



Wavemaker

LANE LINE SWIM NEWS -- THE PUBLICATION OF CHAMPIONS

VOLUME XVII, NUMBER 6

DECEMBER 1989

AWARDS BANQUET A SMASH ONCE AGAIN

(FOR MORE, SEE PAGE 3)



PHOTOS LEFT TO RIGHT, TOP TO BOTTOM:
1) DC Masters gather at the Tysons Corner Best Western for an evening of good cheer. 2) The Three Amigos: Frank Murphy, John Eltzroth, and Dave McAfee. 3) Outgoing president Bill Newman. 4) Master of Ceremonies Skip Monsein and lovely wife Judy. 5) Our own Mona Lisa: Anita Callahan. 6) Bob Bennett, Joann and Bob Leilich, Bert and Ann Kassell. 7) Jan Brand shows off X-rays from recent physical. 8) Longtime member Betty Brey and husband Paul. 9) Kris Weimerskirch and friend, Lori Winters. 10) Dapper Howell Posner. 11) Rich Schmidt and friend, Kathy Fuller, along with new Treasurer Martha Williams.

PHOTOS BY LEE BETTIS, RAY CHEW, AND BILL NEWMAN



LANE LINES

by Ann Svanson, Editor-in-Chief

With this issue, I take over as Editor-in-Chief of the *Wavemaker*. I hope to maintain the high quality achieved in '89.

A main reason for the success of this newsletter was the strong team of volunteers we've had: ESTHER YALOWITZ (typing), JOANN LEILICH (typing, calendar), STEVE HOGAN (graphics, desktop publishing), BARBARA YORK (desktop publishing), AL BOVE (proofreading, editing), LUCY BROWN (mailing preparations) and, of course, our many contributors. Steve and Joann will be "retiring" this year, and we need more bodies (and minds) to help out--particularly in the area of desktop publishing. Barbara cannot handle all 6 issues by herself. If you have experience or available equipment, and especially if you have both, please give me a call.

One of my duties as Secretary of DCM, has been to help assemble the various committees that handle the club business. This year, the response to our request for volunteers on the membership applications has been disappointing. We are therefore including in this issue a form for the use of anyone who missed out on signing up earlier. In addition to help with *Wavemaker*, we particularly need volunteers for the Meet Committee and the Social Committee. Right now is when we start planning the 1990 East Coast LC Meet and Annual Banquet. In addition, with more help, we may be able to host more than one meet and put on a few more parties. Our Board has a lot of new faces this year, and we'd like to see more new faces on the committees.

So, please pick up your pen, check off a box (or 2), and send the form in. Let's all help keep DCM number one!

**COPY DEADLINE FOR
NEXT WAVEMAKER IS
JANUARY 26!**

TECHNIQUES & TIPS

BUTTERFLY: TRAINING FOR PACING

by Sue Schaffer

Several months ago we published an article by Sue Schaffer on pacing butterfly. Here is the logical follow-up: how to train for butterfly races so that pacing them becomes possible.

Butterfly training is different from training for other strokes. Swimmers of other strokes regularly train with distances considerably greater than they swim in competition. This kind of training is necessary to develop enough endurance to survive a race. Few Masters swimmers, however, can survive sets of long butterfly repeats. They're also not a good idea. Free, back, and breast swimmers can always slow down a little when old age or other causes of exhaustion strike and still maintain good form. Have you tried slowing down and holding good form in butterfly when you are tired? If you can do it, please write an article for the *Wavemaker* telling us how.

Maintaining good form in butterfly training is imperative for pacing butterfly in meets. If you become accustomed to dropping your elbows, taking extra kicks while resting your arms, letting your timing go awry, hanging on the wall while you gasp frantically for breath, or sneaking in 1-arm strokes, you won't develop the feel necessary to swim well in meets. In your workouts, swim as much butterfly as you can handle in good form. (If at first this is only 2 x 25, well, it's a starting point.) Don't omit endurance training, just do it in the other strokes, swimming at a fairly good clip.

Besides endurance training in other strokes, there are four important elements of butterfly training: strength training, drills, butterfly sprinting, and butterfly interval training.

Strength Training: If you have tried to swim butterfly, you have a pretty good idea how much upper body and abdominal strength it requires. It's hard to build such strength in the pool (pulling butterfly with a pull buoy helps a little). You need to do dry land exercises or weight programs to build up shoulders, upper and lower back and arms, chest and abdominal muscles. Consult John Locke for specifics.

Drills: Drills primarily help develop rhythm, an essential ingredient of butterfly. Kicking with a board; kicking on stomach, back or sides; one-arm swimming and combinations such as 1R-1L-1B (1 stroke right arm only--1 stroke left arm only--one stroke both arms), 2R-2L-2B, 2R-2L-3B, etc.; these help develop form and rhythm if performed carefully. However, they are not stressful to the body and should not be counted as full butterfly yardage. You're not being accurate if you say you've done 1000 yards of fly when 500 of it is drills and 500 full-stroke swimming. You should probably count only pulling and full-stroke swimming when totalling your butterfly yardage.

Butterfly Sprinting: This is easy. It's how you train to "pace" the 50. Swim short distance at full speed with plenty of rest. Concentrate on power and strength and smoothness. Swim some easy freestyle or backstroke or fly drills when you begin to feel tight. Some good sets:

- 10 x 25: #1 easy fly, #'s 5 and 9 easy and not fly, the others full-speed fly
- 16 x 25: 8 (12-1/2 yds. sprint fly, 12-1/2 yds. easy, not fly) and 8 (12-1/2 yds. drill fly, 12-1/2 yds. sprint)

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1989 ANNUAL BANQUET PENGUINS AND SEQUINS

by Ann Svanson

Swimmers often comment about not recognizing each other with clothes on. For those who attended this year's banquet the motto "You ain't seen nothing yet!" was quite appropriate!! DCMs sported their finest. Tuxedos and glitter were all around the room at Tysons Westpark on October 21. The Annual Banquet is the one time we can all get together and socialize--and complete full sentences without being interrupted by an interval, or a whole conversation without having to run off to the blocks for an event, etc. Seventy-five DCMs came from near and far to celebrate another successful year. NANCY and FRANK CLARK came from North Carolina and FRED MUNSON from Pittsburgh. The social-cocktail-hors d'oeuvres hour provides the perfect opportunity for members from many workout groups to intermingle, and for those who work out alone, or not at all, to see old friends. New members get to meet those who have been the backbone of DCM, lo these many years.

A brief Annual Meeting (to comply with Virginia Corporation Law) followed the gourmet dinner. The only business was an announcement of the results of the Annual Election. Surprising none, the new Board and Officers were elected unanimously.

The highlight of the evening is always the awards. This year, plaques were given to all "retiring" Board members: President BILL NEWMAN, Vice President MEREDITH SMITH, Secretary ANN SVANSON, DIANA DAYMOND, STEVE HOGAN, BERT KASSELL, and MAUREEN LINDSEY. SUE HERRINGTON (1989 Hour Swim Chairman) and BOB BENNETT and RUTH RAPPOPORT (1989 ECLC Meet Chairmen) also received awards. Their hard work and efficient management of our two money-raising events helped make it possible for DCM to subsidize the An-

nual Banquet. In addition, the *Wavemaker* staff presented an award to Aardvark Swim & Sport (former members Steve and Karen Shaffer) for their generous support of our newsletter with their advertisements. Bill Newman also presented his President's Award to "the person who swam in the most meets this year"--none other than Mr. Ironman himself, DALE MCGINLEY.

Of course, the banquet would not be complete without the humorous gag awards:

"Twilight Zone" Award to BARBARA GLANCY, who travelled to Fargo, ND, for LC Nationals, when the meet was being held in Grand Forks, 200 miles away. Her award was a US map with the 1990 Nationals sites highlighted.

Best-Dressed Swimmer (is that an oxymoron?) to ART SMITH--a pair of Princeton boxer shorts to replace the blue shorts he wore for the Miss American Pageant Ocean Swim, having forgotten to bring his swim suit.

"Slip-Sliding Away" Award to yours truly, who had a helluva time staying on my feet in '89. (I fell on the ice at Tuckahoe in March, hurting my back, and fell in the locker room at Ft. Myer in June and broke my wrist). I now have a pair of super-duper suction cup safety shoes to help keep me on my feet!

"The Tail-Gater" Award to JOHN LOCKE, who pushes off about 1/2 second behind MARTHA WILLIAMS--a bathing suit for Martha with a bumper sticker "on the rear bumper" warning John that if he's close enough to read it, he's too close!

The Athletic Supporter Award (a genuine "gold-plated" jock strap) to Bob Leilich; his office staff (JOANN

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NEW DIGS

by Jim Densmore

Greetings from sunny Southern California. Just a brief note from a member of DCM's Pacific contingent to let you know that all is well and we miss you. [And we miss you, Jim!]

It's been 12 years since I last swam a meet here in California. A new pool, in Westwood near UCLA, was the site for the meet hosted by the Southern California Aquatic Masters; their head coach, Clay Evans, and his merry band of volunteers did a super job running the meet. SoCal runs several short-course meter meets during the autumn season and this was one of them.

I swam three events and performed respectably: 1:02.03 in the 100 butterfly, 1:08.63 in the 100 back, and 2:24.51 in the 200 IM. I was fortunate enough to win all three events.

Clay, my old UCLA teammate, swam only the 100 back, because of continuing shoulder problems. He swam in my heat and won handily against a couple of fast 25 year-olds...and he's 35 this year!

They do things a little differently here. First, every meet is entered using a consolidated entry form. The 4"x8" form has every possible event on it and fill-in blanks for the personal information. On the back is the usual waiver to be signed and dated. Then you send just the form to SPMA Processing Center; the address is printed on the form. I get the feeling they run a lot of meets here.

In keeping with the California lifestyle, meet entries are predominantly from the deck. Everyone can enter beforehand, but I was one of only two people pre-entered in my age group. Everyone else came out of the woodwork.

To generate interest among new folks, some events are run with both "A" and "B" categories. The "B" category is for people who have never exceeded a given time standard in

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TRAINING

SWIMMERS SHOULDER, PART 2-- PERSPECTIVE FROM THE PHYSICAL THERAPY CLINIC: THE BIOMECHANICAL MODEL

(PART 1 WAS PUBLISHED IN AUGUST 1989 WAVEMAKER)

by Chris Massoneau

"Cause" or "result"--which better characterizes "swimmer's shoulder?" Does swimmer's shoulder cause pain, faulty stroke mechanics and lousy times? It may seem so; but emphatically NO!! Swimmer's shoulder *results* from faulty stroke mechanics, or, specifically, faulty biomechanics. Stroke mechanics are a function of learning *and* of inherent structural patterns in the upper quarter of the body.

We'll examine a swimmer's shoulder using the "layer approach"--peeling off layers of the problem and looking at the related biomechanics as we progress.

A swimmer says "my shoulder hurts," pointing to the top-front of the shoulder joint, "when I swim free too much, or all the time during fly." Familiar?

I test general mobility of the arms, neck, shoulder blades, back, ribs, and abdomen. The arm can get to vertical (overhead) but hurts at the completion of this motion. With the arm overhead, the mid-back is slightly flexed forward; the low back arched severely. The lower tip of the scapula (shoulder blade) sticks out to the side. Rotation of the arm outward is greater than normal; inward rotation is severely limited. I see a slouched posture, the head forward.

I test the shoulder for pain in a muscle or tendon. (I'm also evaluating strength.) Internal rotation hurts a little, but is very strong. External rotation hurts a little, but is not very strong. Abduction, elevating the arm out to the side, hurts a lot down along the side of the arm as well as in the shoulder, and isn't very strong.

Now I understand the motion of the swimmer's trunk and shoulders and which tendon of the rotator cuff (the group of muscles and tendons attached at the shoulder that rotate and lift the arm) is painful, but I need to know more about the biomechanics. I could treat the tendon directly, give some specific exercises, send the swimmer back in 4-6 weeks very happy--and see him again for the same problem the week before taper. The tendinitis we call swimmer's shoulder is the *result* of something mechanically faulty, not the cause.

Therefore, I go on to test backward and side-bending of the spine as well as rotation. To get both arms vertical without undue stress on the rotator cuff, the thoracic spine (thorax=trunk between top of shoulders and waistline) must bend backward to allow both scapulas to tip up and back, lifting the top of the shoulder joint away from the rotator cuff. For one arm, the spine must bend to the opposite side and rotate toward it slightly. I observed earlier that the swimmer slouched a lot and remained flexed in the mid-spine with the arm vertical. He compensated (compensation forces a different body part into an unnatural motion) by arching the back, but that didn't help the shoulder; it just got the arm vertical. The thoracic spine cannot side bend, rotate, or bend backward normally. I test the pectoral muscles and the latissimus dorsi for flexibility. Terrible--typical in high level swimmers. Shortness of these

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Waves of Our Lives

by Ann Svanson

All DCMs (and particularly a few local female triathletes 30-34 years old) will be glad to hear that JULIE BILLINGSLEY is expecting a baby. Speaking of great expectations, Kristopher Mark Wolf arrived on December 14, weighing in at 7 lbs., 10 oz.: parents TOM and SUZANNE couldn't be prouder!

Now PAT HAFLEY has another reason (excuse?) why she hasn't been swimming--in addition to her job as a real estate agent, she soon will become Mrs. David Baldwin. Both Pat and her left hand were sparkling when she announced her engagement at the Annual Banquet.

Our Boston contingent is growing--BOB and RUTH BENNETT (that's right; our ECLC Chairmen decided the partnership worked so well they'd make it more permanent and "tied the knot" on December 9) will soon be moving to colder climes as Bob has accepted a job transfer. They'll be joining JACKI HIRSTY in our northern-most chapter. We'll miss them, but wish them the best of luck and congratulations!

And the Florida contingent has two additions as DAVE LYONS has moved to Gulf Stream and WENDELLE GRAY has finally joined husband JORGE GONZALEZ after selling their house in Pittsburgh and finding a new one in Hollywood. Other members in the Sunshine State are BILL FITE and JOHN WOODS.

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**FRIENDSHIP & DEDICATION:
THE ESSENCE OF MASTERS
SWIMMING**

MIKE CONNOLLY

December 6, 1950 - November 25, 1989

We will miss you, Mike.

MEETS & BOUNDS

PAN PACIFIC SPECIFICS

OCTOBER 7-15, 1989

Well, even though we crammed a 3-day swim meet into 5 days, it was fun! A Chicago columnist once described Indianapolis as "a cornfield with lights." Maybe once but not now. A bit of trivia you can tuck away is that Indy is the nation's tenth largest city--and is growing rapidly. In their drive to become a national sports mecca, those Hoosiers have built some world-class sports facilities, and the Indiana University (IUPUI) Natatorium is probably at the top of that list.

The Natatorium has two 50-meter pools and a state-of-the-art diving well. There is seating on both sides of the pool for over 5,000, plus six spacious locker rooms, a climate-controlled atmosphere, and water purified with Tarn-Pure. In addition, JAYNE BRUNER reports, "The 'Nat' always does such a great job [of meet administration]. I never hear calls for timers; everyone is pleasant and helpful." There will be another opportunity to compete in this excellent facility when it is the venue for the 1992 FINA World Masters Championships.

Though we were few in number (11 total), DC Masters swimmers were conspicuous--from world records in the water to antics on the pool deck. The show belonged mostly to the ladies, as the results below will attest. BILL NEWMAN assumed the role of "women's team trainer," and thereby claims part ownership of their many great swims. Bill wishes he'd been as fast in the pool as he was on the interstate--where his speed was unfortunately accurately clocked (\$150 worth).

Most DCM swimmers chose not to compete for the duration, which explains why the four DCM males missed the fun of a relay! In fact, Bill noted that the only male teammate he saw was JOHN WOODS wearing distinctive tiger-striped orange shorts beneath his DC Masters T-shirt around the pool. John, like many participants, noted, "The facility was great, but the overall competition was not what I expected. There were a lot of people missing."

MATT FLANAGAN staged a strong comeback after not competing for over 10 years. His times and places were impressive and satisfying.

TOM DEWEY was the only DCM to brave an open-water swim. The lake water was 59 degrees (about 10 degrees colder than predicted). "Really cold, but okay once you started swimming!" says Tom. He also reports that he has long been a recreational swimmer, starting to compete in Masters meets 6 years ago at age 52. This summer he decided to do something a bit bigger and entered the Pan Pacific Masters Aquatic Games. So he trained a little harder--even swam 2 ocean swims (Ocean City and Atlantic City, NJ).

Tom admits that he was somewhat apprehensive when he arrived in Indiana. His goal was to finish in the top 10 in one of his three events. He did far better (see results). In fact, he arrived home with three medals. Now he can't wait for the summer of '91, when he will be 60 and represent DCM in the Long Course Nationals. TOM sums up his experiences this way, "I guess that I've finally got the 'bug' for competitive swimming!"

Good for you, Tom, but don't wait until you're 60; every year is fun and rewarding in one way or another. Hope to see you at the next competition. Remember, you were young starting to compete at age 52. HEDY PULLMAN was over 60 when she started swimming.

The "old timers" (JACKI HIRSTY, JAYNE BRUNER, BARBARA ZAREMSKI, SUE SKIFF, ELSA MATTILA, JOANN LEILICH) all

reported enjoying the early completion of events each day. You could plan on a late lunch and the afternoon free for sightseeing (famous speedway, drive to Indiana or Purdue University, shopping downtown, or just relaxing outside in the unseasonably warm weather). Of course, we wished there were more DCMs at the meet. Jacki Hirsty enjoyed catching up with the "few & ferocious." And Jacki was welcomed by her teammates. She swam with heart and soul and great talent--al-

RESULTS

RELAYS:

Women 160+ 200 M Medley (2)
2:19.83 (Skiff, Leilich, Bruner, Hirsty)

Women 160+ 200 M Free (1)
2:01.10 (Skiff, Zaremski, Bruner, Hirsty)

Mixed 200+ 200 M Free (2)
1:59.93 (Woods, Skiff, Bruner, Newman)

Jayne Bruner 55

100 M Free	1	1:11.63*
50 M Free	1	31.83*
100 M Breast	1	1:30.86 *
100 M IM	1	1:24.19*
200 M IM	1	3:13.18*

Tom Dewey 58

1 Mile Lake Swim	4	33 minutes
200 M Free	7	2:59.09
800 M Free	8	13:31

Matt Flanagan 63

50 M Breast	8	45.15
50 M Back	8	44.25

Jacki Hirsty 37

50 M Free	1	27.66*
100 M Free	1	1:00.75*
200 M Free	1	2:12.60*
100 M IM	1	1:11.64*
50 M Fly	2	31.85

Joann Leilich 50

100 M Breast	1	1:28.56
200 M Breast	1	3:11.21*
100 M IM	1	1:28.56
200 M IM	1	3:10.31

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ASK THE DOG

CRAMPS

by Ron Greger

We've all had them, but what causes them and how can we prevent them? Cramps are often equated with muscle spasms, but medically they probably are somewhat different. Muscle spasm is usually in response to a nearby irritant or nerve stimulation. A cramp probably originates in the muscle itself.

Cramps are poorly understood. They can have multiple etiologies and, needless to say, persistent, recurrent cramps should have a medical review by your physician. Common causes of cramps are overexertion, fatigue, fluid loss, salt deprivation, low calcium, and hyperventilation. Cramps occur in active and non-exercising people. Overtaxing a muscle group greatly contributes to development of cramps.

In the conditioned swimmer, the most likely reasons for cramping are dehydration, electrolyte imbalance (potassium, most likely), and overexertion. I almost never see swimmers drinking water or replacement drinks during a workout—no matter how long the workout. Because body temperature is moderated by the pool water, they don't feel overheated though they are expending tremendous amounts of energy. If swimmers wait for the thirst mechanism to kick in and tell them to drink, they're already behind on water.

The following practices will help you prevent cramps:

- 1) Warm up, gradually increasing the speed of your workout. Try to avoid overtaking or overstretching a muscle group.
- 2) Drink plenty of liquids, preferably water, before, during, and after the workout. Be well hydrated. If your urine is dilute and practically colorless, you are well hydrated.
- 3) Increase sources of potassium in your diet. Citrus, bananas, and especially raisins are high in potassium.

To treat cramps:

- 1) Gently and progressively stretch out the affected muscle.
- 2) Massage the muscle.
- 3) Apply ice. Most cramps will probably benefit from this. You can combine massage and cold therapy by massaging with an ice cube. Sometimes heat may seem to work better, but ice makes more sense as it will also minimize any inflammation in the affected muscle.
- 4) Don't hyperventilate. You'll make the cramps worse. Even though the cramp hurts, keep your breath ing controlled and relaxed.

RON GREGER, M.D., (45-49) is a longtime DC Master whose professional life is dedicated to family practice medicine.

NEW DIGS (continued from page 3)

that event. It's similar to the "B" meets in age-group swimming.

As you know, Masters Nationals will be at USC this spring, a mere hour from my new home here in Thousand Oaks. I know it's going to be a large meet, but come on out anyway. We're looking forward to seeing y'all. If you're on a budget, look into using the dormitories. They are very pleasant and close to the pool. Hurry, though; I hear they're going fast. I've been helping Steve Hogan and others to set up DCM participation in the meet, so please call me if you have any questions or needs that only someone on-site can help you with.

Here's wishing everyone a Happy New Year. Take care.

WAVES OF OUR LIVES

(continued from page 4)

Former Board member **SANDY CAREY**, now residing in California, and **JEANNE PICARIELLO**, stationed in West Germany with the Army, are alive and well and say hello to all their DCM friends.

**DCM LOGO PINS AVAILABLE**

\$2.00 EACH includes postage. Send check, made payable to DC Masters, to Judy Berman, 6906-B Sandra Marie Circle, Alexandria, VA 22310

PAN PACS (continued from page 4)

Elsa Mattila 79		
200 M Back	1	4:50.83
200 M Fly	2	6:23.98
100 M Fly	2	2:58.69
100 M IM	2	2:23.08
200 M IM	2	5:17.10
400 M IM	2	10:50.26

Bill Newman 49		
50 M Free	9	:28.10
100 M Free	11	1:03.64
50 M Fly		:32.70

Hedy Pullman 78		
50 M Back	1	1:23.18
50 M Breast	3	1:51.06
50 M Free	2	1:09.81

Sue Skiff 35		
400 M Free	1	5:04.50
400 M IM	2	5:44.82
200 M Fly	1	2:38.99
50 M Fly	3	:31.86
100 M Fly	1	1:10.34

John Woods 66		
400 M Free	3	6:03.82
100 M Free	2	1:12.64
50 M Free	2	:31.48
100 M IM	1	1:25.01
200 M Free	2	2:44.56

Barbara Zaremski 52		
400 M Free	6	6:22.80
100 M Free	5	1:18.42
50 M Free	3	33.45
200 M Breast	5	3:41.20
100 M IM	5	1:31.32
800 M Free	3	13:18.38

* World Record

NEW MEMBERS

James Acker, M 30-34
Julie D'Ambrosia, F 30-34
Bobby Lewis, M 19-24
Chris Ruppert-Prosche, F 35-39
Glen Saraduke, M 30-34
Pat Sheaffer, F 45-49
Anne Sumser, F 25-29
Anne Walker, F 70-74
Jane Wasser, F 35-39
Charles Webber, M 35-39

MEETS & BOUNDS*(continued from page 5)***DCAC COLUMBUS DAY CLASSIC****October 6-7, 1989**

by Barbara Glancy

The DC Aquatics Club's First Annual Columbus Day Classic, at Wilson High School, was not your average local swim meet. The agenda included diving and water polo events, Friday night check-ins at various cocktail parties, and a champagne bus tour of the city.

I was not prepared for the turnout at the pool. Participants came from as far away as California and Canada. The place was crawling with men--almost all of them under 40 years old--and a handful of women. I was surprised to see only three DC Masters: CONNIE MECK (39), JIM GRAY (54), and myself (57). (Connie and I were the two oldest females, and Jim, the oldest male.)

I swam some long hard events: 200 fly and 1000 free. It was a trifle humiliating to finish the 200 fly a full minute (one very long lap) behind everyone else, even though everyone else was much under 40! I actually appreciated the round of applause for me as I finished! Jim and I swam the 1000, counting for each other. Connie opted for shorter events and was pleased with her improved times in the 50 breast and 100 IM.

Many swimmers enjoy swimming relays. At this meet, one of the highlights for me was watching the relay--the First Ladies' Relay. Each team entered a relay dressed in drag. There were ballerinas in tutus, a macabre wedding party, Chiquita Banana (the first lady of fruits), Diana Ross (the first lady of Motown), and so on. The costumes were lavish, and each team had a wonderful time posing for the amateur photographers.

AGING UP

Sam Gilson- 25 on 12/25
 Bill Newman- 50 on 12-27
 Diddo Clark- 40 on 1/20
 Ken Flynn- 60 on 1/20

MARYLAND MASTERS 1492 CLASSIC**October 15, 1989**

by Robert Parke

Columbus' birthday was celebrated by the Maryland Masters, by hosting a swim meet at the University of Maryland Baltimore Campus facility. There were no ice sculptures of the Nina, Pinta, and Santa Maria floating in the pool, but there was the annual classic commemorative 1492-yard format. UMBC is an excellent facility in all respects, but the water temperature was in the warm range (Columbus' first landfall was in the Caribbean after all), and the ice sculptures might have helped. By UMBC meet standards, this was not a highly attended meet. Over 2/3 of the swimmers were Maryland Masters. The weather, being more like the Fourth of July than Columbus Day, perhaps kept many who would have swum out of doors instead.

DC Masters was well represented by JENNY MOWREY, who won the pentathlon in the 25-29 age group, the only DCM to win it in any age group, women or men. Her times were: 50 free: 27.70; 50 back: 32.90; 50 breast: 39.73; 50 fly: 30.19; 100 IM: 1:10.17. All other DCMs swam the 1000 free: RUTH RAPPOPORT (42) 14:57.41, 2nd; MAUREEN LINDSEY (42) 16:36.73, 3rd; JUDY EGGLESTON (40) 17:07.55, 4th; DALE MCGINLEY (52) 13:55.10, 1st; ROBERT PARKE (51) 15:45.81, 2nd; HELEN HUMMER (70) 18:41.76, 1st.

In addition to the 1000 free and the pentathlon (300 yds.), the 1492 meet includes the Crazy Chris (topher Columbus) Freestyle Relay (200 yds), for a total of 1492 yards (not counting the last 8 yards, of course). DCM's two relay teams had times of 2:09.23 and 2:18.32.

This meet traditionally awards all participants a glass or ceramic liquid container. This year's was particularly attractive--a white coffee mug with the host team's logo in red.

ROOMS FOR SHORT COURSE NATIONALS

Dorm-style suites are available at USC for up to 8 persons each (4 double rooms with shared living area, kitchenette and bath). Adjacent to the pool with free, secure parking. Full suite cost is \$180/night--only \$22.50 per person. These very comfortable and economical suites are nearly completely booked! To make reservations call Steve Hogan, 978-7491 as soon as possible!

PACING FLY *(continued from page 2)*

- 3 x 50 fly: descend from fast to super fast with an easy 50 choice after each

Butterfly Interval Training: The key here is build up the distance you can go *INTO GOOD FORM* on each repeat and the number of repeats you can do *IN GOOD FORM* at that distance. Here are some build-up sets. You can gradually add a few all-fly repeats until you can do most or all of the set all-fly (pick an interval that gives you the amount of rest shown in parentheses and do as many repeats as you can without slowing down more than a couple of seconds):

- 75s going 50 fly--25 choice (15-30 seconds)
- 100s going 50 fly--25 choice--25 fly (20-40 seconds)
- 50s fly-free (7-10 seconds)

More than other fly events, the 200 requires specificity and pace work. My favorite 200 training set is 3 (8 x 25) fly. Pick an interval for the first set that gives you roughly 10 seconds rest. Work on feeling the way a 200 fly should feel: controlled, slow, smooth. Pick an interval on the second set for about 5 seconds rest and try to do what you did on the first set. Then set the interval on the third set for 15-20 seconds rest and swim faster, so you learn the difference between 100 and 200 pace. You can do the same thing with 3 sets of 4 x 50 fly with 20, 10, and 30 seconds rest.

Good luck. See ya' on the fly blocks.

ANNUAL BANQUET*(continued from page 3)*

LEILICH) and equipment are often used for DCM business--this and two other issues of the *Wavemaker*, the bid for 1991 Long Course Nationals, etc.

The "Chest-to-pin-it-on" Award (a gen-u-ine "gold-plated," stuffed bra) to STEVE HOGAN who had some difficulty arranging medals on (the chests of) Nancy Clark and Jean Chenux at the 1988 World Championships in Brisbane. He now has something to practice on.

The awards presentations were followed by what is quickly becoming a DCM Banquet tradition--the determination of who among those present has been to the most Nationals. With all people standing, Emcee SKIP MONSEIN asks those who have never been to sit down; then those who have attended only one Nationals to sit, etc., etc. At 17, NANCY KIRKENDALL, ED EMES, and NANCY CLARK were still standing! At 19, only Nancy was left on her feet!

After the awards, team members and guests "shook their booty" to the tunes of a DJ who, as promised, played masters music (for all age)--from swing to rock to limbo.

The Social Committee--SKIP MONSEIN, KRIS WEIMERSKIRCH, TERRI VALOCCHI, JOHN ELTZROTH, PEGGY WHILDEN, PAT HAFLEY, and STEVE HOGAN--deserves a big hand for an excellent job!!

SHOULDER, PART 2*(continued from page 4)*

the cause, using, in this article, one example of swimmer's shoulder. A diagnosis names a tissue at fault or a syndrome. The cause lies in the quality of the total motion of the body.

CHRISTOPHER MASSONNEAU (30-34) is a physical therapist with *Avery & Associates* in McLean, Virginia.

CALENDAR - JANUARY 1990

For information send a *self-addressed, stamped envelope* to contact listed below.

January	<u>One Hour Swim (Postal)</u> Julie Billingsley, 5314 41st St., Washington, DC 20015
Jan - May	<u>Postal Relay Meet</u> , Greater Indiana Masters Swim Assoc. Mel Goldstein, 6456 Broadway, Indianapolis, IN 46220
January 21	<u>DC Dept. of Recreation</u> , Washington, DC Henry Steingass, 1832 Kilbourne Pl, NW, Washington, DC 20010
January 28	<u>Short Course Meters</u> , Richmond, VA Nancy Miller, 1471 Johnston-Willis Dr., Richmond, VA 23235
February 11	<u>Pentathlon/Terrible Triple</u> , Burke, VA Steven R. Highley, 7577 Creger La., Manassas, VA 22111
February 11	<u>Valley Forge Masters</u> , Swarthmore, PA S. Walsh, 27 E Central Av #J-5, Paoli, PA 19301 215-296-9484
March 3-4	<u>Maryland Masters UMBC</u> , Catonsville, MD - Barbara Protzman 7919 Main Falls Cr, Catonsville, MD 21228 301-788-2964-H
March 16-18	<u>New York State Championships</u> , Dan McMahan, 15 2nd St., Rensselaer, NY 12144 518-462-6922
March 18	<u>1650 Meet</u> , UMBC, Catonsville, MD Elaine Fincham,
March 29-30	<u>Puerto Rico Invitational</u> , Olympic Training Center, Salinas, PR <i>Postponed until March 1991 due to damage by Hurricane Hugo</i>
March 31- April 1	<u>Frank Clark Open</u> , Greensboro, NC - Maury Schott 304-B Ashland Dr. Greensboro, NC 27403; 919-855-8715
April 29	<u>Reston Masters Short Course Meters</u> , Oakton, VA Lynn Hazlewood, 11714 Decade Ct., Reston, VA 22091
May 5-6	<u>Colonies Zone Meet</u> , Harvard University, Cambridge, MA Kevin Fisher, 15 Dartmouth Place, Boston, MA 02116
May 17-21	<u>USMS Short Course Nationals</u> , USC, Los Angeles, CA Ed Bartsch, USC, 203-B Heritage Hall, Los Angeles, CA 90089
May 27	<u>Reston Masters 2-Mile Lake Swim</u> , Reston, VA Lynn Hazlewood, 11714 Decade Ct., Reston, VA 22091
June	<u>Terrapin Masters 1500</u> , Rockville, MD David Diehl, 12511 Littleton St., Silver Spring, MD 20906
July 14	<u>2-Mile Cable Swim National Championship</u> , Charlottesville, VA Jim Miller, 1471 Johnston-Willis Dr., Richmond, VA 23235
July 28-29	<u>East Coast Championships</u> , Oakton, VA
August 17-20	<u>USMS Long Course Nationals</u> , Woodlands, TX Del Hanson, 10 North Timbertop Dr., The Woodlands, TX 77380

SHOULDER, PART 2*(continued from page 4)*

muscles (i.e., the muscles are too short to complete the full range of motions involved) limits extension in the trunk and shoulder girdles, forcing compensation in the shoulder joint or in the low back.

To summarize: we have a painful rotator cuff tendon, forward head and shoulders, limited internal rotation at the shoulder, weakness in external rotation, limited thoracic mobility, and tight pectorals and lats with an over-arched low back.

So what?! In free or fly, the arms reach overhead, rotate internally, apply force through the stroke, and then do it again, thousands of times. A biomechanically perfect shoulder can do this, unfortunately, high volume, high intensity training exaggerates mechanical imperfections, so many of us get the dreaded swimmer's shoulder.

As the swimmer tries to reach beyond his head, the lower scapula must move forward around the ribs then tip its upper portion up, back, and away from the top of the arm. No such luck, because the spine cannot bend backward, rotate, or side bend. Instead, the lower scapula moves outward, leaving the bony arch on top dangerously close to the rotator cuff. The arm cannot rotate internally very well, so the scapula compensates by rotating even farther downward onto the arm. This is reinforced by the short lats and pecs, which demand a flexed spine.

I teach the swimmer to stretch the tight muscles and to do some self-mobilizing of the spine at home as well as exercises to strengthen the weak portion of the rotator cuff. In the clinic, I mobilize the shoulder joint into internal rotation and the thoracic spine into extension and rotation (sidebending comes along for free). Next, we use manually resisted exercise for the shoulder to reestablish coordination of the rotator cuff. The rotator cuff pulls the head of the arm down during overhead elevation. The external rotator

muscles and posterior deltoid are often weak and fatigued in swimmers.

When symptoms are gone and all the limitations corrected, we go to the pool. The swimmer must be coached on how to swim in a new alignment. To learn the entry with the scapula tipped up will be difficult, yet will eventually lead to a lot more power. The body position must also change to one with a straighter thoracic spine and a slightly flexed low back. The abdominal muscles must learn to pull in the stomach and control body

alignment while breathing continues uninterrupted. The example I have used is simple. There are more complicated ways of compensating in the body for limitations or excesses. I have also assumed that this swimmer is still flexible enough to regain lost mobility. With increasing age, it is more difficult and more likely to cause other ailments if we try to model the swimmer after an ideal physiology. The good news is that partial correction often suffices.

My approach has been one of complete biomechanical analysis to find
(continued on page 8)

DC MASTERS NEEDS YOUR HELP

I AM INTERESTED IN BEING ON THE FOLLOWING:

- BOARD OF DIRECTORS** - consists of nine members who set the policies and goals for the Club. Requires attending 9-12 meetings a year.
- SOCIAL COMMITTEE** - organizes social events including the annual awards banquet.
- NEWSLETTER** - prepares *Wavemaker* which is published approximately 6 times a year. Activities involve soliciting, writing, and editing articles, word processing, preparing layouts, formatting in desk top publisher software, and mailing.
- MEET COMMITTEE** - plans and conducts competitions such as the East Coast Long Course Championships and the Hawaiian Relays.
- HOUR SWIM COMMITTEE** - organizes and tabulates results of the National One Hour Swim Championships. Committee is most active in February and March.
- FINANCE COMMITTEE** - prepares annual budget, arranges for annual audit, advises Board of fiscal matters, and recommends fiscal guidelines.
- POLICY COMMITTEE** (formerly By-laws Committee) - makes recommendations regarding changes in the by-laws, and is currently preparing a Policy Manual.
- TELEPHONE RELAY** - assists other committees in disseminating last minute information on events as well as soliciting for volunteers for assistance on Club activities.
- NATIONALS COORDINATING COMMITTEE** - organizes team efforts to attend national and international competitions by setting up lodging, logistics, relays and team parties.
- NOMINATING & AWARDS COMMITTEE** - solicits candidates for the Board of Directors. Selects annual award winners.

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