



# SWIM-MASTER

VOL VI - No 9

USA NATIONAL PUBLICATION FOR MASTERS SWIMMERS

NOVEMBER - DECEMBER 1977

## 90th ANNUAL CONVENTION

Significant steps were taken at the AAU National Convention, Columbus, Ohio, October 9-15, to make each of the Olympic sports autonomous and independent. A plan of action was adopted which will give each sport the right to govern its own affairs at both the local and the national levels. What remains to be worked out is the relationship between each Olympic sport and the AAU. For the present all is status quo, the AAU will continue to function much as it does now in servicing the various AAU sports in such matters as collecting fees, etc. As far as Masters Swimming is concerned, nothing has changed much.

### COMMITTEE REPORT

Meetings were held on both Monday and Tuesday evenings with Roy Stickney hosting a nice reception on Tuesday before our meeting. Some of the committee's actions are as follows:

1. A surcharge of up to \$2.00 per swimmer may be charged to help defray costs when automatic timing is being used.
2. In a National Championship meet, the competitor may enter seven events and swim in 5 in a 3-day meet and 6 in a 4-day meet.
3. In National Championship meets, all heats will be swum with the fastest heat first within each age group.
4. The 400 meter IM was added to the Long Course National Championships.
5. There will be no division or splitting of age groups in National Championships.
6. A Certificate (with individual name) and a patch will be made available for the All-Americans.
7. We are going to have three sets of records - 1) National Championship Meet Records; 2) American Records - made by any AAU registered athlete in an AAU sanctioned meet; and 3) Open Records - made by anyone swimming in an AAU sanctioned meet.
8. Ted Haartz was elected Chairman for a two year term. Don Rankin was named Vice-Chairman and Enid Uhrich Secretary.



PROFILE OF TED HAARTZ

1950 graduate of Tufts Univ., Medford, MA. Best events were 200 yd breast 2:45.6 and 100 yd free 1:00.7. Started training for Masters competition in 1970 after reading about the first meet held in Texas. Best current events include the 100 and 200 breaststrokes. Selected the 1976 recipient of the Ransom J. Arthur Award (top with Bob Beach, Chair.). Middle rt: Ted, Gay Rosser, Bump Jones and Reed Ringel.

# MASTERS SWIMMING NOTES

## QUESTIONS AND ANSWERS (reprint from LANE 4)

Q. What should I do for a warmup in an out-door meet in cold weather and cold water?

A. The combination of cold water and air causes hypothermia (lowering of the temperature). This occurs very rapidly in water due to the conduction of heat from the body when it is surrounded or submersed by/in water. Many of the performances in Spokane, after the first day, were slower than usual because of the cold conditions. Research has demonstrated that muscles are not as efficient, nerve conduction is altered and disorientation occurs. My personal experience: 1st day, 200 back without a water warmup but used flexibility exercises, won event easily with good time; 2nd day, 200 IM with a 15 min water warm up 15 min before event and was 10 sec slow; 50 fly one hour later no warmup and did one of my best times; 3rd day, took water warmup for 100 fly and was 7 sec slow; an hour later the 100 back with no water warmup and won with a good time. In conclusion, I would recommend a hot bath or shower and flexibility exercises when conditions are similar to those at Spokane. In addition, blankets, heavy warmups, warm socks, and stocking caps.....

Q. Someday- please write an article on the technique of climbing out of a pool more easily -- and gracefully, either after a competitive swim when you are pooped - or - in our new diving pool here at Mission Viejo which is a joy to work out in - but there is no shallow end - and no ladder.

A. Your technique of bobbing up and down for the big try is a good one. Throwing a leg over the ledge and rolling out is another, but is not too graceful. I think the best approach would be to buy a portable ladder for the diving pool. Buy one used for back yard pools which would fit the edge of your pool, have one made by a plumbing shop, or have one of the Masters swimmers make one out of wood. Or, you could keep up the struggle out of the pool and consider it your strength development work and eventually get better at it.....

SWIMMERS WHOSE TIMES WERE NOT IN THE TOP TEN BUT SHOULD HAVE BEEN from Enid Uhrich - Many have written asking what they can do to see that meet directors send in the results of meets so that their times may be considered for Top Ten.

1) GET YOUR MEET DIRECTOR TO SEND ME (Enid Uhrich, 25 Lafayette Rd., Newton, MA 02162) THREE COPIES THAT ARE LEGIBLE. One I keep, one goes to the Records Chairman and one to the Men's Top Ten Times chairman.

2) Save a legible copy of every meet you swim in.

3) The week that the National Championship meet is held, send me a list of those meets including the place and date where each was held. Include a self-addressed, stamped envelope.

4) I will check your list against the list we have received. If we have any missing, I will send your list back noting which one(s) are missing and have you send me 3 copies. I should then have received them before the deadline (35 days after the end of the championship for that course).

The deadline is passed for '77 so I cannot accept any meet results for meets held before Spokane. Clerical corrections for the SC Top Ten Times are:

30-34	200 free	#8	J. MacFarlane, 33	2:22.37
30-34	200 brst	#10	J. Katz, 33	2:59.80
30-34	200 fly	#1	J. Katz, 33	* 2:33.30
55-59	50 back	#6	V. Gest, 58	42.80
		#10	P. Pickens, 55	46.76
			delete B. Dendy	
55-59	50 free	#7	B. Dendy, 56	35.40
		#6	B. Crowell, 56	34.56
35-39	50 back	#10	A. Hale, 35	31.17
35-39	200 I.M.	#8	M. Laux, 35	2:22.92
50-54	200 I.M.	#10	W. Adams, 51	2:47.79

Here's to BETTER SWIMMING, MORE ACCURACY, MORE RESPONSIVE MEET MANAGERS!.....  
40-44 400 I.M. #9 A. Champ, 40 6:50.54

.....  
DUBLIN MASTERS SWIMMING TOURNAMENT - The Dublin Swimming Club held a Masters Tournament on Saturday, 24th September, 1977 in Iveagh Baths with a reception afterwards in The Tailors Guild Hall. "While the Masters Tournament is intended primarily as a serious swimming competition, it is also hoped that it will become an annual get-together of former swimmers and aficionados where past swimming exploits can be retold and the really greats of Irish swimming given due recognition." The longest event held was 60 m, and the age groupings combined as we did in the beginning. How nice to have another country added to our growing list of those with Masters Swimming Competition!...  
LONG COURSE TOP TEN - Ted, Enid and Ed are busy putting together the LC Top Ten Times. We had hoped to have them ready for this issue, but time flies by, especially for us volunteers! So, look for them in the January issue.....  
ALL AMERICAN - In the February issue we will list the All-Americans and tell you