop a post card to Bill Newman (425-0822).

Anyone interested in hosting a DC Masters **POTLUCK PARTY**, please contact Ann Svanson (549-5562) or Skip Monsein (229-2256).

Welcome to our **NEW MEMBERS:** John Abbott, Ronald Allen, Arthur Chaing, John Esser, Richard Schmidt, Winn Sherwood, and Esther Yalowitz.

1988 LONG COURSE NATIONAL TOP TEN D C MASTERS
 (*All American; **National Record)

Compiled by Ann Svanson
 (Courtesy of Swim-Master)

WOMEN

- 19-24 Jenny Mowrey: 50/200 Back; 100 Fly
 Amy Leib: 100/*200 Free; *50/100 Fly; 200/*400 IM
 Allison Widmann: 400 IM
- 25-29 Suzanne Wolf: 800 Free; 50 Breast; 200 Fly; 200/400 IM
 Diana Daymond: 200 Fly
- 30-34 Wendelle Gray: 50 Breast
 Diana Daymond: 50/100/200 Fly; 400 IM
- 35-39 Jacki Hirsty: **50/100/200/400/800 Free; 50 Fly
- 40-44 Sue Herrington: 50/100/1500 Free; 50/100/200 Back; 50 Fly; 400 IM
 Sue Schaffer: 400/800 Free; 200 Back; 100/200 Breast; 100/*200 Fly; 200/400 IM
 Ann Svanson: 100/200/400/800/1500 Free; 200 Fly; 400 IM
- 45-49 Nancy Kirkendall: 50/100/200/400 Free; 50/100 Back
 Joann Leilich: 200/400/800 Free; *50/*100/*200 Breast; 200/400 IM
- 50-54 Jayne Bruner: *50/*100/*200/400 Free; 100 Back; *50/**100/*200 Breast; 50/100/200 Fly; 200 IM
 Barbara Zaremski: 50/100/200/400/800/1500 Free; 100/200 Back; 200 Breast; 100/200 Fly; 200/400 IM
- 65-69 Helen Hummer: 200/400/1500 Free; 50/100/200 Fly
- 70-74 Nancy Clark: 50/100/200/400/800 Free; 50 Back; 50 Fly
 Mary Lathram: 100 Back
 Lorraine Murphy: 100 Back; 50 Fly
- 75-79 Jean Chenux: 50/100/200/400/800 Free; 100 Breast; 50/100/200 Fly; 200/400 IM
 Elsa Mattila: 50/200 Back; 100/200 Breast; 50/100/200 Fly; 200/*400 IM

MEN

- 19-24 John Neikirk: 200 Free; 200 IM
- 30-34 Jim Densmore: 200 Free; 200 Back; 200 Fly; 400 IM
 Fred Munson: 800 Free
 Tom Wolf: 50/100/*200 Back; 200 Fly; 200/400 IM
 Matt Kanzler: 50/100/200 Breast; 400 IM
- 35-39 Jorge Gonzalez: 1500 Free
 John Locke: 50/100/200 Breast
 Ed Kenehan: 50/100 Breast
- 40-44 Dave Audley: 100/200/400/800 Free
 Sandy Brown: 400 IM
- 45-49 Larry Hewes: 50 Fly
 Bob Bennett: 100/200 Fly
- 50-54 Dale McGinley: 800 Free; 50/100/200 Back
 Lee Bettis: 100/200 Back
- 60-64 John Woods: 100/200/400/1500 Free; 50/100/200 Back; 200 IM
- 70-74 Frank Murphy: 200/400/1500 Free; 200 Back; 200 Fly; 200/400 IM
 George Pitts: 100/200 Back
- 75-79 Kelley Lemmon: *50 Free
 Bert Kassell: 50/100 Free; 50 Fly
 Bill Fite: 50/100/200/400 Free; 50/100/200 Back; 50/100/200 Breast; 50/100/200 Fly; 200/400 IM
 Dave McAfee: 100/200/400/1500 Free; 200 Back

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