



Wavemaker

LANE LINE SWIM NEWS -- THE PUBLICATION OF CHAMPIONS

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OCTOBER 1989

PRESIDENT'S COLUMN

As The Flip Turns

by Bill Newman

We're in the home stretch! Most of our major events this year are the subject of fond memories. A party should always follow the swimming, and our Annual Banquet turned out to be another superb wrap-up of the "fish-cal" year. Skip Monsein and his hard-working crew of volunteers turned out a party that surpassed last year's team banquet and that's saying something. In my first Flip Turns column this year, I challenged everyone to have some "fast times and fun times." The first part certainly held true, and, in my opinion, the fun has been there too! In any case, if you were unable to add to your fun quotient at this year's Annual Banquet, please try to join us next year. That's an invitation to add yet another memory of friendship and team spirit.

DCM DOES IT AGAIN -- GRAND FORKS, ND AUGUST 17-20



PHOTOS BY JOANN LEILICH

PHOTOS CLOCKWISE FROM TOP: 1) "Little Team on the Prairie"-- Team members arriving in Grand Forks via the airport shuttle. 2) World record setting 280+ Mixed Free Relay members celebrate their victory, l. to r., Dave McAfee, Nancy Clark, Joann Leilich, and Bert Kassell. 3) New DCMs Denise Brown (left) and Tanna Anderson share a happy moment between swims.

by Joann Leilich and Steve Hogan

Fifteen DC Masters competed at Nationals again exhibiting the camaraderie and outstanding performances for which the team is known--and they brought home a first place finish in the small club division!

The DCM contingent found North Dakota flat, windy, and covered in wheat and sunflower farms. FRANK MURPHY noted that it was not the end of the world, but you could see it from there. STEVE HOGAN and ART SMITH were sure they were at the end of the world when they found beer wasn't sold on Sunday.

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COPY DEADLINE FOR NEXT WAVEMAKER IS NOVEMBER 22!

LANE LINES

by Meredith R. Smith, Editor

A bout with insomnia revealed Mark Spitz' Masters swimming plans. Last night around 4:30 a.m., my wife left the side of her soundly sleeping Masters swimmer to watch TV. Turning on "Night Watch," she was delighted to find an interview with Mark Spitz in progress. It seems that Mark is extremely excited about stories he has heard from Masters swimmers who claim to be exceeding their college/Olympic times years after leaving "real competition." Mark thinks the world of competitive swimming may be on to something and believes he can stage a comeback . . . at the 1992 Olympics. In seriousness, Mark, according to CBS, said it shouldn't be that difficult since he will concentrate solely on the 100 meter fly. He says he wouldn't attempt to train for 7 events as he did in the '72 Olympics, but even in his forties, he's convinced he can make the team. After all, he reasoned, his 100 fly Gold Medal time would have qualified him second in the 1988 Olympic trials. And, if he can swim faster times as the Masters swimmers claim is common, then he has a chance. Well, Mark, we have a saying in Masters circles. . . "Old age and treachery will outperform youth and skill." Maybe Mark doesn't know that motto extends beyond the bounds of the Lane Lines (smile).

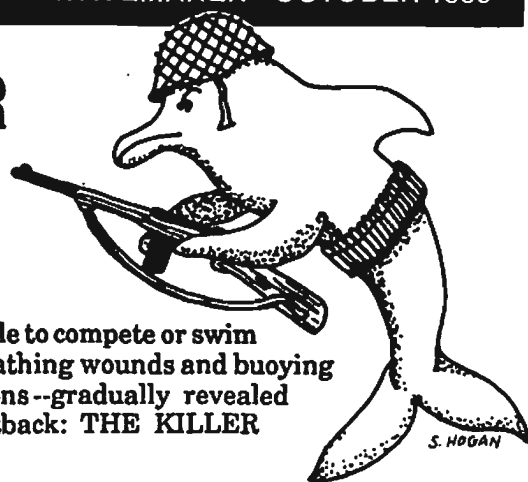
This will be my last Wavemaker. Demands of work and home make it impossible to continue as editor. Nonetheless, I intend to continue contributing to our fine newsletter as time allows. In the meanwhile, we've gotten the Wavemaker off to a great start, but it was borne on the back of volunteerism. To keep it the vital newsletter we all want it to be will require new blood, new ideas, new contributions of time and talent. If you're reading this, have enjoyed past issues of the Wavemaker and are thinking . . . "Maybe it's my turn," do it! You'll learn more about your sport and your team while carrying on the DCM tradition of excellence. We are what we are because we go the extra distance. M.R.S.

TECHNIQUES & TIPS

THE KILLER DOLPHIN

by Lucille Griffin

Several years ago, when I was unable to compete or swim my ordinary workout, the water--bathing wounds and buoying my spirit as I worked out frustrations--gradually revealed a reward hidden within that setback: THE KILLER DOLPHIN.



If you suffer from recurrent elbow or shoulder problems, or if you require long-yardage training but regularly fail to meet goals during the second half of your workout, or cannot swim a good workout 2 days in a row (in spite of careful warm-up, stretching, cool-down, stretching routine), consider developing your own killer dolphin.

The dolphin kick involves all the muscle groups from the chest down, including the largest muscles of the body, which have the largest oxygen requirements. For this reason, it is possible to maintain cardiovascular fitness, although hampered by upper-body injury or tightness, by swimming dolphin workouts. Swimmers whose bodies require more than 24 hours recovery period between workouts could benefit from substituting a dolphin workout for a large part of the yardage every other day. Or, you might try inserting a long dolphin set in the daily workout at the point where you usually tighten up, to extend training benefits while avoiding sloppy stroke mechanics.

For those of you who must start from scratch, the first rule is: *Take it easy.* Swimmers who do not regularly employ racing flip turns will be using muscle groups (in the abdomen and lower back) which may have taken an early retirement. For starters, practice no more than 2 lengths of dolphin per workout, and add a length or 2 per week, only after the coach approves your dolphin form.

The second rule is: *Get it right.* Rent a video of "Splash;" run and rerun the sections where Darrel Hannah slithers along under water. Study the undulating rhythm; notice the rise and fall of the hips, the whip-like action of the tail, the free flopping follow-through of the tail fin. This is a serious dolphin!

When you are practicing dolphin, visualize Ms. Hannah; concentrate to involve your body from chest down to toes, to feel your hips rise to the surface with each downward kick, and to completely relax your ankles and feet so that they will flop freely like her tail fin. Set up a slow rhythm, and lose the kick board. Mermaids don't use them.

This brings up the breathing problem, which we will solve by learning a #4 Dolphin Drill. Begin from a push off the wall with arms trailing by your sides and head down so you can see your feet, counting your kicks by 4s, hands behind your hips on 1, under your chest on 2, reaching deep and ahead of you on 3, and sculling back (butterfly pull) on 4. Eyes following hands, you exhale on 1, 2, and 3; the 4th kick and the backward scull combined will lift your head above the surface to inhale, if you are looking directly forward when you begin the number 4 kick. Practice dolphin this way, and you are learning proper butterfly breathing skills at the same time.

When it is no longer a struggle to kick and breathe in a steady rhythm, you can add breath control by increasing the number of kicks between each inhaled breath.

(continued on page 4)

TRAINING

ENHANCING YOUR TAPER WITH STRENGTH TRAINING

by John Locke

Although most competitive swimmers are considered to be in superior physical condition, their strength tends to be underdeveloped. Swimming is an endurance sport which requires massive amounts of endurance training. This very emphasis on endurance is generally the cause of reduced strength levels. Most world class swimmers recognize this imbalance and are, therefore, involved in strength training programs.

Strength training also increases muscle endurance. Research shows that a muscle can operate for indefinite periods at 15 percent of its maximum strength level. Therefore, increasing the maximum strength of the muscle results in a higher corresponding endurance level. Finally, strength training not only improves performance, it is also extremely effective in preventing overuse injuries.

The price the swimmer must pay to enjoy the benefits of strength training is one hour per week and the discipline to perform the exercises at an intense level. This series of articles will present a proven strength training program which is used by several successful DC Masters swimmers to dramatically improve their tapers and times for Big Events. These articles will demonstrate how 3 intense 20-minute workouts a week for a 2 month period can produce dramatic results. A word of caution: This program should only be used by very fit, serious competitors. Other strength training methods are available for the average Masters swimmer who realizes the importance of strength in any conditioning program.

One of the best ways to illustrate the effectiveness of this program is to describe the results of a nationally ranked distance freestyler at this year's Short Course Nationals. This 30 year old female started this intensive strength program on February 28, 1989, after swimming the Maryland Masters Winter Meet at UMBC. Her times for several events are shown below:

EVENT	UMBC	LIFETIME BEST	89 SC NATLS	PLACE 89 SCN
1000 FR		11:42	11:30	2nd
500 FR	5:59	5:43	5:34	4th
400 IM	5:27	5:18	5:11	6th
200 FR	2:15	2:11.8	2:08	9th
200 BK	2:43.6	2:38	2:33	12th

Each strength training session was built around the following exercises. The actual details of these exercises and sessions will be described in subsequent articles:

- (1) *Pullups*: develops the lats, deltoids, biceps, and pectoralis muscles.
- (2) *Dips*: develops the pectoralis, triceps, and deltoids.
- (3) *Curbs*: develops the biceps and deltoids.
- (4) *Military Press*: develops the triceps, trapezius, and deltoids.
- (5) *Deltoid Flies*: develops the deltoids.
- (6) *Neck Bridges or Neck Twisters*: develops the trapezius and sterno-mastoid muscles of the neck.
- (7) *Bench Press*: develops the pectoralis, deltoid, and triceps muscles.
- (8) *Squats*: develops the quadriceps, gluteus, and spinalis dorsi muscles

(continued on page 5)

Waves Of Our Lives

by Ann Svanson

One reason we haven't seen SANDY BROWN around the pool lately is that he has been otherwise occupied --enjoying life as a newlywed and sharing a common interest with his wife, Suzanne Hubbard. Sandy has been quite successful as a masters runner (over 40) winning his age group in many races. But Suzanne also swims, so perhaps we'll gain a new member. Congratulations and best wishes to Sandy and Suzanne.

Speaking of running, DON HANNA was recently seen in the Somerset School Back-to-School 8k Run while his family cheered him on. At least he'll have another sport to turn to if there aren't any pools near his future home in Jakarta, Indonesia.

STEVE HOGAN has been DCM "Artist-in-Residence" for a number of years. He is finally getting the national recognition he deserves--he submitted the winning design in the recent cover contest for the 1990 USMS Rulebook!

CONGRATULATIONS to each of the 49 (!) DCMs who made 1989 USMS Short Course Top Ten. Making it for the first time as a DCM was LARRY MEINEN of our Pittsburgh contingent. JOANN LEILICH and HELEN HUMMER made the list in two age groups each!

1990 SHORT COURSE NATIONALS HOUSING

University of Southern California dorm-style suites are available for up to 8 persons each (4 double rooms with shared living area, kitchenette, and bath). Adjacent to pool with free, secure parking. Full suite cost is \$180/night -- only \$22.50 per person. These very comfortable and economical suites are already 50% reserved! To make reservations, call Harry Sober, 548-4044, as soon as possible.

THREE MEMBERS ACTIVE ON NATIONAL LEVEL

DC Masters was well represented with JOANN LEILICH, ART SMITH, and STEVE HOGAN attending this year's USMS Convention, September 20-24, in Portland, Oregon. Delegates from all over the country convened to discuss and determine the Masters swimming program for the coming year.

Art, completing his second consecutive two-year term as Chairman of the Legislation Committee, and Joann, Chairman of the Registration Committee, serve on two of the most prominent committees in USMS. The Legislation Committee considers and recommends revisions to the code of regulations. Preparing and advocating regulations and fees regarding membership and registration are the duties of the Registration Committee. Both Art and Joann are to be commended for their contributions of time and expertise, which can only reflect positively on DC Masters. Steve was appointed as an at-large delegate by USMS President, Tom Boak.

The site for the Short and Long Course National Championships two years hence are chosen at the Convention. DC Masters had a special interest in this year's selections as we submitted a proposal to host the 1991 Long Course Nationals at the Rockville Municipal Swim Center. Joann made an outstanding and humorous presentation, ably assisted by Steve, but a close vote resulted in the delegates choosing an Elizabethtown, Kentucky, site. Nashville, Tennessee, will be the site for the 1991 Short Course Nationals.

On the positive side, DC Masters was awarded the 1991 One Hour Swim

Championship (postal) which has almost become a tradition for the Club. In addition, a graphic design submitted by Steve was selected for the cover of the 1990 USMS Rulebook. Additional details on the convention at the convention will appear in the next Potomac Valley Newsletter. DCM should be very proud of the efforts made by Joann, Art, and Steve on its behalf.

DCM LOGO PINS NOW AVAILABLE!!!

\$2.00 EACH includes postage and handling. Send check, made payable to *DC Masters*. Send to Ann Svanson, P.O. Box 2019, Alexandria, VA 22301

MEETS & BOUNDS

DC Masters Compete in Miss America Pageant*

by Ann Svanson

Many go to Atlantic City to try their luck or test their talent. Those DC Masters who traveled there September 3 did both! Fast times came from the calm water and favorable currents. ANN SVANSON was the first DCM out of the water in 29:51 (1st 40-44) followed 30 seconds later by BOB BENNETT (3rd 45-49). Next out was STEVE HOGAN, who placed 6th in 40-44. The race for second in the men's 50-54 wasn't decided until DALE MCGINLEY outran ART SMITH to the finish line (they hit the beach Together). TOM DEWEY (55-59) and RUTH RAPPOPORT (40-44) were both 2nd in their respective age groups. This was Ruth's first ocean swim. MAUREEN LINDSEY who intended to swim, found the lure of the casinos greater than the sound of the surf--she won over \$100 on Saturday and decided to pass on the swim hoping her luck would continue. Steve Hogan placed second in the casino competition where he too came home a winner.

*Ocean Swim

DOLPHIN (continued from page 2)

#5 Dolphin Drill = (exhale 1-4) 2 kicks head down, hands trailing; 3 at chest, 4 ahead of you, 5 pull and inhale.

#6 Dolphin Drill = (exhale 1-5) 3 kicks head down, hands trailing; 4 at chest, 5 ahead of you, 6 pull and inhale.

#7 Dolphin Drill = THE KILLER DOLPHIN = (exhale 1-6) 4 kicks head down, hands trailing; 5 at chest, 6 ahead, 7 pull and inhale.

KILLER DOLPHIN SETS

Beginner: 3 x 50 interval = stretching thighs to 10 count each

Intermediate: 3 x 100 interval = stretching thighs to 10 count each

Advanced: 3 x 200 interval = stretching thighs to 10 count each.

KILLER DOLPHIN WORKOUT

(not to be done 2 days in a row): 5 x 200 with stretching intervals, as above. First and last swim very easy; total concentration, visualizing mermaids. Two through four, descend by 50s, picking up the rhythm.

BENEFITS DERIVED FROM KILLER DOLPHIN

1. Improved use of lung capacity.
2. Strengthened stomach, lower back, and thigh muscles.
3. A ready alternative to butterfly whenever the pool is too crowded.
4. The possibility of modernizing back starts and turns by adding 2 to 5 underwater dolphins.
5. Ability to finish a butterfly race without feeling or looking like a beached whale.

LUCILLE GRIFFIN is a Virginia Master in the 50-54 age group. Lucille recently took first place in the 50-meter free at the Pan Pacific Aquatic Games. She is the author of Teach Yourself to Swim Racing Strokes, available from Gap Mountain Books, Route 2, Box 42, Newport, VA 24128. \$10 postpaid; \$11 without check. The above article was used with the permission of the author.

AGING UP

Kim McDonald- 35 on 10/20
Denise Brown- 30 on 10/24
John Eltzroth- 40 on 10/30
Richard Clark- 45 on 11/7
Linda Densmore- 35 on 11/23

If you have not renewed your membership this is your last issue of the Wavemaker. If you need a form call Ann Svanson at 549-5562

NATIONALS (continued from page 1)

Humor aside, the residents and commercial establishments in Grand Forks made the 586 USMS swimmers feel very welcome during the competition. The Hyslop Sports Center, site of the competition, was on the campus of the University of North Dakota. It consisted of a 50 meter pool with electronic everything, large balcony, bleachers on deck, 25 yard pool at the end of a long non-slip carpet trail, and large gym with vendor booths, food sales, masseuses and masseurs, and sitting area with sofas and TV.

For FRANK and LORRAINE MURPHY the trip was a homecoming of sorts. Although they grew up in North Dakota, they have visited only 2-3 times in the last 50 years. Lorraine was pleased with her 100 free and ironman Frank entered and placed in all the longer and more difficult events.

Two DCMs from Pennsylvania, TANNA ANDERSON and DENISE BROWN, ventured to the great plains as "first-timers." Denise was also DCM's only swimmer in the below 40 age group. She proved her ability for distance events by swimming the terrible triple--1500 free, 200 fly, and 400 IM! Tanna scored well in all her events and was a critical component in winning the 200+ Women's free relay.

Several DC Masters competed for the first time in new age groups including DAVE MCAFEE, who celebrated his 80th birthday by swimming the 800 free. ART SMITH found the quinquagenarian competition tough, and JAYNE BRUNER returned after an extended illness to erase several records in the 55-59 age group. NANCY CLARK also left her name to be remembered by the 75-79s in several events.

Those over 50 and not new to their age groups also found competition tough. BERT KASSELL had to exhibit his continued improvements in stroke technique and speed to place in the top four of the 75-59 age group. SCROGGIE WILEY, who with his wife, Jean, and two grandchildren, traveled to the meet from California

in a motor home, found his personal cheering section delighted with his backstroke performances. BARBARA GLANCY couldn't compete with the Californians for "greatest distance traveled," although she did drive all the way from downtown Fargo. She did, however, compete very well in the 55-59 age group.

As always, relay races inspired many outstanding swims. STEVE HOGAN did a "Tom Wolf-like" job in organizing the relays on top of winning his first-ever individual medals at a Nationals. Of course, relays cannot be mentioned without thanking FRANK

CLARK for taking "splits." BARBARA ZAREMSKI and her mother, HEDY PULLMAN (ably assisted by Tanna and Lorraine), provided an exciting race in winning the 240+ women's medley relay. JOANN LEILICH had one of her greatest thrills anchoring the record setting 280+ mixed free relay. (How often does a breastroker anchor a free relay?) All in all it was a typically good Long Course Nationals for DC Masters.

For detailed results of Nationals, please turn to page 6.

STRENGTH TRAINING (continued from page 3)

(9) *Stomach Crunches*: develops the rectus abdominus and external oblique muscles.

These exercises are performed with free weights in "super-sets." Although they require up to 20 repetitions each, the amount of weight used is much higher than traditionally used by "health club" programs. In other words, each exercise is very intense. In most cases, a training partner is recommended to assist the swimmer in working to "muscle failure" in each routine.

The swimmer in the example began the intensive strength training on February 28 and completed it on April 18, 1989. Selected maximum efforts for several exercises are shown below to demonstrate the differences in strength between the first and last week of her program. The impressive improvements in her times over lifetime bests are largely a result of these gains.

Intensive Strength Training Log Extracts:

EXERCISE	MARCH 2	APRIL 18
Pull ups	0	9
Dips	0	14
Bench Press	75 lbs x 5 reps	125 lbs x 5 reps

This swim-oriented strength training program should begin approximately 12 weeks before and end approximately 3 weeks before your Big Event. The swimmer should have a base of at least 6 months, high yardage swimming. If the swimmer attempts to do this program on less base or without a well-coached swimming program, the results will be disappointing and possibly injurious. The swimmer involved with this intensive program may experience some soreness and stiffness during swim workouts. This is normal. In fact, swimming speed will suffer during daily training sessions. The swimmer must be confident that speed will return "in spades" during the taper.

The next article on this program will examine the details and describe a model which can be adapted for an individual swimmer.

JOHN LOCKE (35-39) is a Vice President at Information Management Consultants, Inc., of McLean, VA., and is a nationally ranked breastroker. He has been involved with weight training programs both as an athlete and as a coach for over 20 years.

RESULTS - LONG COURSE NATIONALS, GRAND FORKS, ND

Club Scores - Division II (less than 30 members)

1 DC Masters (15)	630.5	6 Omaha Masters (15)	402
2 Lincoln Masters (18)	593	7 Ohio Masters (9)	393
3 Lakeside Masters (15)	454	8 So. Calif. Aquatic (12)	377
4 Empire State Masters (14)	429	9 Connecticut Masters (11)	372
5 San Diego (13)	415.5	10 N. England Masters (14)	362.5

Tanna Anderson 43
 50 Free 8 37.64
 800 Free 6 16:35.28
 50 Back 4 45.28
 100 Back 5 1:43.26
 200 Back 6 3:46.04
 200 Breast 6 4:18.54

Denise Brown 29
 400 Free 3 5:08.34
 1500 Free 2 20:11.08
 100 Fly 3 1:19.34
 200 Fly 1 2:56.26
 200 IM 7 2:55.34
 400 IM 3 6:06.02

Jayne Bruner 55
 100 Free 1 1:12.34**
 200 Free 2 2:56.86
 100 Breast 1 1:31.65**
 200 Breast 1 3:28.24*
 50 Fly 1 36.74
 200 IM 1 3:26.54

Nancy Clark 75
 100 Free 1 1:40.85*
 200 Free 1 3:55.44**
 400 Free 1 8:33.06
 50 Back 1 59.48

Barbara Glancy 57
 400 Free 4 7:28.76
 200 Free 6 3:35.77
 100 Breast 4 2:07.81
 200 IM 3 4:01.45

*National Record
 ** World Record

Steve Hogan 40
 800 Free 5 11:31.86
 50 Back 12 38.51
 100 Back 7 1:21.59
 200 Back 6 2:55.78
 200 IM 13 2:53.16
 400 IM 7 6:15.27

Bert Kassell 76
 100 Free 3 1:29.65
 50 Free 2 36.62
 50 Back 6 55.50
 100 Back 3 2:01.80
 50 Fly 2 58.47

Joann Leilich 50
 50 Free 4 35.27
 200 Free 3 3:07.57
 50 Breast 1 43.03
 100 Breast 1 1:30.63
 200 Breast 1 3:17.92*
 200 IM 2 3:17.36

Dave McAfee 80
 50 Free 1 39.37
 100 Free 1 1:31.76*
 200 Free 1 3:35.67
 800 Free 1 16:26.24

Frank Murphy 71
 1500 Free 2 26:37.09
 400 Free 5 6:41.82
 100 Free 2 1:24.26
 200 Free 4 3:12.32
 200 IM 4 3:57.42

Lorraine Murphy 71
 50 Free 3 56.68
 100 Free 2 2:13.25
 50 Back 6 1:14.19
 100 Back 4 2:38.31
 50 Fly 7 1:20.99

Hedy Pullman 78
 50 Free 3 1:14.57
 50 Back 2 1:19.42
 100 Back 2 2:57.02
 50 Breast 3 1:46.74
 100 Breast 4 3:59.85

Art Smith 50
 50 Back 2 36.14
 100 Back 3 1:20.06
 200 Back 2 2:54.60
 50 Fly 3 33.30
 200 Fly 4 3:10.20
 400 IM 3 6:27.55

Scroggle Wiley 68
 100 Free 10 1:28.52
 50 Free 9 35.51
 50 Back 7 44.94
 100 Back 6 1:51.59
 50 Breast 8 55.73
 100 Breast 9 2:15.63

Barbara Zaremski 52
 50 Free 3 34.40
 100 Free 4 1:19.75
 200 Free 2 3:03.39
 800 Free 2 13:13.52
 200 Back 2 3:40.74
 200 IM 4 3:30.59

RELAYS

WOMEN
200+ Free 1 2:18.80
 J. Leilich 34.69
 T. Anderson 37.88
 B. Zaremski 34.07
 J. Bruner 32.02
280+ Free 1 3:41.50
 H. Pullman 75.18
 L. Murphy 57.11
 B. Glancy 45.24
 N. Clark 43.85
200+ Medley 2 2:40.34
 D. Brown 39.05
 J. Leilich 41.27
 J. Bruner 35.90
 N. Clark 43.90
240+ Medley 1 4:21.29
 T. Anderson 45.57
 B. Zaremski 51.63
 L. Murphy 82.45
 H. Pullman 80.91

MEN
280+ Free 1 2:28.84
 B. Kassell 37.47
 D. McAfee 40.11
 F. Murphy 36.47
 S. Wiley 34.79
280+ Medley 2 3:25.02
 D. McAfee 59.90
 S. Wiley 53.02
 F. Murphy 55.24
 B. Kassell 36.85
MIXED
200+ Free A 3 2:11.55
 A. Smith 32.12
 S. Wiley 35.69
 D. Brown 31.79
 J. Bruner 31.89
200+ Free B 8 2:21.28
 T. Anderson 37.14
 F. Murphy 38.92
 B. Zaremski 34.62
 S. Hogan 30.55

280+ Free 1 2:36.83**
 B. Kassell 36.76
 N. Clark 44.84
 D. McAfee 40.48
 J. Leilich 34.61
200+ Medley A 3 2:28.59
 A. Smith 36.68
 J. Leilich 40.23
 J. Bruner 36.81
 S. Wiley 34.61
200+ Medley B 12 2:47.70
 T. Anderson 47.71
 B. Zaremski 48.78
 S. Hogan 34.14
 B. Kassell 37.07
280+ Medley 2 3:37.70
 D. McAfee 55.96
 F. Murphy 60.65
 B. Glancy 55.71
 N. Clark 44.93

1989 USMS SHORT COURSE TOP TEN DC MASTERS

Compiled by Ann Svanson (Courtesy of Swim-Master)

MEN

25-29: JASON CRIST (200 fly, 200 IM); JOHN SAYRE (100 free, 100/200 back, 100/*200 IM); 30-34: JIM DENSMORE (200 fly, 400 IM); MARK HEINRICH (50/200 back); MATT KANZLER (200 breast); JAMES KEGLEY (200/1650 free); LARRY MEINEN (100/200 free); TOM WOLF (50/100/*200 back, 200 IM); 35-39: ED KENEHAN (50/100 breast); JOHN LOCKE (100/200 breast); 40-44: GEORGE BOIZELLE (50/*100/**200 breast, 50 fly, 200 IM); JOHN FLANAGAN (200/500/1000/1650 free, 100/200 fly, 400 IM); JORGE GONZALEZ (1650 free); 45-49: BOB BENNETT (200 fly); LARRY HEWES (50/100 free, 50 fly); DAVE LYONS (50/100 free, 50/100 fly); HARRY SOBER (50 back); 50-54: CHUCK BECHTEL (50/100 back, 100 IM); LEE BETTIS (200 breast); DALE MCGINLEY (50/100 back); SKIP MONSEIN (50/100/200 back); MEREDITH SMITH (50/200 breast, 100 IM); 60-64: ED EMES (50/100 free, 50 fly); 65-69: SCROGGIE WILEY (50 free); JOHN WOODS (50/100/*200/*500/*1000/1650 free, 100/200 back, 200 breast, 50/100 fly, 100/200/400 IM); 70-74: FRANK MURPHY (200/500/1000/1650 free, 200/400 IM); 75-79: BILL FITE (50/100 back, 50/100/200 breast, 50/100/*200 fly, 100/200/*400 IM); BERT KASSELL (50/100/200 free, 50/100/200 back, 50 fly, 100/200 IM); KELLEY LEMMON (*50/*100/*200 free, *50 fly, *100/*200 IM)

WOMEN

25-29: BETH O'CONNOR (50 free, 50/100 back, *50/*100 fly, 100 IM); 30-34: ANITA CALLAHAN (200 fly); CINDY COLLINS (1650 free); WENDELLE GRAY (50 breast); SUE SKIFF (500/1000 free, 50/100/200 fly, 400 IM); KAREN SULLIVAN (200 fly); MARTHA WILLIAMS (500/1000 free; 400 IM); 35-39: BARBARA FRECH (200/500/1000/1650 free, 200 fly); JACKI HIRTSY (50/100/200/500 free); 40-49: SUE HERRINGTON (50 free, 50 back, 100 fly); SUE SCHAFFER (500 free, 100 back, 200 breast, 100/200 fly, 400 IM); ANN SVANSON (500/1000/1650 free, 200 fly, 200/400 IM); 45-49: NANCY KIRKENDALL (100/200 free, 50/100/200 back); JOANN LEILICH (50/100/200 breast); 50-54: JAYNE BRUNER (*50 free, 50 fly, *100 IM); JOANN LEILICH (100/500 free, *50/**100/**200 breast, *200/400 IM); BARBARA ZAREMSKI (100/500/1000/1650 free, 200 breast, 200 fly, 200/400 IM); 65-69: HELEN HUMMER (1000/1650 free, 50/100/200 fly, 400 IM); 70-74: HELEN HUMMER (50/100/1000 free, 50/*100/*200 fly); MARY LATHRAM (200 back); 75-79: ELSA MATTILA (200/*1000 free, 50/100/200 back, 200 breast, 50/100/200 fly, *100/200/400 IM); 80-84: RITA SHEPHARD (50/*100/*200/500 free, 50/100/*200 back, *100 IM)
(*All American; **National Record)

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CALENDAR - OCTOBER 1989

Oct. 28	<u>York, PA</u> York YMCA Calvin Schaeffer, 2826 Eastwood Dr, York, PA 17402 (717)755-5056
Nov. 1 -	<u>1989 Postal Pentathlon</u> , POSTAL
Dec. 15	Wayde Mulhern, 570-96th La, Blaine, MN 55434 (612)635-5167
Nov. 4	<u>Plainview Y Meet</u> , Empire State Masters Newsletter 263 West End Ave. 9-C, New York, NY 10023
Nov. 12	<u>Upper Main Line YMCA</u> , Berwyn, PA Aquatic Director UMLY Masters, 1416 Berwyn-Paoli Rd, Berwyn, PA 19312 (215) 237-0319
Nov. 11-12	<u>7th Annual Electric City Invitational</u> , Anderson, SC Steve Wycoff, 1115 Cornelia St., Anderson, SC 29621
Nov. 12	<u>Dutchess County YMCA</u> , Marist College, Poughkeepsie, NY Don Gingras, 18 Byekenhulle Road, Hopewell Junction, NY 12533
Nov. 12	<u>Lawrenceville School Meet</u> (support of ADA), Lawrenceville, NJ The Fast Lane, P.O. Box 985, Piscataway, NJ 08855
Nov. 19	<u>Annual Turkey Classic</u> , Gaithersburg, MD Marisa Marsereau, Upper Montgomery Cty YMCA, 301-428-9512
Nov. 19	<u>University of Delaware</u> , Newark, DE Art Mayer, 1024 Elkton Rd, Newark, DE 19711 (302)368-5176
Dec. 10	<u>Terrapin Masters 1650</u> , College Park, MD David Diehl, 12511 Littleton St., Silver Spring, MD 20906
January	<u>One Hour Swim</u> , POSTAL Julie Billingsley, 5314 41st St., Washington, DC 20015

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